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MAY 20-26, 2012 | Issue 49

Read.



A WEIGHTY ISSUE

Working out with weights in your fitness regime does not necessarily have to mean bulging biceps and solid six-packs



CAPE TOWN WONDER



ROCKING RETRO

Taking tips from fashion of days gone by, the 1950s rock n' roll look is perfect for hazy days and balmy nights



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- Weather
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- Quote of the Day
- Word of the Day



THE BITING POINT

For a short time each summer, there is one blood-sucking creature who is always on the lookout for a feast

Fun and games

A look at the year's most anticipated video games



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

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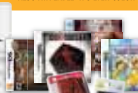


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Letters

Email: letters@readme.ae

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

✉ Dear *Read.*, I would like to share with you my son's fascination with the magazine. He has memorised all the metro stations with their corresponding numbers. From Red to Green Line, he knows all the names of the stations. He has also religiously memorised the arrangement of all the metro stations so that he will not get lost when using the Metro.

He got this knowledge from reading your magazine. During his vacation from school he has plenty of time to open his *Read.* collection on the floor and focus on the Station by station guide pages.

At first, I didn't pay much attention to his pursuit, but when I discovered that he had memorised all the metro stations I asked him how he came to know all of them, and his answer was simple: "I study *Read.*, Mom!" I find it strange because for a seven-year-old boy, this stuff should not be so interesting compared to Angry Birds or other computer



KEEP IT UP JUNIOR!

games. But my son really has different interests so I just want to support him. In fact, he enjoys riding the Metro and the bus rather than riding in a taxi—which I don't mind as it's more economical! I would like to share this story with everyone so as to inspire *Read.* readers to be supportive of the Dubai Metro.

Jennifer G. Barretto

Thank you for your letter Jennifer. Our aim is to keep commuters on the Metro entertained and if we can inspire such young minds at the same time, then all the better! We hope both you and your son continue to enjoy our publication.

Read. Poll

Does advertising influence what people buy in Dubai?

- Yes
- No
- I don't know

Cast your vote online at www.readme.ae

LAST READ. POLL RESULTS

How often do you go on vacation?

Every six months	21%
Once a year	56%
Once every two years	23%

QR codes



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Station by station guide

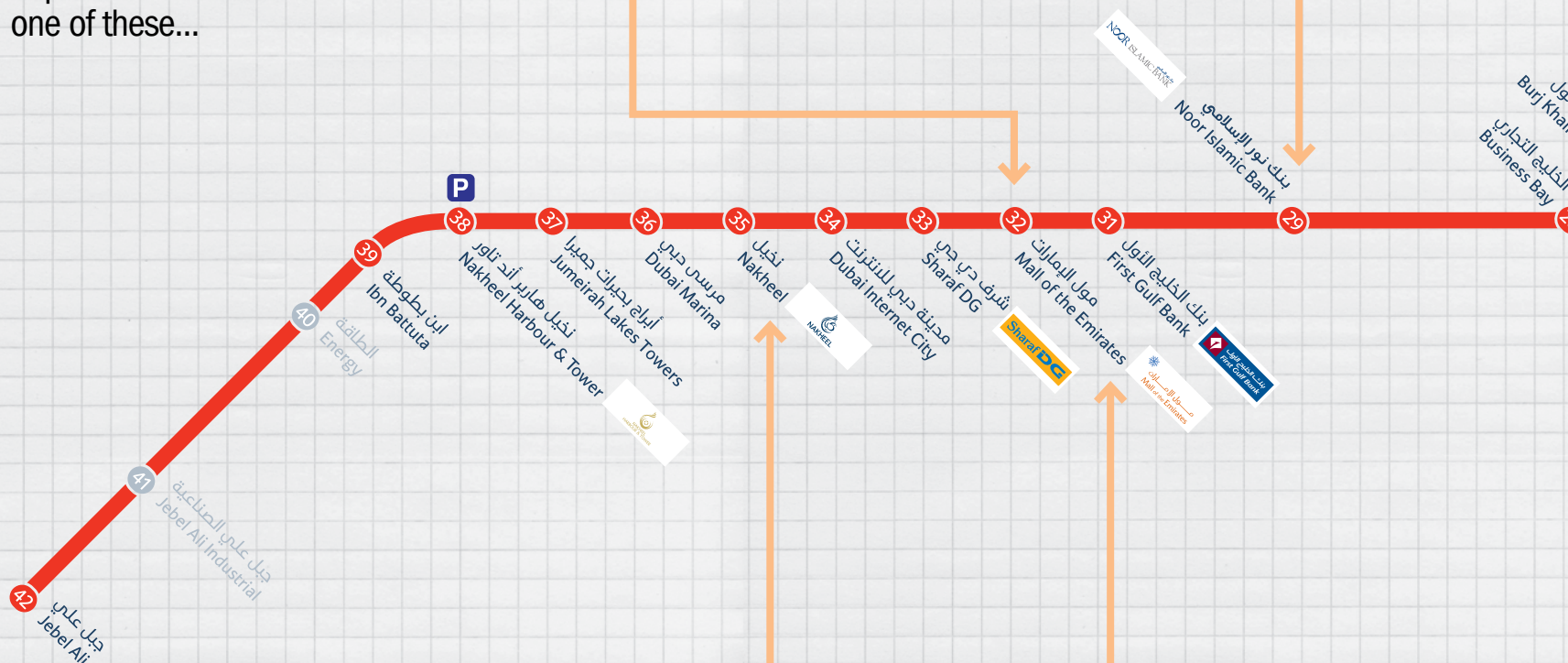
Looking for something to do? You could always hop off the train and visit one of these...



Around Spring

UNTIL JUNE 21,
COURTYARD GALLERY, AL QUOZ

This new exhibition displays the works of Syrian artist Kevork Mourad, who depicts his own personal view of his heritage through the use of black and white mosaic-style patterns. Working with monochrome as the main medium, the artist has managed to create a thought-provoking and visually stimulating message about war and the cruelty of humanity. Call 04 347 9090 for more information.



I Heart Dance, I Heart My Community

MAY 26

7.30 - 9PM

AMERICAN UNIVERSITY IN DUBAI

The Rotaract Club of Jumeirah in association with The Red Crescent Society will be presenting an evening of entertainment to follow last year's successful *Fashion: My Community* event. This year, the focus is on dance, so prepare to be enthralled and amazed with performances of cultural dance, spoken word and musical performances. The proceeds from the event will be donated to The Palestine Red Crescent Society. Call 056 690 2612 for more information.

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE





Gérard Book Club

THROUGHOUT SUMMER 2012

GERARD CAFÉ
DOWNTOWN DUBAI

Gérard Café, the French patisserie, has launched the Gérard Book Club as an event that will involve a novel forming the basis for discussion at

the event. Gérard Book Club members can also enjoy a free hot beverage during the event. If you ever needed an excuse to head to Gérard Café, Downtown Dubai, you will find a book in the café to help you get started on your reading journey. For more information, call 04 454 8354.

50 years of The Beatles



UNTIL JUNE 31
HARVEY NICHOLS,
MOE

Head along to the high-end store to catch this display of rare Beatles photographs, taken by the BAFTA-nominated British

photographer Paul Berriff. And while you're there, why not pick up one of the limited edition prints of the Fab Four—a perfect addition to any stylish home. Entry to the exhibition is free.



'Simply Madonna' exhibition

MAY 24 - JUNE 6
10AM - 10PM
BURJUMAN, SOUTH
VILLAGE AREA

BurJuman presents the 'Simply Madonna' exhibition - an exclusive collection of outfits, jewellery pieces, concert tour costumes, film props, photographs, awards and personal items that celebrate Madonna's 25 year long career reign. The exhibition will offer Madonna fans a chance to get a first hand view of the star's signature dressing style that

launched trends across the world. Iconic outfits including the Marilyn Monroesque pink 'Material Girl' gown, to the infamous 'Open Your Heart' black satin bustier will also be on display. Visitors to the exhibition will get the chance to win Madonna Golden Circle concert tickets for her upcoming performances on June 3 and 4 in Abu Dhabi.



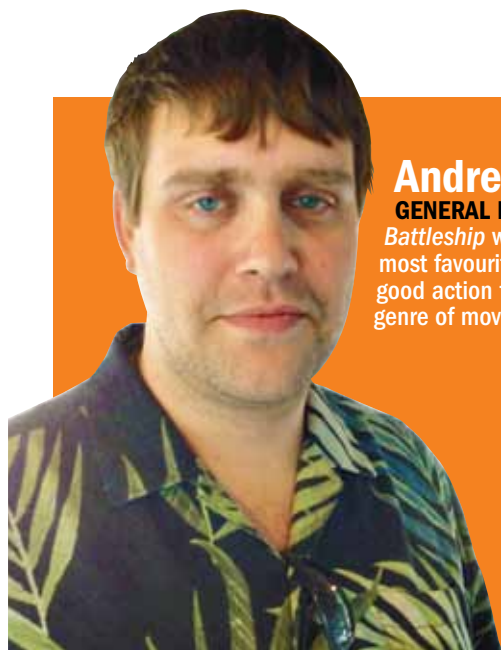
Tango by Inaki Urzégala

MAY 21 - 22, DUCTAC, MOE

Former principle dancer with The Royal Ballet, London, Inaki Urzégala has danced in some of the most prestigious companies and venues in the world, as well as creating his own Argentinian dance company, Ballet Concierto. Now the esteemed dancer and choreographer is bringing his world-touring show, Tango, to Dubai. Tickets range from Dh175 to Dh250.

The Burning Question

Q The Cannes Film Festival takes place this week, giving a good indication as to which movies could be the next big cinema hits. What is your favourite film?



Andrei Valov

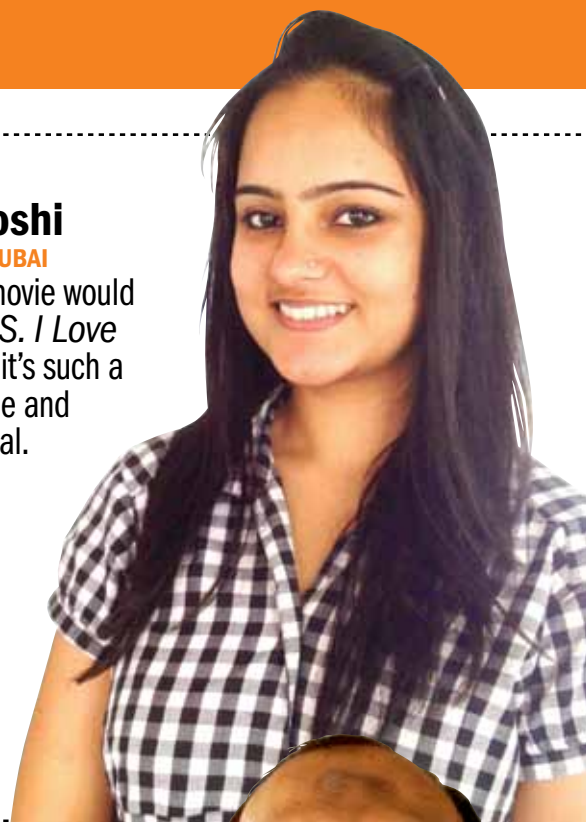
GENERAL MANAGER, JLT

Battleship would probably have to be my most favourite recent movie. It was a really good action film, which is my favourite genre of movie.

Drushti Joshi

STUDENT, BUR DUBAI

My favourite movie would probably be *PS. I Love You*, because it's such a romantic movie and really emotional.



Mohammed Azeem

BANKER, BUR DUBAI

My favourite film is *Die Hard 4*. I like all kinds of action-thriller movies, but I think the latest *Die Hard* films have the best technology and show Bruce Willis at the top of his acting game.



Deepika Bhatia

EVENTS MANAGEMENT, BUR DUBAI

It would definitely be an Indian movie, probably something starring Hrithik Roshan because I think he's so good looking and such a great actor.



Kewal Singh

BANKER, SHARJAH

My favourite film is *Wrong Turn 4* because I love thriller movies. I think film festivals are a really good way for people to find out what's coming up at the movies.



Ray Raneses

BUSINESS DEVELOPMENT MANAGER, BUR DUBAI

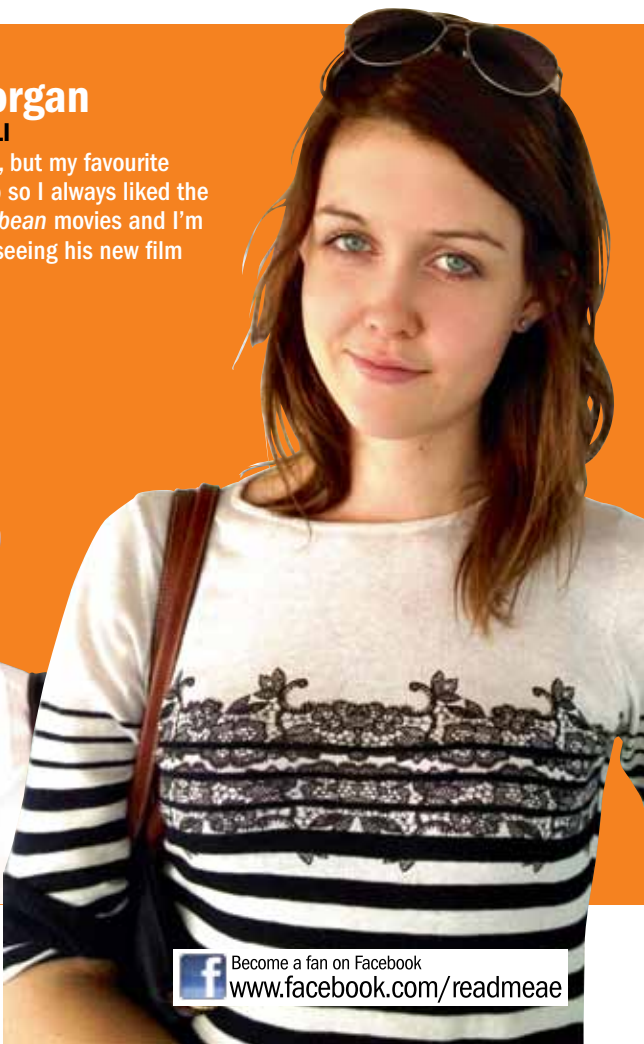
It's hard to say what my all-time favourite movie is, but I'm a fan of adventure movies like *Indiana Jones*. When I was a kid I loved *The Three Stooges* and I'm looking forward to seeing the new version that has just been made.



