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JUNE 3-9, 2012 | Issue 51

Read.



Dubai Summer Surprises

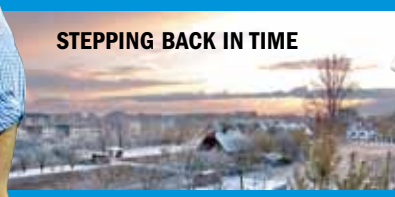
14 JUNE TO 14 JULY 2012

THE INSIDE SCOOP

Hip-hop superstar Fatman Scoop reveals all about his music, inspirations and his famous nickname

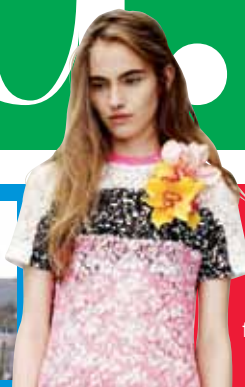


STEPPING BACK IN TIME



FASHION WITH LOVE

The soft and dreamy ethereal romance look is stealing the hearts of fashion lovers and trend spotters across the globe



TRUE BLOOD

We all know blood is an important part of how our bodies work, but what makes up the fluid that keeps us alive?

Top of the world

A Dubai-based climber is reaching the peak of his dreams



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

Please take this copy along with you. Do not litter Dubai Metro Dh200 fine.

UNBEATABLE OFFERS WITH UNBEATABLE REWARDS



Nokia
E5

AED 649

SAVE
UP TO AED
329

- +FREE** WORTH AED 65 Two-year warranty
- +FREE** WORTH AED 100 60-second data transfer
- +FREE** WORTH AED 59 Bluetooth Headset
- +GET** WORTH AED 55 du SIM Card



Nokia
200

AED 288

SAVE
UP TO AED
259

- +FREE** WORTH AED 29 Two-year warranty
- +FREE** WORTH AED 100 60-second data transfer
- +FREE** WORTH AED 25 Gift Voucher
- +GET** WORTH AED 55 du SIM Card

EXCLUSIVE
OFFER



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S5360 Galaxy Y

AED 579

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AED
220

- +FREE** WORTH AED 100 60-second data transfer
- +FREE** WORTH AED 99 Samsung E1055
- +FREE** WORTH AED 20 du Recharge Card
- OR**
- +FREE** WORTH AED 100 Gift Voucher
- +FREE** WORTH AED 20 du Recharge Card



Samsung
E1190

AED 129

SAVE
AED
155

- +FREE** WORTH AED 100 60-second data transfer
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Curve™ 9220

AED 749

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305

- +FREE** WORTH AED 150 24-hour repair
- +FREE** WORTH AED 100 60-second data transfer
- +GET** WORTH AED 55 du SIM Card



BlackBerry®
Torch™ 9860

NOW
AED 999 WAS
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SAVE
AED
505

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- +FREE** WORTH AED 200 BlackBerry® Apps
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one mobile

Mall of the Emirates, Dubai Mall, Ibn Battuta, Mirdif City Centre, Dubai Festival City, Lulu Centre, Lulu Hypermarket, EGM, Khalidiya Mall, Al Wahda Mall, Safeer Mall, Al Falah, Union Coop, Al Maya, Jesco and many more locations.

UAE | KSA | Qatar | Kuwait

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Letters

Email: letters@readme.ae

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

✉ Dear Read., I was at a barbecue party last week and went swimming, in doing so I accidentally left my watch behind. It means a lot to me as I was given it for being best man at my friend's wedding. It is a big, heavy, steel Citizen watch and I left it on the beach by Tiara apartments on The Palm. Any help Read. can offer would be super. Thanks.

Alex Gillard

It's never nice losing something that has more sentimental than monetary worth. Return to Tiara and ask security—they're always on duty—and ask other barbecue revellers. Someone may have picked it up and is keeping it safe.

✉ Dear Read., It's a sad fact of life that accidents on our roads will happen. But so often the fault is attributed to speeding, erratic drivers. I'd like to also point out that those who drive under

the speed limit can be just as deadly. Where are the sanctions for these offenders?

Zana Hungwe

There are, in fact, fines imposed on those who don't maintain the minimum speed, with over 100 tickets issued in the capital last year.

✉ Dear Read., I know the deadline for applying for my Emirates ID card passed only a few days ago, but I'm still concerned that I haven't received mine. I filled in the form at a typing centre some months back, but when tracking the process online, there is no advancement on its status. I know a Dh20 per day fine isn't that big, but when it can amount to Dh1,000, this is not money I want to be giving away.

Cherrelle Murrain

As long as residents have registered or filed for renewal of their ID card, they avoid fines. Exceptions have also been made for those whose residence visa expires this year to allow for processing both the visa and ID applications in one.

Read. Poll

How much money do you plan to save this month?

- Dh500-1,000
- Dh1,001-5,000
- Dh5,001-10,000

Cast your vote online at www.readme.ae

LAST READ. POLL RESULTS

What modes of public transport do you use on a daily basis?

Metro	84%
Bus	11%
Watertaxi	4%
Abra	1%

QR codes



Scan this QR code with your smartphone to go to the Read. website



Scan this QR code with your smartphone to go to the Facebook page of Read.



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Metro pics



Post your pictures on the Facebook page of Read. The most creative ones will be published. The pictures must be your own and should not be copied from any source. Post your pictures on the wall at www.facebook.com/readmeae or send them to pics@readme.ae



ZOHEB EMTIYAZ SANJANIA



JESS DALUPANG



BEA SALES



DILIP ACHALLA



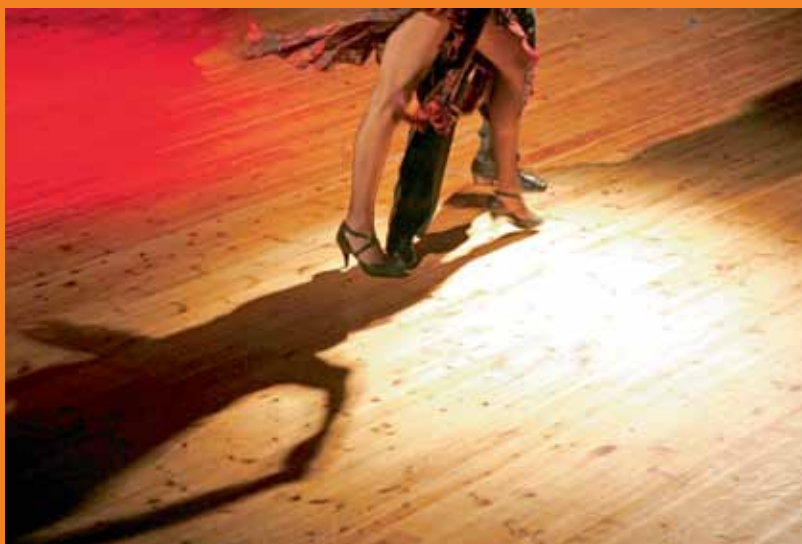