Justine Morgan

STUDENT, JEBEL ALI

It's a hard question, but my favourite actor is Jonny Depp so I always liked the *Pirates of the Caribbean* movies and I'm looking forward to seeing his new film *Dark Shadows*.



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

France's Montgolfier brothers pioneered balloon flight in 1783, Germany's Otto Lilienthal had the first successful glider flight in the 1890s, and America's Wright brothers made the first successful flight in a small engine plane in 1903. While these accomplishments were certainly groundbreaking, they were far from man's first attempt to fly. So when did our fascination with the skies begin?



MONDAY

Pisa with no leaning tower would be like San Francisco without a Golden Gate or London without Big Ben. But the tower has been in danger of collapsing since its first brick was laid. Will it ever fall?



TUESDAY

These days, swimmers must aim to win by hundredths of a second. At the Beijing Olympics, Michael Phelps won the 100-metre butterfly by 0.01 seconds. Did his swimsuit help him?



WEDNESDAY

Ireland is the third most charitable nation in the world, while the fastest growing major economies—China and India—rank among the least altruistic. Find out who has the biggest heart of gold.



THURSDAY

There are native tribes around the world who are still living a pre-contact life. Many have resisted change and resorted to violence to protect themselves. Learn more about these isolated groups today.



FRIDAY

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

Facebook chatter

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

(Responses only edited for length)

What is the most noble use of a monetary windfall that you've heard of?

When Gemma Teresa Cruz won our country's first ever Miss International crown in 1964, she gave her prize money to the charity that house homeless boys. She could've spent that money on her own caprice, after all she's a young lady back then. But she chose to use the money to make those children's lives a little better. Such a noble act for someone her age.

—Ferdie Salas Santiago Jr.

I think it is Michael Jackson.....
Warren Buffet has given \$30.7 Billion

Bill Gates \$29 Billion
Li Ka-shing \$10 Billion
George Soros \$6 Billion
Howard Hughes \$1.56 Billion
Michael Jackson estimated at \$300 Million.....!!

—Arman Hossen

Some ancient medicinal remedies, can seem quite shocking. Would you be willing to consume anything



WOULD YOU DONATE YOUR DIRHAMS?

to ward off infection, in spite of no proof of effectiveness?

When u try to analyse critically ancient medicine worked like for example in my country uganda herbal medicine was always recommended it worked that was done without proof just as i would .its just because of modernity that some people may not take it.

—Mulindwa Ibrahim Senior

Prevention is better than cure. Neither ancient remedy or through the process of medicinal technology, if the purpose behind is to cure and fight for illness then there's no reason to stop them. The best way is to ensure you got testimony how it works to them.

—Ray Gargoles

As the phrase goes " medicinal" remedies" often times results in



MODERN MEDICINE

unhealthy short term cure, why gamble in some medicinal shortcut when we can afford for a balance and effective modern medicine and it so sad to hear that some of us still practice barbaric methods of curing some illnesses... Especially the recent news about stillborn babies ground to powder into capsule, they (people who take these capsule) are no different with "cannivals" in the old times.

—Ako C. June

On his web site, John Marwood Cleese describes himself as “writer, actor, tall person”. Of the three, it is perhaps

the latter that provides the best insight into the life of the legendary comedian, who is set to bring his *An Evening with John Cleese* tour to Dubai this May.

It was because of his height that Cleese first discovered the power of comedy. Already six feet tall by the age of 12, his height made him a target for school bullies, so he started using humour to deflect their aggression.

Comedy was not merely a defence mechanism, however. At school, Cleese was already collecting jokes and, like many of the future Pythons, listening avidly to radio comedy show *The Goons*. He also enjoyed the usual schoolboy antics.

One history report accuses him of “subversive behaviour at the back of the class,” and another claims he defaced the school grounds by painting footprints to suggest that the school’s statue of Field Marshal Earl Haig had got down from his plinth and gone to the toilet.

Nevertheless, after initial indifference academically, Cleese did well at school and went on to teach before taking up a place at Downing College, Cambridge. Here he studied law and, more importantly, joined the Cambridge footlights, the university drama club.

Cleese wrote material for the 1961

Footlights revue, *I Thought I Saw It Move*, and was registrar for the club during 1962. That year, he performed for the first time alongside Graham Chapman, his future writing partner, in the 1962 Footlights revue, *Double Take*.

He was also one of the script writers and cast members for the 1963 Footlights revue, *A Clump of Plinths*, which was so successful during the Edinburgh Fringe Festival that it was renamed *Cambridge Circus* and taken to the West End in London and then on a tour of New Zealand and Broadway.

Despite devoting so much time to acting and script-writing, Cleese graduated from university with a 2.1 and then took up a position with the BBC. In 1965, he teamed up with his old Footlights writing partner to work *The Frost Report*, a satirical television show that brought together many of the finest comedic minds of the era.

Among these were Eric Idle, Terry Jones and Michael Palin, with whom Cleese and Chapman would go on to create the comedic sensation, *Monty Python*. Despite his success on *The Frost Report*, Cleese’s father, an insurance salesman, continued to send him cuttings advertising “sensible” management jobs at places like Marks & Spencers.

Needless to say, Cleese paid no heed and went on to perform in *Class Sketch*, where he played the tall, patrician upper-class figure and achieved his breakthrough on British television as a comedy actor. Such was the popularity of the show that

A classic approach to comedy

Later this month, Dubai will play host to one of the most celebrated comedians of our time, John Cleese.

“Over four series and 45 episodes, the group pushed the boundaries of comedic conventions.”



he and Chapman began to receive more offers to write and act in a number of other comedy shows, including *At Last the 1948 Show* and *Doctor in the House*.

Their success on these series landed them an offer to do their own show for Thames Television. It was then that Cleese got in touch with Michael Palin, who he had enjoyed working with on *The Frost Report*. Palin brought with him Terry Gilliam, Terry Jones and Eric Idle, and *Monty Python* was born.

The first episode of their hit comedy sketch show, *Monty Python's Flying Circus*, aired on October 5, 1969. Over four series and 45 episodes, the group pushed the boundaries of comedic conventions, making full use of their freedom, experimenting with style and content and discarding the rules of television comedy.

The *Monty Python* phenomenon spread from television to touring stage shows, films, music and books, rocketing individual members of the group to comedy stardom. In 2005, Cleese, listed as number two, was one of the three members of the group included in a poll that listed 50 of the top English comedians ever, along with Idle at 21 and Palin at 30.

After *Monty Python*, Cleese went on to secure his place in the comedy hall of fame with his sitcom, *Fawlty Towers*, in which he stars as the unforgettable and neurotic hotel owner, Basil Fawlty. Such was the impact of this show, which Cleese co-wrote with his wife Connie Booth, that he spent years trying to live down the Basil Fawlty image.

After *Fawlty Towers*, Cleese went on to write and perform in a number of films, including *A Fish Called Wanda* and the follow-up, *Fierce Creatures*. The success of his career is evident in the huge pile of awards he has wracked up over the years, including numerous BAFTAs and Emmys, and in a number of suitably strange honours, among which is an asteroid, a species of lemur, and a municipal rubbish heap named after him.

Cleese will perform in Dubai on May 25 at the Madinat Theatre. ●

Everything Fawlty

The comedy series is set in the fictional hotel, Fawlty Towers, in an English seaside resort, and focuses on the antics of its rude manager, Basil, his bossy wife, Sybil, and their comical staff. Cleese based Basil on a hotel manager he had encountered while on tour with the Pythons, called Donald Sinclair, and was reportedly inspired by Sinclair's mantra, "I could run this hotel just fine, if it weren't for the guests." In a list drawn up by the British Film Institute in 2000, it was named the best television series of all time.



THE ICONIC TABLE MOUNTAIN STANDS PROUD ABOVE CAPE TOWN

Set in the shadow of the magnificent Table Mountain, with golden beaches on one side and sprawling vineyards on the other, Cape Town is a solid competitor for the world beauty title. Here, all the fairest features of other cities are rolled into one stunning specimen. The rustic charms of the Mediterranean capitals, the untamed beauty of African cities and the vivid colours of Asia meet in South Africa's Mother City.

Rarely is there a list of the world's top travel destinations that doesn't include Cape Town. "This cape is the most stately thing and the fairest cape we saw in the whole circumference of the world," Sir Francis Drake wrote in his journal in 1580. Then, he had only the natural beauties of Cape Town to comment on. Now, the dramatic scenery is complemented by the buzzing, cosmopolitan vibe of the city.

Nevertheless, the crowning glory of Cape Town has remained the same since Drake's day. Table Mountain

looms majestically over the city, providing an epic backdrop to the daily lives of its inhabitants. The hike to the top takes about three hours, depending on the route you choose (there are about 350 paths to the summit), each of which offers a different insight into the fascinating geology and history of this enormous natural wonder.

The summit, which can also be reached by cable car, is as lush and green as the vast national park that surrounds its base. More than 200 species of flora and fauna have pushed their way through the rock and made their home here. Then there's the view. It's impossible to truly understand the scope of Cape Town until you've seen it from the top of Table Mountain. The city stretches out from the foot of the mountain to the sea, framed on all sides by ocean, rock and sky.

Look closely and you can see the bustling Victoria and Alfred Waterfront, which now features a lively array of shops, bars and restaurants, and the Kirstenbosch Botanical Gardens with its impressive display of the many plants and flowers of the Cape. You can also make out the historic Castle of Good Hope, South Africa's oldest surviving building, and visible to the keen observer is the South African Parliament, where a guided tour will acquaint you with South Africa's turbulent history and its political system.

Politics is never far from the surface in South Africa and many of the museums and art galleries are dedicated to conveying the trauma of the apartheid era and the racial struggles that followed. In the distance, you can make out the notorious Robben Island, where Nelson Mandela was impris-

oned for his anti-apartheid activities before becoming president in 1994. Today, the island has become a symbol of his triumph over discrimination and daily tours take in the maximum security prison and various other sites of interest here.

Impressive as Cape Town looks when viewed from above, you have to descend into its streets to get a real taste of the life and soul of this eclectic city. While there, make sure you venture out of the affluent Camps Bay and Constantia neighbourhoods, with their glitzy restaurants and smart hotels to join a tour of the townships and get a true sense of the city as a whole. Life may be hard, dirty and a daily struggle for those that live here but there is an abundance of ubuntu – African hospitality and care for fellow human beings—which is what has bound Cape Town together though all its troubles and made it the multicultural city it is today. ●

The best place to take in this wonder is from up high.

Cape Town from above

Cultural highlights in Cape Town

- Bo-Kaap Museum
- Slave Lodge
- District Six Museum
- South African National Gallery
- Galleria Gibelle
- Iziko South African Museum
- Koopmans-De Wet House
- Cape Town Diamond Museum
- Hout Bay Museum
- The Afrikaans Language Museum

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Beat the blaze

Would you know what to do if a fire started in your home? Would your kids? Take the time now to review fire safety facts and tips, so your family can be well-prepared in the event of an emergency fire situation.

Fires can strike anywhere at any time. The best way to practise fire safety is to make sure a fire doesn't break out in the first place. That means you should always be aware of potential hazards in your home. Preparing and practising a plan of action will help you act quickly if there's a fire in your home, and it could even save your life.

Along with installing smoke detectors in your home, you should have a fire extinguisher in key areas such as the kitchen, bedrooms, office space and the garage. Walk your family through a fire drill, so everyone knows what to do and where to go in case of a fire. When you make an escape plan, involve everyone who lives in your home, including children, older or disabled people and any lodgers.

Every room in the house should have at least two escape exits. If one of these is a window from a second storey, install ladders that can be dropped from the windows. Make sure children know where the family will reunite if they have to leave the house in case of a fire. ●

“Make sure stairways and fire escapes are kept clear of all obstacles and that fire doors are never locked.”



Fire safety in a high-rise building

Living above the first floor doesn't necessarily make you any more at risk from a fire. High-rise apartments are built to be fire-proof. Walls, ceilings and doors will hold back flames and smoke. Most of your planning should be the same as in homes at ground level, but there are some differences.

Firstly, you won't be able to use the lift if there's a fire, so choose an escape route that takes this into account. Count how many doors there are on the route to get to the stairs when you can't use the lift, in case you can't find your way. Make sure stairways and fire escapes are kept clear of all obstructions and that fire doors are never locked. It is important to regularly check that you can open the doors to stairways or escapes from both sides. If there's a fire elsewhere in the building, you are usually safest in your own flat, unless heat or smoke is affecting you. If you are affected, you should get out, stay out and call 997.

Tips for fire safety in your home

The most important part of fire safety preparation is making an escape plan. The best escape route is often the normal way in and out of your home, so think of any difficulties you may have getting out. For example, at night, you may need to have a torch to light your way. Then choose a second escape route, in case the first one is blocked. Keep all exits clear of obstructions, like bicycles and if there are children, older or disabled people or pets, plan how you will get them out.

The first priority is to keep people safe by getting them out of the building. If you can't escape, you'll need to find a room to take refuge in. This is especially important if you have difficulty moving around or going downstairs on your own. If you can't get out, get everyone into one room. Choose a room with a window and try to put cushions, towels or bedding at the bottom of the door to block smoke. Open the window and call for help. Think about which room might be best for this, as you need a window that can be opened and, if possible, a phone for calling 997.

Decide where the keys to doors and windows should be kept and always keep them there. Make sure everyone in your household knows where they are. Once you have made your plan, go through it with everyone in the household. You could also put a reminder of what to do in a fire situation somewhere where it will be seen regularly, like on the fridge door. Put your address by the phone so that children can read it out to the emergency services.

Make sure you have 'walked through' the plan with everyone in your household. Regularly remind everyone of what to do, and what not to do, in the event of a fire.

Top tips

- Replace frayed electrical cords before they burn or cause a fire.
- Unplug your hair dryer or any other small appliance in the bathroom when not in use.
- Make sure lamps and night-lights are not touching bed spreads, drapes, or other fabrics.
- Don't let kids use kitchen appliances by themselves.



IN AN APARTMENT, ENSURE THAT FIRE DOORS ARE NEVER LOCKED

You've got a friend

How one Sharjah-based volunteer foundation is lending a helping hand to cancer patients right across the UAE.



FOCP OFFERS MEDICAL AND EMOTIONAL SUPPORT TO CANCER PATIENTS

The Friends of Cancer Patients Society (FOCP) is a charitable, volunteer-based foundation operating as a specialised entity under the umbrella of the Supreme Council for Family Affairs in Sharjah. Under the patronage of Her Highness Sheikha Jawaher Bint Mohammed Al Qasimi, President of the Supreme Council for Family Affairs, and wife of the Ruler of Sharjah and Federal Supreme Council Member His Highness Dr. Sheikh Sultan Bin Mohammed Al Qasimi, a group of dynamic and visionary women formed FOCP with the main aim and shared goal of creating a change in the way the community of the UAE comes together to help those suffering with cancer.

Over the last decade, FOCP has been working tirelessly to fulfil its objective. As well as providing medical support services and assistance to cancer patients, the organisation also strives to increase community awareness, educate people about the causes and prevention of cancer, provide information on the types of

treatment and support available to those with the disease and their families, engage the community and foster an environment across the UAE where cancer related issues can be openly and comfortably discussed.

As a charitable organisation, FOCP have been able to provide financial, emotional and medical support to many patients across the UAE. The range of services they offer to the public covers a wide array of accessible options including educational workshops, seminars, clinics, conferences and fund-raising events. As with all charitable organisations, fund-raising plays a huge part in the maintenance and availability of support the charity

can provide. This means the charity organises a variety of events to raise funds throughout the year, as well as participating in other events as the featured charity, such as the Oil Barons Ball in Dubai, which last year saw a staggering Dh997,000 being raised for FOCP.

In a community as diverse and multicultural as the one we live in here in Dubai, offering help and support to those who need it is something that should know no boundaries.

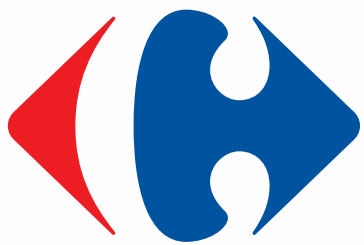
This is a strong belief held by FOCP also, who are strongly committed to all residents of the UAE without discrimination or prejudice against race, religion or cultural background; the charity's first and foremost aim is to provide guidance and support for cancer patients and their loved ones. After all, that's what friends are for.

For more information, visit www.focp.ae.



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Size matters

The debate surrounding which is better—light weights or heavy weights—continues to rage on.

Current gym dogma holds that, to build muscle size, you need to lift heavy weights. However, new studies have shown that a similar degree of muscle building can be achieved by using lighter weights. The secret is to pump iron until you reach muscle fatigue.

Muscle growth is a complex pro-

cess. Professional bodybuilders are divided into two camps: the light-weight, high-rep camp and the heavy-weight one. In order for a muscle to grow, muscle overload must occur with resistance exercise—no argument there—however several books have advocated high-rep exercises to stimulate muscle growth. The best example, the 50-rep squats to blast leg muscle, is a commonly used method.

Light-weight and heavy-weight exercises are both considered strength exercises, rather than aerobic. They involve slow, controlled, repetitive motions. Resistance training increases the size and strength of muscle fibres, resting metabolism, lean body mass and bone mineral density. It also decreases your body fat.

A normal exercise protocol states that you should do resistance exercises to the point of fatigue—when you cannot do another repetition using good form. If you use heavy weights, you can do far fewer repetitions that you could using light weights. You can reach a high intensity either way, but light weights require eight to 12 repetitions, whereas heavy weights only require three to six repetitions to achieve a high intensity.



Light weights have the distinct disadvantage of consuming much more time than exercises with heavy weights. Psychologically, it is also harder to know that you have to lift that weight 12 times instead of three times. The disadvantage of heavy weights is their imprecision. Perhaps you lift 20-pound Dumbbells four times during a bicep curl, but you are not quite fatigued yet, however you cannot do another repetition. If you had been using 10 or 15-pound Dumbbells, you could have actually finished the exercise to the point of fatigue.

While neither type of resistance exercise is considered an aerobic exercise that increases your endurance, using light weights will improve your endurance for strength exercises. Using heavy weights will increase your absolute strength. For example, imagine you are pedalling a bicycle (an aerobic exercise). If you have been training with lighter weights, you will be prepared to climb a long, gradual hill, but you will have a hard time on the short, steep hills. However, your work with heavy weights will prepare you for a short, steep hill, but you will get tired before you reach the top of a long, gradual hill because your endurance for strength exercises is limited.

Advertising for fitness products often claims that lifting light weights results in a more 'toned' appearance, but a toned body is the result of a combination of strong muscle and low body fat. More muscle is built by lifting heavier weights as opposed to light weights, but the goal is to fatigue the muscles with each set you perform. This can be done either through lifting heavy weight with low repetitions—in the one to six range—or through lifting medium weights with repetitions in the 10 to 12 range. Especially light weights that don't challenge the muscles are inefficient for building muscle.

Even though you can build muscles using light weights, it's suggested that you incorporate some heavy lifting into your

routine. The bottom line is, besides a healthier appearance, people who build muscle through weightlifting also experience the benefits of added strength, healthier bones, decreased risk of injury, better balance and greater mobility. Muscle helps boost metabolism and burn fat, which can slim the body in conjunction with a healthy diet and cardiovascular exercise. If you train exclusively with light weights, you can not be as strong as the individual who incorporates both light and heavy weights into their routine.

Unless you are physically unable to lift heavier weights, you might be wasting your time using light weights that allow for easy repetitions

long into your set. Challenge yourself by lifting heavier while focusing on good form and safety for maximum benefits.

Also, training with heavy weights with low repetitions will get you bigger muscles faster since your muscles will fatigue faster and you will be out of the gym quicker and on your way to gaining muscles. Just make sure you also use lighter weights at certain points in your routines. ●

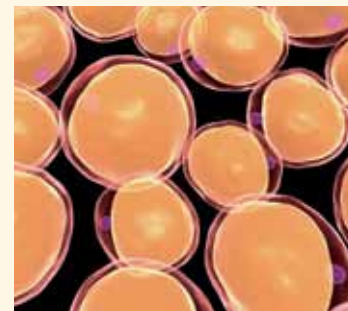
USING HEAVY WEIGHTS WILL ALLOW FOR FASTER-BUILDING MUSCLES

Using heavy weights

- Follow correct technique at all times; take care of your back.
- Maintain good posture—unlock your knees, keep your feet apart, head up and chin in.
- Always remember to breathe out. Never hold your breath.
- On all arm exercises, keep your shoulders down and pushed back.
- On all exercises, tighten your stomach muscles and squeeze your buttocks.
- Control the weights throughout the entire range of movement.
- Young children (under 15) should never lift heavy weights.
- Progress slowly—do not attempt to lift heavier weights than you're capable of lifting.
- If you're a beginner, allow one day of rest in between work-outs.

FITNESS FIXES

Fat-burning fat: the lazy man's dream



Scientists have identified a protein which regulates the activation of brown fat in both the brain and the body's tissues. Unlike white fat, which functions primarily to store up fat, brown fat (also known as brown adipose tissue) burns fats to generate heat in a process known as thermogenesis.

The research discovered that the protein BMP8B acts on a specific metabolic system (which operates in the brain and the tissues) to regulate brown fat, making it a potential therapeutic target.

"The BMP8B-treated brown fat cells burned more fat."

Scientists believe that activating brown fat could help to support current weight loss programmes, which individuals often struggle to maintain.

The experiments showed that when mice lacked the protein BMP8B, they found it more difficult to maintain their normal body temperature. They also became much more obese than normal mice.

When BMP8B was administered to specific parts of the brain, it increased the amount of nervous activation of brown adipose tissue. The result was that these BMP8B-treated brown fat cells burned more fat and the mice given it lost weight.

A sting in the tale

There is one tiny creature out there who is most definitely after our blood.



We have all experienced it on more than one occasion. You're eating *al fresco*

with friends, drinking in the view over the city and savouring some top-class cuisine, when you feel a dreaded, familiar itch beginning to consume an area of exposed skin. As you inadvertently reach to scratch the offending area, your fingertips come into contact with a hot, swollen lump that confirms your fears. You've been bitten.

Unfortunately, mosquito bites come hand-in-hand with living in a hot country. While Dubai is less of a hotbed for these biting bugs than other, wetter countries, the humidity of our climate means we are all still prime meat for the blood-sucking creatures that whizz around under the cover of darkness.

Luckily, there are steps that you can take to prevent mosquito bites, as well as a range of effective treatments if you are unlucky enough to be a target. *Read.* attempts to take the sting out of things with a look at what bites are and how you can treat them.

WHEN AND WHERE?

You're most likely to get mosquito bites at dawn or at dusk, when mosquitoes are at their most active. Unfortunately, this is the time when many of us will choose to be outside, after the sun has gone to bed and the social side of Dubai comes alive. Mosquitoes tend to thrive around stagnant water, so if you're out and about exploring pools or wadis, you may be more likely to suffer bites while there. Luckily, during the height of summer, the heat is simply too much for mosquitoes and the majority of them will die off.

HOW?

Mosquito bites occur when you are bitten by a female mosquito. The mosquito will feed off your blood by piercing the skin with her mouth. While sucking the blood, she will also deposit some of her saliva into your skin. This saliva contains proteins that remain in your skin and react with your immune system, causing the characteristic itchy, red bump.

THE RISKS

Malaria is not considered a risk with mosquito bites here in the UAE, and most people will simply

“*Luckily, during the height of summer, the heat is simply too much for mosquitoes and the majority of them will die off.”*

Did you know?



Bed Bugs - These small, flat, reddish-brown parasites were given their name thanks to the fact they

hide in warm, soft, dark spaces, such as in mattresses, under peeling wallpaper, in upholstery or carpets. They feed off human blood which they consume while you are sleeping. Look out for tiny blood spots on your sheets, empty bug carcasses, or bites that appear in a line or cluster.



Fleas - Mainly interested in living within the fur of animals, fleas can often enjoy a tasty

human snack thanks to their quick (and impressively long-distance) jumping skills. Look out for bites around the ankles or lower legs, especially if they only seem to occur in a specific place, such as when you're at your work or school desk.



SOME PEOPLE SUFFER ALLERGIC REACTIONS TO MOSQUITO BITES

be dealt an itchy, sore lump that hangs around for a couple of days. However, others may be unlucky enough to suffer an allergic reaction. A mild allergic reaction may result in bigger, more painful lumps, which may take longer to disappear than a normal mosquito bite, but very rarely, a serious reaction to mosquito bites might occur, which results in a person's throat swelling up, hives across the body and wheezing. This is a life-threatening allergic reaction known as anaphylaxis and requires immediate medical attention.

PREVENTION

Insect repellent sprays are most commonly used to prevent mosquito bites. When used properly, insect repellents are safe for both kids and adults. However, bear in mind that repellents don't kill mosquitoes; they just make it harder for them to find you. This means that, even when a repellent is working properly, you may still see mosquitoes buzzing around.

The pesticide DEET blocks a mosquito's ability to find people who've applied it. A repellent

that contains up to a 35 per cent concentration of DEET should be enough to divert the mosquitoes away from you if applied to exposed skin and sprayed on the clothes as well. Don't use DEET on the hands of young children, however, as it can cause a reaction if it gets in the mouth.

THE NATURAL WAY

Citrus scents are believed by many to ward off mosquitoes and other biting insects. Citronella-scented candles and sprays are used by many. However, their effectiveness is limited compared to chemical-based repellents.

There is also strong scientific evidence to suggest that your genetic make-up and the chemicals your skin exudes has a role to play in how susceptible you are to mosquito bites. This may explain why one person in a group gets covered in bites yet the other remain itch-free. Some people believe that taking Vitamin B supplements can change the way in which their body gives off odours and chemicals, although there is currently a lack of scientific evidence to support this. ●

AD

Rock 'n' retro

From elegant, 1950s tablecloth-style dresses to quirky, cartoon-inspired t-shirts and colour-popping bags, the American retro look is back in full swing. Retro-style fashion items are often from the 1950s, '60s or '70s. These eras differ greatly in what was common and trendy, so selecting which decade to emphasise is important.

Short and sweet

Channel the retro vibe with a funky pair of shorts, like these ones from Topshop. For a full-on retro look, pair striped shorts with a scalloped, navy blouse and don a beehive hairstyle with vampy red lipstick for an old Hollywood look.



Shirt up

Granny-style blouses and scallop shirts are back. The best shirts feature images of fruit and vegetables, and are reminiscent of a tablecloth. Channel your inner housewife and pair a lemon, silk blouse with lace detailing with a pencil skirt for a sophisticated look, or a fruity shirt with tailored shorts for an everyday look.

MONSOON



Finishing touches

This season, stilettos are ruling the catwalk and our favourite high street brands have come up with stunning heels that are giving designers a run for their money. Opt for a pair of stilettos in lemon shades for a more angelic look. Finish your outfit with a round or box-shaped handbag in Spring's pastel colours. Not only is the shape classic, but it is exactly the type of bag that America's first ladies wore.



TOPSHOP

MAX

Lady-like dresses

Louis Vuitton captured the elegance and femininity of the 1950s period with its Spring/Summer collection. High-waisted skirts, Peter Pan-collar shirts and sweaters featured heavily. Opt for a floral shift dress or a plain shift dress. The key to this lady-like style is to don a dress which sits below the knee and nips in at the waist.

LOUIS VUITTON

Her



NEXT



DEBENHAMS

MARKS & SPENCER

TOPSHOP

Working a classic

One way to pay homage to long-ago eras and past decades is by including old band t-shirts or garments with logos into your wardrobe. Even still-present companies, such as Coca Cola, lend a retro-style when the vintage logo is used. Pop art and images of cartoon characters on shirts have become a favourite ever since the rise of pop art in the 'Sixties. Pair a vintage t-shirt with an umbrella skirt for a cute, modern twist.



ASOS

ASOS

MISS SELFRIIDGE



ASOS

DEBENHAMS

RIVER ISLAND

Quirky shirts

Although many of us would like to leave elements of 'Eighties fashion behind us, there are a few pieces that remain stylish in this decade. Psychedelic and hippy-like patterns are paramount, and are commonly seen in retro-style shirts and ties. Pair a colourful Asos t-shirt with a pair of denim shorts and you're good to go, or opt for a patterned shirt for a fun, youthful look.

Mix and match

Don't be afraid to blend vintage pieces and brand new items, since a combination lends authenticity to your wardrobe. As long as you don't overwhelm an individual outfit with too many elements of either type, both vintage and modern retro-style fashion and accessories can help define your look.

Him



ASOS

FASHION OPINION

GEMMA
MATHEWMAN
FASHION
COLUMNIST



Neon lights

Summer is officially upon us and the word on the street is new wardrobe. Whether it's to trade in those sweaty tight jeans for little shorts or to feel guilt-free wearing light mini-dresses, the summer beckons and the malls fill with women searching for sassy summer clothes to hit the beach in.

What's hot this summer? Bright, bold neon. Finally, neon colours are gracing the catwalks and fashion icons are supporting the glow stick look. A-list celebrities like Kim Kardashian and Nichole Richie have been spotted looking piping hot in neon

"Neon accessories can also be added to that little black dress."

pinks and lime green blazers—yet another reason to get on this new fashion bandwagon.

A big hit with fluorescent colours this summer are neon accessories. Stay up-to-date with the fashion trend without breaking the purse strings with these bright add-ons. Neon accessories can also be easily added to that classic little black dress that every woman owns.

It's important to remember not to go OTT with neon. One fluorescent shade is good; two can be a fashion disaster. Make-up also needs to be minimal if wearing bold colours. Whatever the occasion, fluorescent colours are guaranteed to light up any room and make heads turn.

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Game on!

With the release of *Diablo III* last week, PC gamers around the world were finally able to buy what has become one of the most anticipated games of the decade. Given that the last installment of the franchise, *Diablo II*, was released in 2000, and that the current game was announced four years ago, in 2008, it's easy to see why fans have been so eager to get their hands on it.

Of course, the *Diablo* series of hack-and-slash role playing games isn't everyone's cup of tea, meaning that the new release won't mean much to plenty of people. However, there are certainly enough exciting games coming out this year to whet the appetite of anyone even slightly interested in gaming. Here's our list of the 10 most anticipated games for the remainder of 2012.



10 StarCraft II: Heart of the Swarm

Release date: TBA

The military science-fiction real-time strategy game franchise, *StarCraft*, hardly needs an introduction, having been a massive hit since it was first launched on the PC in 1998. The new game, *Heart of the Swarm*, is set to be a sequel and expansion pack to *StarCraft II: Wings of Liberty*, and is to be part two of the *StarCraft II* trilogy. It will feature a continuing campaign, new units plus multi-player changes.



9 Hitman: Absolution

Release date: November 2012

This will be the fifth game in the *Hitman* series, and will run on the Glacier 2 game engine from IO Interactive. Details surrounding the gameplay have been sketchy ahead of the November release, though it has been confirmed that at least one part of the game will be set in Chicago, and that the rest will be in the United States. The new game will also feature an online option.

Tony Hawk's Pro Skater HD

Release date: Summer 2012

This gaming franchise is as old as the first PlayStation, and it made a superstar out of pro skater Tony Hawk. And critics across the board agree that it was a fantastic series, providing hours of fun for both serious and casual gamers. This new game is said to take the series back to basics, getting players to focus on linking tricks and grinds together in order to score big points, all in glorious high definition.



8 The Last Guardian

Release date: TBA

The Last Guardian has become something of a legend among PlayStation 3 players, given that it has been hitting headlines since a concept trailer came on-line in 2009. However, due to complications, such as director Fumito Ueda leaving Sony, the date has been continuously pushed back. If it ever comes out, the title will be a third-person, action-adventure game that incorporates puzzle elements, with the protagonist attempting to flee the ruins of an expansive and complicated castle.



6 Max Payne 3

Release date: May 2012

Slated for release this month, *Max Payne 3* is the first game following protagonist Max Payne to not be developed by the Finnish Remedy Entertainment, and also the first not to be written Sam Lake, who created the character. Much

like its predecessors, *Max Payne 3*

will feature over-the-shoulder zoom aiming, bullet-time action sequences, new action movements, and playable cut scenes. New multiplayer functions will also be added.



4 Metal Gear Rising: Revengeance

Release date: Winter 2012

Set several years after the events in *Metal Gear Solid 4*, the newest *Metal Gear* game will bring back former agent Raiden,

the main protagonist from *Metal Gear Solid 2*, and pit him against cyborg enemies as he attempts to help rebuild an unnamed country. Unlike any of the previous games, this will purely be an action game, with the focus on swordfighting and an advanced cutting system.



5 Far Cry 3

Release date: September 2012

The sequel to 2008's *Far Cry 2*, this game is set to be released for the PlayStation 3, Xbox 360 and Microsoft Windows. True to the series' roots, it will be an open-world, first-person shooter, set on a number of desert islands

that the protagonist must escape from. The map will be around 10 times bigger than the last game's, and players will be able to fire from crouching positions more effectively, as well as use more melee attacks.



THE LAUNCH

AR.Drone 2.0 makes debut



The Parrot AR.Drone 2.0, the new generation of Parrot's renowned high-tech quadcopter that can be controlled by Wi-Fi using a smartphone or tablet will soon be available in the UAE. With a new high-definition camera to enable you to take photos or record videos and the ability to easily share them, the AR.Drone 2.0 offers an experience like no other!

Whilst in flight, the Parrot AR.Drone 2.0's front camera transmits what the quadcopter sees in real-time on the pilot's device screen. Players can also record their own HD flight videos and pictures on the device's memory. The Parrot AR.Drone 2.0 will be available from July 2012 in all main electronics retailers in the UAE for Dh1,499.

GoFlex Satellite launched



Seagate Technology has unveiled an extremely portable and must-have travel partner ideal while commuting on the Dubai Metro—the GoFlex Satellite mobile wireless storage. The GoFlex Satellite is wireless and works with the iPad, iPhone, tablets and smartphones.

GoFlex Satellite's new hard comes in 500 GB storage capacity; can save over 300 HD videos and many large music collections. Due to its wireless connectivity, three users can connect and enjoy streaming content at the same time. The GoFlex Satellite drive is available for Dh789 in all leading retail stores.

3 BioShock Infinite

Release date: TBA

Though, at the time of writing, release dates are sketchy for this game, it is certainly highly anticipated. With the promise of similar game-play to the previous two *BioShock* titles, the storyline is actually unrelated.

Either way, it is sure to be hit, despite the last one being criticised for being too easy.



Grand Theft Auto V

Release date: TBA

Plenty of rumours have been flying around about the release date of the first major *Grand Theft Auto* title since *GTA IV*, which began the "fourth era" of the series, though nothing has been confirmed yet. However,

developer Rockstar has said that this game will kick-start a so-called fifth era, and will be set in the fictional Los Santos city, which lies in the fictional state of San Andreas, where popular series titles have already taken place.

Halo 4

Release date: November 2012

This is the eighth installment in the *Halo* game series, and is almost as guaranteed to sell huge numbers of copies as *The Avengers* was to sell movie theatre seats. The storyline will pick up some time after the ending of *Halo 3*, with the Master Chief reprising his role as the main protagonist. His AI counterpart, Cortana, will also appear in the game, developers have announced.



Mashreq goes lifestyle

New Platinum Elite credit card is a reflection of attaining everything that is luxurious in just one proposition

FINANCE

Mashreq has launched a top-of-the-range credit card tailored to meet the lifestyle aspirations and requirements of affluent customers in the UAE. The Mashreq Platinum Elite credit card is an exclusive product offering that is tailor-made to cater to the growing needs and preferences of the elite consumer base.

The new Platinum Elite credit card—available in MasterCard and Visa variants—is an enhanced version of Mashreq's current Platinum credit card, and offers its members a myriad of services and benefits unlike any other product in the UAE.

Specifically designed for customers who are constantly on the lookout for consistent and high quality services and variety, the Platinum Elite credit card offers unmatched benefits such as golf discounts of up to 50 per cent, access to over 600 lounges world-



MASHREQ OFFICIALS LAUNCH THE NEW PLATINUM ELITE CREDIT CARD

wide, dining privileges at over 400 outlets in the UAE, up to 40 per cent discount across health check-ups and access to the widest network of health clubs. In addition, members also earn four Salaam points for every dirham spent in the UAE and five Salaam points on every dirham

spent internationally. According to Nimish Dwivedi, Head of Payments at Mashreq, "This new product is targeted at the growing affluent segment of customers constantly seeking premium privileges and rewards and provides cardholders with an overall experience and a

number of lifestyle benefits. Mashreq is proud to present a card that has all the right elements that is designed for the elite, designed for those who enjoy individuality and most of all will fulfill their needs. The Mashreq Platinum Elite product is more than just a credit card, it's a lifestyle."



Private Empire Strangeland

By Steve Coll

BOOKS

In the first hard-hitting objective examination of ExxonMobil, the most powerful private company in the United States, Steve Coll attempts to pull back the curtain hiding the secrets of its influence, its business practices and those at the top. According to the book, the firm's annual revenues are larger than the entire GDP of some countries, and in some places, its opinion on local politics is of more importance than the US embassy's. Furthermore, it spends more money lobbying American politicians than any other company.

This brief introduction on Exxon-Mobil provides a stunning backdrop against which Coll begins his investigation. He runs from 1989's Exxon Valdez incident, which saw 750,000 barrels of crude oil spill into the Prince William Sound Bligh Reef, up to 2010's Deepwater Horizon oil spill in the Gulf

of Mexico, charting the company's activities.

Coll draws on more than 400 interviews, ranging from inhabitants of impoverished African nations to high-flying oil barons, in order to paint a picture of the influence that one company can hold, and how much the idea of Big Oil can affect global politics.



Artist Keane Label Interscope ★★☆☆☆

ALBUM

English alternative rock band Keane have come out with their fourth studio album, following the obligatory "radical departure" album that came with their 2008 release, *Perfect Symmetry*. Since then, it's seemed as if Keane were looking to expand their repertoire, with the band even releasing an EP featuring Somali-Canadian rapper K'naan in 2010. But perhaps they've had a rethink, and decided to stick to what they're good at with *Strangeland*, which is as Keane-esque as it gets.

The stuff that really made the band famous—grand, stadium-rock songs, stirring piano lines and pseudo-inspirational lyrics—is rife across the new album. Even the song titles hark back to the good old days when stadium rock bands could emulate U2 and make big bucks for it. Tracks such as *In Your Own Time*, *Silenced by the Night* and *Day Will Come* sound as if they belong on some sort of greatest hits album, even though they've

never been heard until now. But this is by no means a terrible album. After all, Keane are extremely good at what they do. It's just strange to see them make such a radical departure from what made them famous, only to then come back with material that would have been more at home on their first album.

It's like they decided to simply tinker around with the old songs they had floating around from before they became famous, so it doesn't really feel like a "new" album.



If you like this then you could try...

End This Depression Now! by Paul Krugman

In a time of austerity and economic uncertainty, Nobel Prize-winning economist Paul Krugman points out, "Nations rich in resources, talent and knowledge remain in a state of intense pain." He goes on to try and answer how to free these countries from the pains of the recession, using characteristic lucidity and insight.

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



I WON'T LET IT HAPPEN

انتبه
takecare

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

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Comedic gothic fails to shine

NEW RELEASE

They don't call it *Tim Burton's Dark Shadows*, but they might as well have. Nominally based on the cult favourite 1960s daytime soap opera, this film has much more to do with what goes on inside director Tim Burton's head than with any TV show, no matter how beloved. In fact, *Dark Shadows* is as good an example as any of what might be called the "Way of Tim", a style of making films that, like the drinking of blood, is very much an acquired taste.

Blood, of course, figures prominently in both the original *Dark Shadows*, which ran for 1,225 episodes between 1966 and 1971, and this new version, for both focus on the character of Barnabas Collins, an eighteenth-century vampire who reappears in today's world. Back in the day, having a contemporary vampire on a daytime soap was unheard of, and *Dark Shadows* soon developed a devoted following, including two youngsters who grew up to wield great power in Hollywood, filmmaker Burton

In *Dark Shadows*, Johnny Depp is entertainingly weird as vampire Barnabas Collins, but director Tim Burton's apparent weaknesses in story and drama show.

Did you know?

- This is Tim Burton's eighth film with Johnny Depp, his seventh film with Helena Bonham Carter, his fifth film with Christopher Lee and his second film with Michelle Pfeiffer (Pfeiffer starred in *Batman Returns* 20 years previously).
- The producers scoured the UK and Maine to find an appropriate fishing village to film Collinport in, but couldn't find one. So they constructed the whole town from scratch in Pinewood Studios.
- Christopher Lee stars with Johnny Lee Miller in this film. Decades earlier, Lee had appeared with Miller's grandfather, Bernard Lee, in the 007 film *The Man with the Golden Gun*, which was based on a novel written by Lee's cousin, Ian Fleming.

and his frequent star, Johnny Depp. With Depp on-board as Collins, the director was free to construct his own version of *Dark Shadows*, which plays much more fang-in-cheek, so to speak, than the more straight-ahead original. As a result, the film turns out to be an uncertain combination of elements that unsuccessfully tries to be half-scary, half-funny and all-strange.

There is, as always, wonderful production design, which comes courtesy of Burton's long-time collaborator, Rick Heinrichs, who won an Oscar for his work on the director's *Sleepy Hollow*. Heinrichs has two worlds to deal with in the Seth Grahame-Smith script, starting with the rocky seacoast of Maine in the 1770s. Here resides the Collins family, grown great on the wealth fishing provides.

The Collins' only son, Barnabas (Depp), is something of a ladies' man,

BELLA HEATHCOTE
AS VICTORIA WINTERS



but when he toys with the affections of servant Angelique Bouchard (Eva Green), he finds he literally has Hell to pay. For Angelique is a practicing witch who brings a bleak end to Barnabas' love for Josette DuPres (Bella Heathcote), and turns the man himself into a vampire. Then, just to rub it in, she has him buried alive "so that his suffering would never end".

Eternity doesn't last as long as it used to, and a mere 200 years have passed when some unwary and unfortunate construction workers unearth Barnabas' coffin and set him free.

Barnabas soon makes his way to Collinswood Manor, where he's passed off to the locals as a distant relative visiting from England. The only person Barnabas freely takes into his confidence is the lady of the manor, Elizabeth Collins Stoddard. Together, they plot to return the Collins family to prominence.

Helping to make all this folderol initially palatable is a certifiably weird performance by Depp, who likes

“As engaging as Depp can be, he and the rest of the ensemble are tripped up by Burton’s woeful lack of concern with drama.”

nothing better than to disappear into the odd creatures that his director creates for his delectation.

But as engaging as Depp can be, he and the rest of the ensemble (which includes Helena Bonham Carter, Chloe Grace Moretz and Michelle Pfeiffer) are tripped up by Burton's woeful lack of concern with drama.

Burton is prone to wander off-point and engage with peripheral concerns rather than such pedestrian matters as plot coherence. *Dark Shadows* is all over the place, getting more grotesque and less involving the longer it goes on, and that, as the undead would attest, is a damned shame. ●



DEPP OFFERS AN ENGAGING AND WEIRD PERFORMANCE

A-Z OF MOVIES

“I” is for Imitation



What we see in the movies can influence us greatly. Many people have felt a certain kinship with a particular character from a certain story, and sometimes it can feel like the actors are telling the story of your life. With that said, movies can at times be a healthy source of inspiration or cathartic release.

Sometimes, however, people take what they see on the screen too far—acting out stunts or scenes from something that

they saw—blurring the line between fiction and reality. When people take their media-inspired fantasies too

far, they often wind up injured, arrested or, worse, dead.

Who would believe that a young man might be found dead after imitating a Disney movie? Sadly this is exactly what happened on October 16, 1993 in Pennsylvania, where 18-year-old Michael Shingledecker was run over by a pick-up truck.

He and his friends were reenacting a scene from the Disney movie, *The Program*, by laying down on a highway's white, dotted lines while cars rushed past, attempting to prove that they had nerves of steel.

That's not all, however, as 17-year-old Michael Macias of Bayville, New Jersey, suffered critical spinal injuries that same Saturday, performing the exact same stunt from the movie. In response to these tragedies, Disney decided to remove the scene from the film.

“He and his friends were reenacting a scene from *The Program*.”

Bollywood news

All the single ladies

Katrina Kaif is considered to be one of the most beautiful ladies in Bollywood. But what's shocking is that the actress is still single. “To get married, one has to be asked. When I am asked, I will let you know. I have no idea who I am waiting for,” said Kaif. The actress has dated Salman Khan and Ranbir Kapoor in the past.



Eyes on the prize

His second Hindi film is still to hit the theatres but Rana Daggubati says he has big plans in Bollywood. “There have always been stars from the south who have done Bollywood, though in the past, they came for one-off projects. Now that trickle has become something of a flood,” said the Telugu star.



Kapur gets the thumbs-up

Putting rest to all the speculation about her relationship status, Vidya Balan has finally admitted that she is dating UTV Motion Pictures CEO Siddharth Roy Kapur. “I will admit that I am dating him but not beyond that. There is no engagement ring yet. It's a while away and I am in no hurry,” she said.

Listings

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



CABIN IN THE WOODS

MOVIE GUIDE

Grand Cineplex - Wafi

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

The Avengers (3D) - 11:00, 13:45, 16:30, 19:15, 22:00, 00:45

Belami - 10:15, 14:15, 18:15, 22:15

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

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

Department - 10:00, 11:30, 12:45, 14:15, 15:30, 17:00, 18:15, 19:45, 21:00, 21:30, 22:30, 23:45, 00:15

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

Ishaq Zaade - 12:30, 15:15, 18:00, 20:45, 23:30

The Moth Diaries - 12:15, 16:15, 20:15, 00:15

Powder Blue - 12:00, 16:40, 21:20

Reklam - 14:20, 19:00, 23:40

Winx Club Magical Adventure (3D) - 10:45, 12:30, 14:15, 16:00, 17:45, 19:30

Grand Megaplex - Ibn Battuta

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

Belami - 11:10, 13:20, 15:30, 17:40, 19:50, 22:00, 00:10

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

Dark Shadows - 10:00, 11:20, 12:20, 13:40, 14:20, 16:00, 17:00, 18:20, 19:20, 20:00, 20:40, 21:40, 22:20, 23:00, 00:00

Department - 10:00, 12:00, 12:45, 14:45, 15:30, 17:30, 18:15, 20:15, 21:00, 21:30, 23:00, 23:45, 01:30

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 - 10:20, 12:00, 13:00, 14:40, 15:40, 17:20, 18:20, 20:00, 21:00, 22:40, 23:40, 01:20

The Lorax - 11:00, 12:50, 14:40, 16:30, 18:20

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

The Moth Diaries - 11:30, 13:15, 15:00, 16:45, 18:30, 20:15, 22:00

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

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

Winx Club Magical Adventure (3D) - 10:45, 12:30, 14:15, 16:00, 17:45, 19:30

Grand Cinemas - Festival City

A Thousand Words - 16:30, 18:50

The Avengers - 10:15, 13:00, 15:45, 18:30, 21:15, 00:00

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

Belami - 10:15, 14:15, 18:15, 22:15, 00:15

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

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

Department - 10:00, 12:40, 15:20, 18:00, 20:40, 23:20

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

The Lorax - 11:00, 12:50, 14:40, 16:30

The Moth Diaries - 12:15, 16:15, 20:15, 21:15, 23:00, 00:45

Powder Blue - 11:50, 14:10, 21:10, 23:30

Safe - 18:20, 20:20, 22:20, 00:20

Winx Club Magical Adventure (3D) - 10:45, 12:30, 14:15, 16:00, 17:45, 19:30

Grand Cinecity - Al Ghurair

The Avengers - 11:00, 13:45, 16:30, 19:15, 22:00, 00:45

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

Belami - 10:15, 14:15, 18:15, 22:15

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

Department - 11:20, 12:40, 14:00, 15:20, 16:40, 18:00, 19:20, 20:40,

22:00, 23:20, 00:40

Ishaq Zaade - 12:30, 15:15, 18:00, 20:45, 23:30

The Moth Diaries - 12:15, 16:15, 20:15, 00:15

Winx Club Magical Adventure (3D) - 10:45, 12:30, 14:15, 16:00, 17:45, 19:30

Grand Mercato

The Avengers - 11:00, 13:45, 16:30, 19:15, 21:15, 22:00, 00:00, 00:45

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

Belami - 10:15, 14:15, 18:15, 22:15

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

Department - 10:00, 12:40, 15:20, 18:00, 20:40, 23:20

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

The Moth Diaries - 12:15, 16:15, 20:15, 00:15

Winx Club Magical Adventure (3D) - 10:45, 12:30, 14:15, 16:00, 17:45, 19:30

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 - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00

Dark Shadows - 10:45, 13:15, 15:45, 18:15, 20:45, 23:15

Department - 10:00, 11:45, 12:45, 14:30, 15:30, 17:15, 18:15, 19:00, 20:00, 21:00, 21:45, 22:45, 23:45, 00:30

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

The Moth Diaries - 10:15, 11:15,

15:30, 19:45, 00:00

Powder Blue - 13:15, 17:30, 21:45

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

Winx Club Magical Adventure (3D) - 11:00, 13:00, 15:00, 17:00

Vox Cinemas - Moe

The Avengers (3D) - 10:15, 13:15, 16:30, 18:45, 19:30, 21:15, 21:45, 22:30, 00:15

Battleship - 12:30, 18:00, 23:30

Belami - 12:00, 13:15, 14:15, 16:30, 17:30, 21:45

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

Dark Shadows - 10:15, 11:00, 13:30, 16:00, 18:30, 21:00, 23:30, 00:30

Department - 12:45, 15:30, 18:15, 21:00, 23:45

Five Year Engagement - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30

The Hunger Games - 15:00, 20:30

Marley - 11:15, 14:15, 17:15, 20:15, 23:15

The Moth Diaries - 10:00, 11:15, 15:30, 19:45, 00:00

Powder Blue - 10:45, 13:00, 15:15, 17:30

Safe - 19:45, 21:45, 23:45

Winx Club Magical Adventure (3D) - 11:15, 13:15, 15:15, 17:15, 19:15

Vox Cinemas - Mirdif City Centre

The Avengers (3D) - 10:30, 13:30, 16:30, 19:30, 22:30

Belami - 13:00, 17:15, 21:30

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

Dark Shadows - 10:45, 13:15, 15:45, 18:15, 20:45, 23:15

Department - 10:00, 12:45, 15:30,



THE AVENGERS

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

18:00, 20:45, 23:30

Five Year Engagement - 10:45, 13:15, 15:45, 18:30, 21:00, 23:30

Safe - 18:15, 20:15, 22:15, 00:15

The Moth Diaries - 11:00, 15:15, 19:30, 23:45

Winx Club Magical Adventure (3D) - 10:00, 12:00, 14:00, 16:00

Reel Cinemas - Dubai Mall

The Avengers - 12:35, 14:05, 14:30, 15:35, 17:05, 17:35, 18:35, 20:05, 20:40, 21:35, 23:05, 23:45, 00:35

The Avengers (3D) - 16:00, 22:05, 01:00

Belami - 22:35, 00:45

Cabin In The Woods - 11:25, 13:35, 15:45, 17:55, 20:05, 22:15, 00:30

Dark Shadows - 11:00, 12:05, 13:30, 14:30, 16:00, 17:00, 18:30, 19:30, 21:00, 22:00, 23:30, 00:30

Department - 11:05, 13:00, 14:55, 16:50, 18:45, 20:40

Five Year Engagement - 11:25, 14:10, 16:40, 19:15, 21:45, 00:15

The Hunger Games - 12:05, 15:05, 18:05, 21:05, 00:05

Ishaq Zaade - 14:40, 17:30, 20:20, 23:30

The Lucky One - 14:20, 16:35, 18:50, 21:05, 23:30

The Moth Diaries - 14:35, 16:30, 18:25, 20:20, 22:15, 00:10

My Summer Vacation - 14:00, 16:05, 18:15, 20:20, 22:30, 00:40

Pirates: Band Of Misfits(3D) - 12:05

Powder Blue - 12:10, 14:30, 16:50, 19:10, 21:30, 23:50

Safe - 15:20, 17:25, 19:30, 21:35, 23:40

Winx Club Magical Adventure (3D) - 11:05, 13:00, 14:55, 16:50, 18:45, 20:40

Wrath Of The Titans - 14:05, 16:20, 18:35, 20:50, 23:05, 01:15

Reel Cinemas - Marina Mall

The Avengers - 11:30, 12:05, 14:40, 15:10, 17:50, 18:20, 21:00, 21:20, 00:10, 00:30

The Avengers (3D) - 11:00, 14:10, 17:20, 20:30, 23:40

Dark Shadows - 11:05, 12:00, 13:30, 14:30, 16:00, 17:00, 18:30, 19:30, 21:00, 22:00, 23:30, 00:30

Five Year Engagement - 16:35, 19:15, 21:50, 00:20

The Lucky One - 11:20, 14:00

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE

What's happening this week in Dubai



Automechanika Middle East 2012



Visit Automechanika Middle East and meet market leaders from all automotive sectors.

Date: May 22 -24

Duration: 3 days

Audience: Public, trade

Category: Exhibition

Venue: Dubai International Convention and Exhibition Centre

Admission: Free

Airport Show 2012



The Airport Show is one of the world's leading events devoted exclusively to airport construction, operations, technology and services.

Date: May 22 - 24

Duration: 3 days

Audience: Public, trade

Category: Trade

Venue: Dubai International Convention and Exhibition Centre

Admission: Free

Jumeirah Restaurant Week

This seven-day festival is dedicated to the love of food across 38 Dubai restaurants.

Date: May 23 - 29

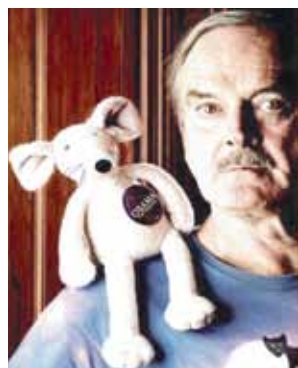
Duration: 7 days

Audience: Public

Category: Festival

Admission: Price per person: Dh120 (casual dining), Dh180 (signature dining)

Telephone: 04 366 6730



AN EVENING WITH JOHN CLEESE

An Evening with John Cleese

For a true comedy night, meet the funniest Monty Python member.

Date: May 23 - 26

Duration: 4 days

Timings: 7:30pm

Audience: Public

Category: Entertainment

Venue: The First Group Theatre, Madinat Jumeirah

Admission: Dh450 (stall seats), Dh350 (balcony seats)

Telephone: 04 366 6546

AFC Futsal Championships



Hosts UAE are ready to compete with 15 other teams for the podium finish in the

AFC Futsal Championship 2012.

Date: May 25 - June 1

Duration: 8 days

Audience: Public

Category: Sports

Wiz Khalifa live in Dubai feat. Tinie Tempah

The rapper behind the smash hit *Black and Yellow* is set to make his debut performance in the UAE.



Date: May 25

Duration: 1 day

Timings: 7pm

Audience: Public

Category: Music

Venue: Dubai Media City Amphitheatre

Admission: Price per ticket: Dh295 (regular), Dh495 (VIP standing), Dh750 (tables standing), Dh1,000 (tables seated)

Telephone: 050 286 8232

Dance2LAX

A one-day dance workshop with celebrity choreographers followed by two evening events; Dance2LAX Live and Mogue Night, which will see professional performances and a star-studded party.

Date: May 25

Duration: 1 day

Audience: Public

Category: Entertainment, dance

Venue: Burj Tent, Downtown Dubai

Admission: Workshop pass Dh799, Dance2LAX LIVE and Mogue Night: Dh159

Tickets: platinumlist.net, boxofficemc.com



Gypsy Jazz Concert by Elios and Boulou Ferré

The Alliance Française of Dubai presents the Gypsy Jazz Concert by Elios and Boulou Ferré.

Date: May 26

Duration: 1 day

Timings: 7:30pm

Audience: Adults

Category: Music

Venue: Hotel Novotel World Trade Centre

Admission: Dh80-100 per ticket

Telephone: 04 335 8712www



Al Gaffal 60ft traditional dhow sailing race

More than a race, Al Gaffal is synonymous with the history of the traditional dhow in the Gulf region.

Date: May 26

Duration: 1 day

Timings: 7am

Audience: Public

Category: Sports

Venue: Dubai International Marine Club, Mina Seyahi

Admission: Free

Telephone: 04 405 8843



Lightly matured



★★★★☆ With a softer face and a refined interior, the new Chrysler 300C is as sensible and grown-up as can be.

The world of the muscle car is hard, trying to get loads of power into a car that also needs to be usable on a daily basis. Often the trade-off is a car that looks really mean, but isn't actually much good in the real world if you have a family or need a bit of space.

Luckily, Chrysler decided to produce the 300C, a hybrid of a muscle car and a four-door saloon. Is it possible to get the best of both worlds? With the new 300C, the answer would appear to be a big yes.

Everything about the 300C is big. It has big presence, big dimensions and a big interior. Even the switches and dials are big. Subtle and Ameri-

can are words not normally used in the same sentence and the big Chrysler sticks to this rule.

On the outside, Chrysler has been slightly more conservative than with the previous 300C. Where the older model was edgy, the new design is more subdued, but that should open up the model to a wider market. The last shape was certainly a statement, but wasn't

SPECS
(as tested)
Engine: 3.6-litre V6
Power: 292hp @ 6,350 rpm
Torque: 350Nm @ 4,800 rpm
0-100km/h: 7.2 seconds
Top speed: N/A
Price: Dhs 172,900





for everyone. Overall, it's rounder and less 'in your face', softening the big 300 and making it less of a muscle car and more of a large executive saloon cruiser, which is a task it carries out really well.

On the road, it's quiet, comfortable and, in full auto, as docile as a sleeping kitten. Switch it into manual mode and the whole car's personality changes. It becomes more taut, far livelier and a hoot to play with. It's always going to be a hard job to hide its weight, but when it comes to twisty roads, it certainly clings to the road when pushed. The brakes are fine and the car clears speed humps without the clatter and drama some German saloons seem to have developed in the race for GT handling.

The interior, usually a weakness in American cars, is excellent and high quality. However, Chrysler really needs to stop using crinkle



FOR THE MOST PART, THE INTERIOR IS A PLEASANT PLACE TO SIT IN

292

The horsepower chucked out by the new Pentastar 3.6-litre V6 engine.

plastic for the dash tops in its cars. It just doesn't live up to the rest of the interior. The steering wheel is oddly a little too fat and the wood-trimmed top heats up rapidly in the strong Gulf sunshine.

What you do get is tonnes of options, all controlled from the centre console screen. You get park assist with a rear camera, heated and chilled seats, full Bluetooth for your

phone and iPod, as well as collision sensors, active lights and loads more.

In the back, there's acres of leg room and more ultra-comfy seating. It really is a very nice place in which to spend an extended period of time. The boot is pretty spacious, although the rear shelf seems to take up a fair bit of the upper space. Either way, it'll happily swallow your luggage.

The new Chrysler 300C has certainly grown into a more well-rounded car. It does the job of being a big, four-door saloon better than it did before, and, importantly, better than many of its main competitors. Muscle car fans won't be happy with the less combative looks, but in all, the 300C should be on the shopping list of anyone looking for a big, comfy super saloon.

And don't forget. For those looking for something extra, there's always the 6.4-litre SRT8 version. ●

Gearing up for a London summer

Athletes from around the world prepare for the 2012 Olympics, while the UAE also readies its guns.

OLYMPIC GAMES

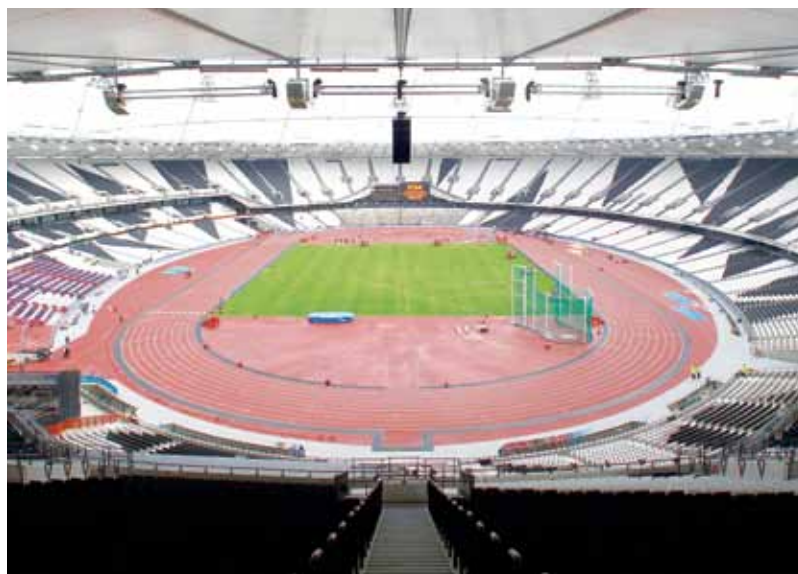
Last week, the Olympic flame was lit at the Temple of Hera, next to the ruins of the venue of the ancient Olympic Games in Greece, in a ceremony aimed at connecting the ancient Games and the modern ones. From there, the torch was carried around in Greece in the traditional Olympic Torch Rally, before travelling to the host city for this year's Olympic Games, London.

In London, plenty of fanfare can already be seen over the upcoming Summer Olympics. Of course, the home country's press fancy the chances of Britain's contenders, but every single one of them will face fierce competition from their rivals

arriving in from far and wide. Meanwhile, sports men and women from the UAE are entering into final preparation for the Games, having qualified in three Olympic competitions. For starters, the UAE has qualified to compete in the football games at the London Olympics, and is scheduled to play Uruguay, Great Britain and Senegal at the group stage.

The UAE has also qualified to compete in shooting during the Games, and is due to take part in the men's trap, the men's double trap and the men's skeet. The UAE should do well here, having taken the gold medal for shooting in the Athens Olympics.

What's more, the UAE team has also qualified for the women's weightlifting event.





It's not all about the money

Believe it or not, there is more to what really makes employees happy at work than simply the pay packet they receive.

JOB SATISFACTION

When talking about employee job satisfaction, a number of relatively universal factors arise that are actually based on very basic psychological needs. Tapping into these sources of motivation will lead to a long-term sense of personal commitment and can definitely breed loyalty to a company. Said another way, it's much easier to get employees to do something that has to be done because they want to do it. While a fat pay cheque might be tempting to take on a new job offer, everyday tasks and the company mission and culture can also be major factors in whether you will be content in your position or not. So is it all about money after all? Akhtaboot reveals the top factors that keep employees working at a company even when there are other opportunities out there.

PROFESSIONAL DEVELOPMENT

High performing employees are learners by nature. They like to have career paths they can work toward. The moment their learning curves start going down, that's when they start to think about quitting and responding to headhunter calls. In order for employers to keep their team engaged they need to find ways to challenge them and utilise their skills effectively. If an employee's knowledge exceeds his or her current position, consider

“Employees who are happy within their work environment will be far more productive”

promoting them to a new job. The more valued your employees feel, the more engaged, motivated and happy they'll be.

JOB SECURITY

With the massive layoffs as a result of the current recession, employees have returned to basics citing job security as one of most important aspects of employment. When it comes to motivating and keeping employees, job security is essential. Wise companies are starting to adopt new ways in helping their employees learn how to stay employable. If employees stay up-to-date and add value on their current job, most certainly they will be in the front seat of their responsibilities.

AUTONOMY AND THE SENSE OF OWNERSHIP

Although the concept of autonomy is perceived differently among corporate cultures, the point is that in spite of

the autonomy form applied at your company, companies that instill a sense of ownership and autonomy among employees have better performance, higher employee loyalty and lower turnover.

Employees usually like to have some control over their tasks and making decisions. It makes them feel as if they are a vital part of the business.

A POSITIVE WORK ENVIRONMENT

It only makes sense that employees who are happy within their work environment will be far more

productive than those who are uncomfortable. The first step into creating a positive work environment is to try to maintain a zero tolerance policy for negative attitude. In order to create a workforce of positive employees, the fastest, simplest and cost-efficient way is to hire people who are optimistic and cheerful by nature.

A VISIONARY BOSS

It is often said that people don't leave jobs, they leave bosses. A great boss gives direction and guidance to his team. An exceptional boss takes an appropriate interest in each employee as a person. Employees like to be challenged to do their best, so as a

manager you need to know when to push and when to back off so as to draw out the best from your team.

All companies understand the fact that it is generally less expensive to retain good employees than find new ones. When it comes to employee retention, companies tend to think about money as being the key motivator. While money talks to most people, it shouldn't have the final say. Companies need to set a culture that makes employees want to do a better job. To foster long term, sustained motivation, organisations must inspire employees to draw their motivation from the inside. ●



Post-it

To place your ad please email
advertising@readme.ae

JOBS AVAILABLE

Sales and Marketing Executive in garage equipment urgently required for an internationally based company in Dubai. Males only. Should have UAE experience. Technical knowledge is an advantage. Driving licence is a must. Send CV to ftfdubai@gmail.com/fax 048810867.

Technician staff in garage equipment and diagnostic tools urgently required for an internationally based company in Dubai. Males only. Send CV to ftfdubai@gmail.com/fax 048810867.

Driver urgently required for pick and drop facility. Starting from Deira to Bur Dubai and back. Call 0508834709.

Housemaid urgently required for cooking and cleaning at Qusais. Shifts starts after 5:00pm. Call 0507941195.

Filipina babysitter required for a family with a 3-year-old child in Dubai. Applicants in Kish Island can also apply. Call +989302051134.

Indian/Nepali staff required for a newly opened Indian restaurant. Any gender. Interested applicant 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 for full time in Discovery Gardens. Should have valid visa. From Sunday to Thursday, 8.30am to 7pm. Call 0567195714.

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

JOBS WANTED

Bachelor in Commerce (Honours) looking for a suitable job, having 1 year experience in accounts from Pakistan. For available job opportunity please contact Omer Farooq on 0552206287 or email omerfarooq417@gmail.com.

Qualified Graphic Designer having 3 years work experience in a reputed organisation in Pakistan is now available in Dubai looking for an attractive job opportunity. Contact Zeeshan on +971529122839 or zeeshan_jabed12@hotmail.com.

Filipino, 31, graduated in accounting seeks job. Experienced in banking, logistics, insurance, food & beverage. Call 0567817188/email leroyhonculada@yahoo.com.

Mechanical engineer seeks job in the technical/sales/admin area. 1 yr experience. Fluent in English. Familiar with various mechanical designing software. Email g_dxb@live.com/call 0558071335.

Indian female, 26, seeks job as a developer/project manager/business analyst. Bachelor's degree in electronics/communication. 3+ yrs experience in Microsoft technologies. On husband's visa. Email bhumikajain05@gmail.com.

Filipino, 26, seeks job as a call centre agent/helpdesk/telephone operator/ad-

min asst. Knowledgeable in computers. Excellent communication skills. Fluent in English. Email jorgebryan_go@yahoo.com/call 0561448467.

Indian female, graduated in communications seeks job. Good computer skills. On family visa. Call 0558953146.

Filipino male seeks job. Has experience in customer service/tourism operations and sales. Email angelkrok@yahoo.com.

Western educated, Masters in finance, ACCA finalist seeks job as financial/credit analyst or financial manager. 6+ yrs experience in banking products, preparation of final accounts, investment decisions, portfolio management, financial analysis, etc. Call 0557040624.

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

Male seeks job in accounting and sales. Have experience in office related accountancy, sales and business development. Call 0529144232

Indian male (MSc) electronics engineer seeks job. 3 yrs experience. Call 0507249960/email bilbyjohn2012@gmail.com.

Ugandan lady seeks job in marketing/sales and customer service. 5 yrs experience. Fluent in English. Call 0554950598/email pkengonzi@yahoo.com.

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/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.

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

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

Dental clinic required. The clinic should be within a medical centre in Dubai. Either a rental or sharing clinic. For a female doctor of Egyptian nationality. Call 0505652388/email atco.dubai@hotmail.com.

UAE tourist visa available for all nationalities. Promotional prices. Call 042266836/0508817400/email salam-visa@gmail.com.

UAE tourist visa for 30 days/2 months. Obtainable in 24 hours. Visa assistance. Call 0558046287/email uaeprabhat@hotmail.com.

Hellix International Technologies brings super offers for website design. For 375AED only. One year offer: free domain/hosting. Call 0508864342.

Part-time income opportunity A US based multinational company operating in 40+ countries, offers part-time/week-end/after office hours income opportunity for professionals, house wives and students. Send email to murtazashj@gmail.com.

Looking for gold buyers. Currently working for a company in Africa that extracts gold. Email if interested, b_france65@yahoo.com.

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

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

AUTO

Nissan Sunny, 2003 model for sale. 4 doors. Silver colour. In good condition. For 13,000AED. Price negotiable. Email mohsinbutt_33@live.com.

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.

ITEMS

Used Acer laptop available for sale. Good condition. Near Talal Supermarket, Hor Al Anz, Dubai. Call 0556796008.

Dell Optiplex 745 available for sale. Dual core, 2GB RAM, 80GB HD. Price for 399AED. Good condition. Call 0552683258.

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

MacBook, White 13" Core 2Duo 2.4 available for sale. 250 GB, MAC Lion. In very good condition. Price for 1,999AED. Call 0552683258.

Used Dell laptop available for sale. 2GB

RAM & 60GB HD, Wi-Fi, DVD, Bluetooth, 14.1inc. Price for 799AED. In excellent condition. Call 0556789741.

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

SERVICES

Home tutoring lessons available in Bur Dubai. For Primary/Secondary classes (math and science). Will follow CBSE, ICSE syllabi. Call 0552047190.

French translation available. Translation services also available in English, Hindi and Malayalam on Fridays only. Call 0508419369/0551063232/email zakimon1@yahoo.com.

Home tutoring available in Chemistry for IGCSE/IB/ICSE/CBSE/students. Open to all grades. Email GLOBAL@hotmail.com.

Accounting tutoring classes available. Can cover all subjects. To grade 8 students/CBSE & students that follow the British curriculum. Experienced female teacher. Call 0502179859.

Car lift services available starting from Sharjah to Deira City Centre. Every morning at 5:30am. Call 0552579644.

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 1-7 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

Bed space available for rent. Clean room, free W/E, comes with kitchen, separate bath. Bangladeshi only. Rent for 200AED. Near Talal supermarket, Hor Al Anz, Dubai. Call 0556796008.

Three bed spaces available for rent. Indian bachelors only. On Rolla street, near Baqar Mohibi Supermarket. Internet, gym facilities also available. Call 0504262347/0553689118.

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

Shared accommodation available for rent. European or Arabic ladies only. To be shared with a Russian lady. Should be decent/clean. In Bur Dubai, Golden Sands area, behind Burjuman mall. Comes with equipped kitchen. Rent for 1,300AED. Starting May 1st. Call 0501639075.

Two bed spaces available for rent. Executive Indian/Pakistani bachelors only. Behind Habib Bakery, Hor Al Anz, Deira. Rent for 400AED. Call 0558351105, 0503469226.

Accommodation available for rent. New building behind Ansar mall. Executive Keralites only. Call 0559975593.

Wanted: Studio flat for 4 bachelors. Annual rent for 15,000AED-18,000AED. Needed before the 1st of June. Should be located in either Fujj Murar or Baraha area. Call 0507595089/0552150179/0509139836.

Accommodation available for rent. New building behind Ansar mall. Executive Keralites only. Call 0559975593.

Bed space available for rent. Keralite couples only. Near fish roundabout, Deira. Rent for 400AED + DEWA. Beginning of May or June. Call 0507752605.

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

Furnished accommodation available for rent. Indian couples only. In Bur Dubai, behind Palm Beach hotel. Call 0504501149.

Bed space available for rent. Muslim bachelors only. Near Clock Tower, Deira. Rent for 500AED. Call 0552505129.

Executive room available for rent. Single executive working ladies only. In Deira, opposite United Hypermarket, behind Lulu Muteena. Call 0506878549.

Bed space available for rent. Filipinos only. Rent for 450AED including DEWA. Two available vacancies. Near Al Riqqa metro station. Call 0501984081/0507226393.

Bed space available for rent. Executive bachelors only. Near Dubai Free Zone metro station. Fully furnished comes with all facilities. Call 0501526125.

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.

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 rosplaza@emirates.net.ae.

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 and sofa. Damascus road, near metro station. Call 0566717864/0555187476.

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 Centre. Call 0552457706.

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

DAST targets school transport

Higher Organising Committee of Dubai Award for Sustainable Transport meets with school representatives.

DAST

The Higher Organising Committee of the Dubai Award for Sustainable Transport (DAST) at the RTA has called for paying continuous attention to school transport and highlighted the need for bolstering this sector, considering the vital role it plays in the life of a wide segment of students of different age groups.

The RTA called for such attention to be exhibited in the participation of schools and school transport operators in the School Transport category of DAST, with a view to enhancing their contribution in broadening and upgrading this sector to keep abreast of the education boom seen by the UAE.

A statement to this effect was made during a workshop held by the committee at the RTA Head Office for which it invited scores of school managers across the UAE to discuss the issues and topics of common concern with the aim of drawing up the best conclusions capable of boosting the participation of schools in the forthcoming editions of the award.



DR KHALID AL ZAHID

Dr Khalid Al Zahid, Chairperson of the committee, said, "Through taking part in these workshops and rendez-vous, we aim at exchanging views and developing constructive comments to come with highly valuable concepts through suggesting the best solutions

"DAST is a practical demonstration of an RTA strategy."

and practices for improving school transport in the emirate of Dubai.

"Through launching the award, the RTA is seeking to hit multiple objectives that include raising the awareness of individuals and social institutions to play an effective and positive role in teaming with the RTA in realising its objectives of upgrading the infrastructure and public transport systems, and showcasing the leading role they play in boosting the partnership and cooperation with various institutions and strategic partners in the field of transport, safety and conserving the environment.

The award is also aimed at raising the profile of sustained transport in an effort to place it among the key issues of concern to organisations, diffuse the awareness and promote the sense of responsibility as well as the initia-

tive among all community segments, fostering successful initiatives in mobility, safety and environment and diffusing them within various institutions, and nurturing innovation and the initiative spirit in various fields of mobility to maximise the benefit to the community," Al Zahid continued.

"DAST is a practical demonstration of an RTA strategy aimed at enhancing the fruition of its vision of providing safe and smooth transport for all in keeping with the ongoing development seen by the emirate in the business, economic, tourist and real estate sectors among others.

"The award comprises four categories: Managing and Streamlining Mobility Processes, Transport Safety, Conserving the Environment, and Special Needs categories, as these categories are among the key pillars of sustainable transport," said Al Zahid.

The school management representatives thanked the committee for organising the gathering, enabling them to review the work mechanism of the award with all its categories, especially in the school transport category,

RTA customer service ranks higher

CUSTOMER SERVICE

The RTA has moved up to the sixth rank in Dubai in terms of improved customer service to various community segments in 2011, marking a sustained upward trend as the RTA ranked eighth in 2010, fourteenth in 2009, and 22nd in both 2008 and 2007. The ranking is based on the results of a customer satisfaction rating administered by the Dubai Executive Council as part of its strategies adopted for leveraging the level of service offered by public agencies and entities in Dubai.

The Executive Committee for Improving Customer Service Experience at the RTA recently held a meeting under the chairmanship of Ahmed Hashim Bahrozyan, CEO of the RTA's Licensing Agency, with the representative of the Dubai Executive Council,



Alaa Mibiadeen, Senior Project Manager, in which it reviewed the RTA's progress in customer service during the period from 2007 to 2011.

The meeting was attended by other RTA employees, including Ahmed Hassan Mahboob, Director of Customer Services, and Sultan Al Mar-

zooki, Director of Drivers Licensing, in addition to several other officials.

Abdo Mohammed Fahad, Senior Analyst at the Development and Corporate Performance Department, made a visual presentation about the improvement phases of RTA services.

"This echoes the RTA's commitment to contribute to the future of Dubai."

"The RTA is always keen on delivering best-quality services to customers spanning all spectrums of the community aligned with the highest global standards to ensure transparency, speed and excellent performance. This echoes the RTA's commitment to effectively contribute to the future of Dubai, and serve all economic, tourist, service and business sectors, among others, in keeping with its endeavours to achieve high living standards and a decent life for residents, visitors and tourists in the emirate," he said.

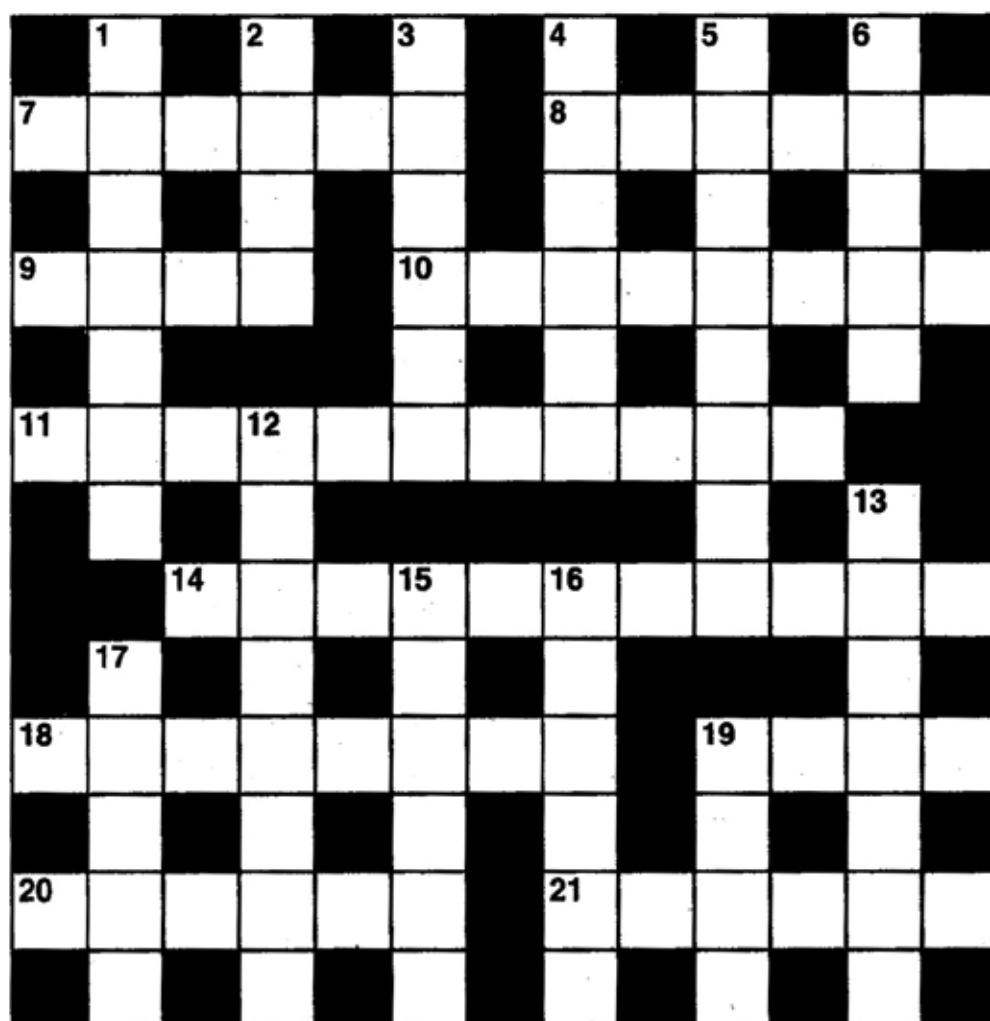
لن أدخل السيارة حتى تضع حزام الأمان



أتعهد بتحمل المسؤولية

Taking your time

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



Crossword

Across

7 ___Andress, early Bond actress (6) 8 Increasing (6) 9 Became older (4) 10 Novice swimmers' accessories (8) 11 Giving validity to (11) 14 Failing to give out (11) 18 Collapse or fall asleep from exhaustion (5,3) 19 Cry (4) 20 US bank robber and partner of Clyde (6) 21 Conceals (6)

Down

1 (Police) diver (7) 2 Taken to court (4) 3 Oahu's US state (6) 4 Call (6) 5 Tore the ligaments of (8) 6 Disparaging (remark) (5) 12 Sounds of castanets (8) 13 Makes beloved (7) 15 Horses' feet (6) 16 To be paid for later (2,4) 17 Storey in a building (5) 19 Interlaced (4)

ANSWERS



Recipe

Chilli con carne

This family favourite is ready in a flash—perfect for an easy evening meal.

Ingredients

4 tbsp vegetable oil
500g beef mince
2 diced onions
2 crushed garlic cloves
2 diced red peppers
1 heaped tsp chilli powder
1 heaped tsp ground cumin
1 heaped tsp ground cinnamon
Salt and freshly ground black pepper
1 x 400g can red kidney beans
2 x 400g cans chopped tomatoes

Method

1. Heat two tablespoons of oil in a large frying pan over a medium heat.

Add the mince and fry gently until the meat is browned.

2. Meanwhile, heat the remaining oil in another saucepan over a medium to high heat. Add the onions, garlic, and peppers and fry until softened.

3. Add the chilli powder, cumin and cinnamon to the vegetables and season to taste with the salt and black pepper. Fry for a further five minutes, stirring well.

4. Remove the mince from the pan and add to the vegetable mixture. Add the drained kidney beans and the tomatoes and bring the mixture to the boil. Reduce the heat until

Serves

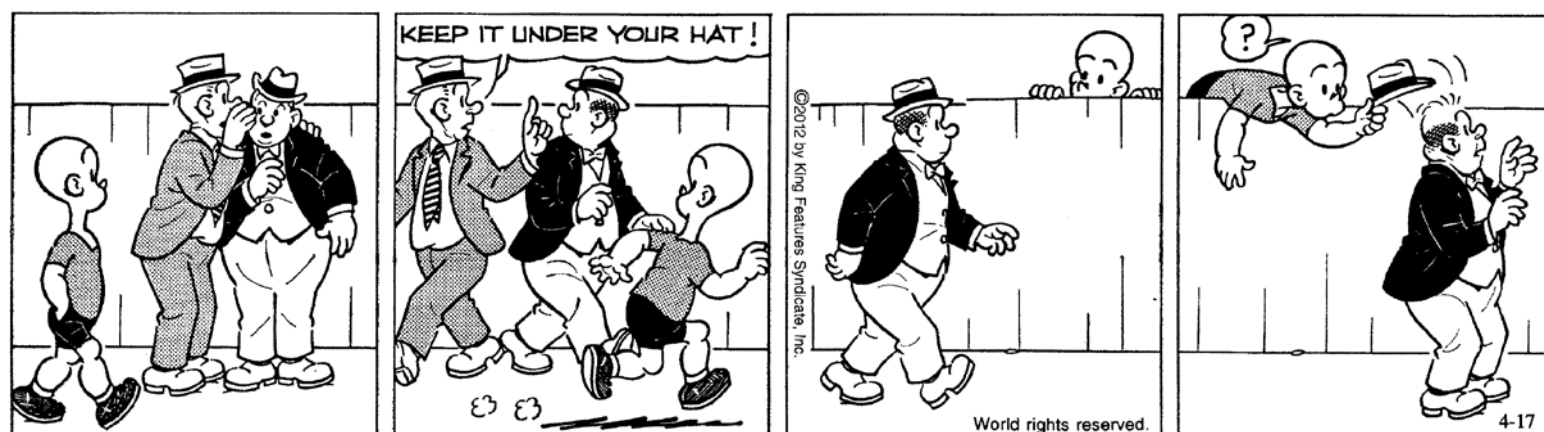
4

the mixture is simmering, then leave to simmer gently for about an hour, stirring every now and again to prevent sticking or burning.

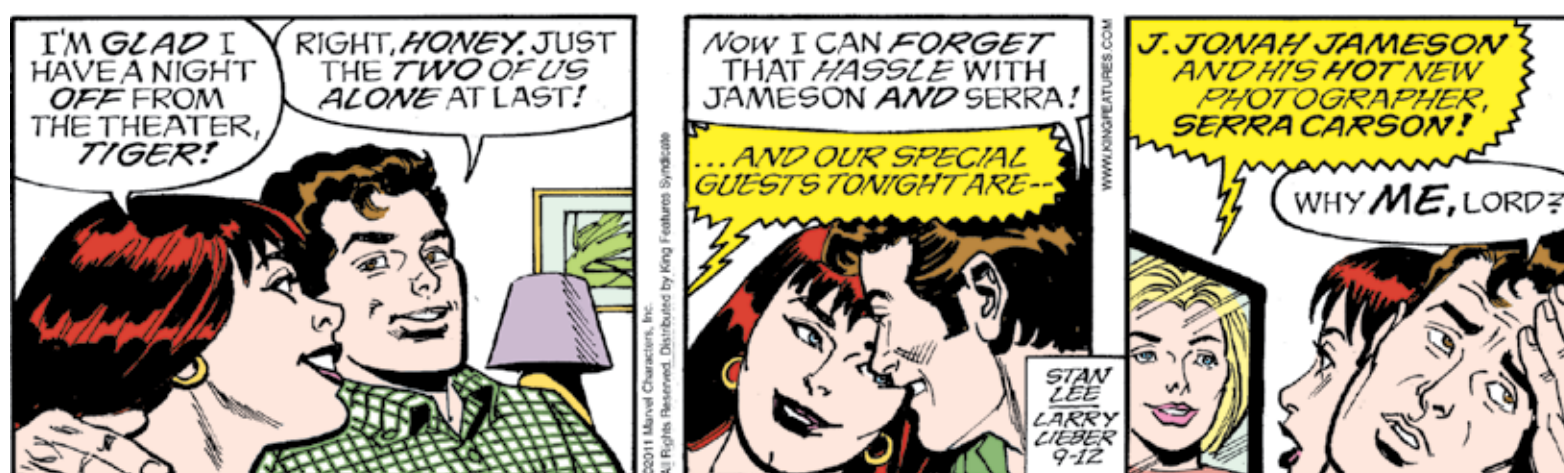
5. To serve, boil some rice and serve with the chilli con carne on top, or enjoy on its own with a side dish of sour cream and bread or nachos for dipping.



Henry



Spiderman



Dennis the menace



"PICK OUT A BIG BOOK, DAD, 'CAUSE I'M NOT VERY SLEEPY."

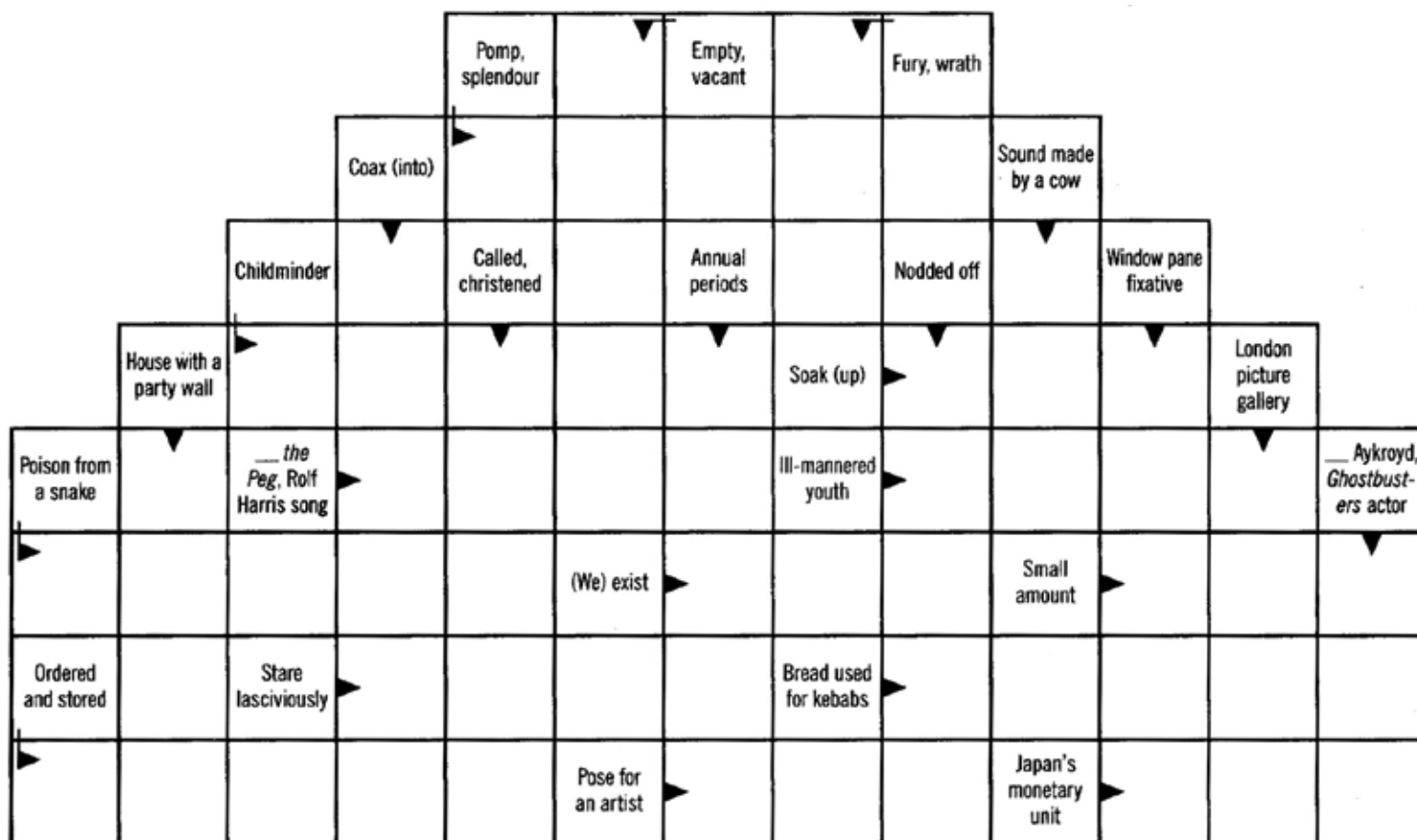
Who's this?

ANSWER ON PAGE 38

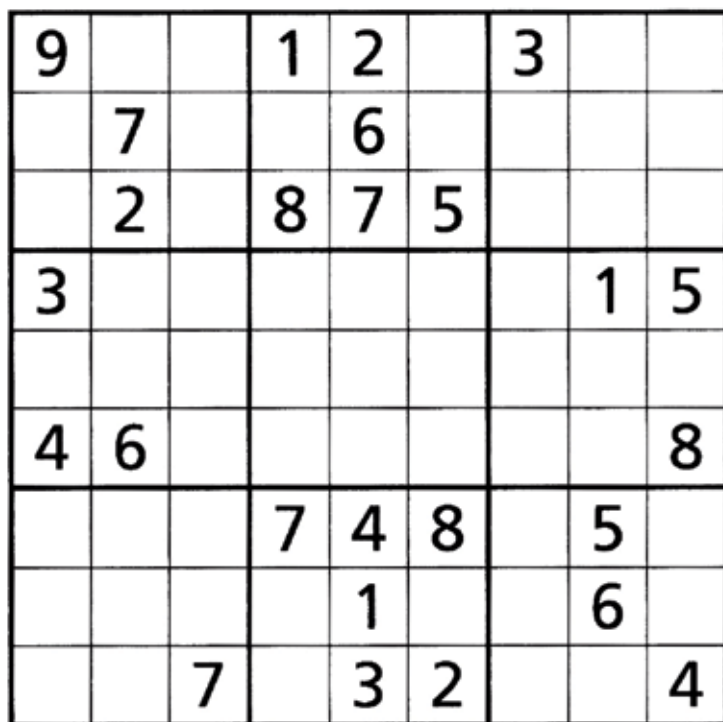


Puzzles

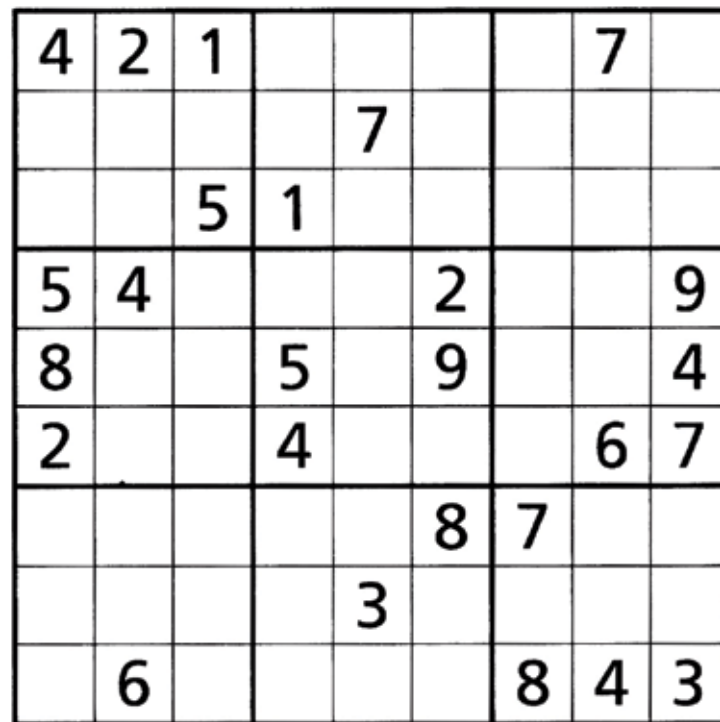
Arrowword



Sudoku 1



Sudoku 2

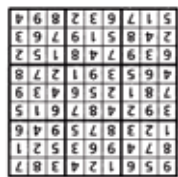


ANSWERS

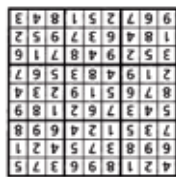
ARROWWORD



SUDOKU 1



SUDOKU 2



WHO'S THIS? ANSWER - ROBERT DOWNEY JR.

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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)

Venus appears to stand still on Tuesday and will then commence a retrograde period lasting for some weeks. At one level you might decide you 'don't have anything to wear' or that your wardrobe needs updating. You might also review your Facebook or Linked-in profile.



TAURUS

(APR 21 - MAY 21)

Though the solar eclipse isn't until next Sunday, it's likely you are now turning over a financial page involving space-clearing and the sale of items that have been draining resources. You may need assistance from someone whose controlled approach results in quick progress.



GEMINI

(MAY 22 - JUN 21)

This week, other people should see and feel a different dynamic about you. This could involve adjustments in partnerships (of all kinds) and a difference in working or financial arrangements. As with all periods of change however, this could feel temporarily uncomfortable.



CANCER

(JUN 22 - JUL 23)

This week, your attention could turn to how to maintain contacts made since last November, and how these might be nurtured. Given that the one person you'd like to talk to may be otherwise engaged, this may be the time to tune in to your inner voice.



LEO

(JUL 24 - AUG 23)

Issues of allegiance could surface again and again and not resolve until August. It's also likely that property costs will require attention. It might be wise to adopt a 'stitch in time' approach, in order to avert an escalation of repair costs if matters aren't attended to quickly.



VIRGO

(AUG 24 - SEP 23)

You may consider going into partnership with someone you've worked with in the past, or you could form an alliance with someone younger and less experienced. On your side is the fact that you understand the bigger picture and know which details to attend to.



LIBRA

(SEP 24 - OCT 23)

Friends you've studied with, travelled with, or who now live overseas and want to build a stronger alliance with you feature strongly. It may be that what's agreed this week is connected to plans for early August. All may not run smoothly and adjustments may need to be made.



SCORPIO

(OCT 24 - NOV 22)

Whether it's concern for your own well-being or for the health of a close female friend or relative, the focus now is on working out ways in which you can support those to whom you feel allegiance. As well as receiving help, don't forget to provide it.



SAGITTARIUS

(NOV 23 - DEC 21)

Midweek, it's someone who lives far away but who would like to spend more time with you who has much to say and who could influence your thinking. It's possible that when considering their offer, you'll need to know that you have full support from your partner.



CAPRICORN

(DEC 22 - JAN 20)

A change in working practices is promised by both Venus' station on Tuesday and next week's solar eclipse. At the very least, an adjustment to your work rhythm seems likely. You could view this as a step on the way to real change in August.



AQUARIUS

(JAN 21 - FEB 19)

As has been the theme for some time, property may be involved this week and will require the cooperation of a neighbour. An issue regarding a gate, driveway, fence or other form of boundary seems involved, so make sure you keep it friendly.



PISCES

(FEB 20 - MAR 20)

You may decide that now is the time you absolutely must make changes to the decor of your home. You might even decide to look into moving. Yet it's also possible you'll be asked to consider living or visiting a place some distance away.



This week's local weather

SUN

20th

SUNNY
HIGH 40C
LOW 32C
HUMIDITY 36%

MON

21st

SUNNY
HIGH 40C
LOW 30C
HUMIDITY 42%

TUE

22nd

SUNNY
HIGH 41C
LOW 30C
HUMIDITY 37%

WED

23rd

SUNNY
HIGH 41C
LOW 32C
HUMIDITY 35%

THU

24th

SUNNY
HIGH 40C
LOW 30C
HUMIDITY 38%

FRI

25th

SUNNY
HIGH 42C
LOW 30C
HUMIDITY 43%

SAT

26th

SUNNY
HIGH 42C
LOW 29C
HUMIDITY 47%

Maxmenu

4
AED

Beefburger



5
AED

Chickenburger



6
AED

Double Cheeseburger



official restaurant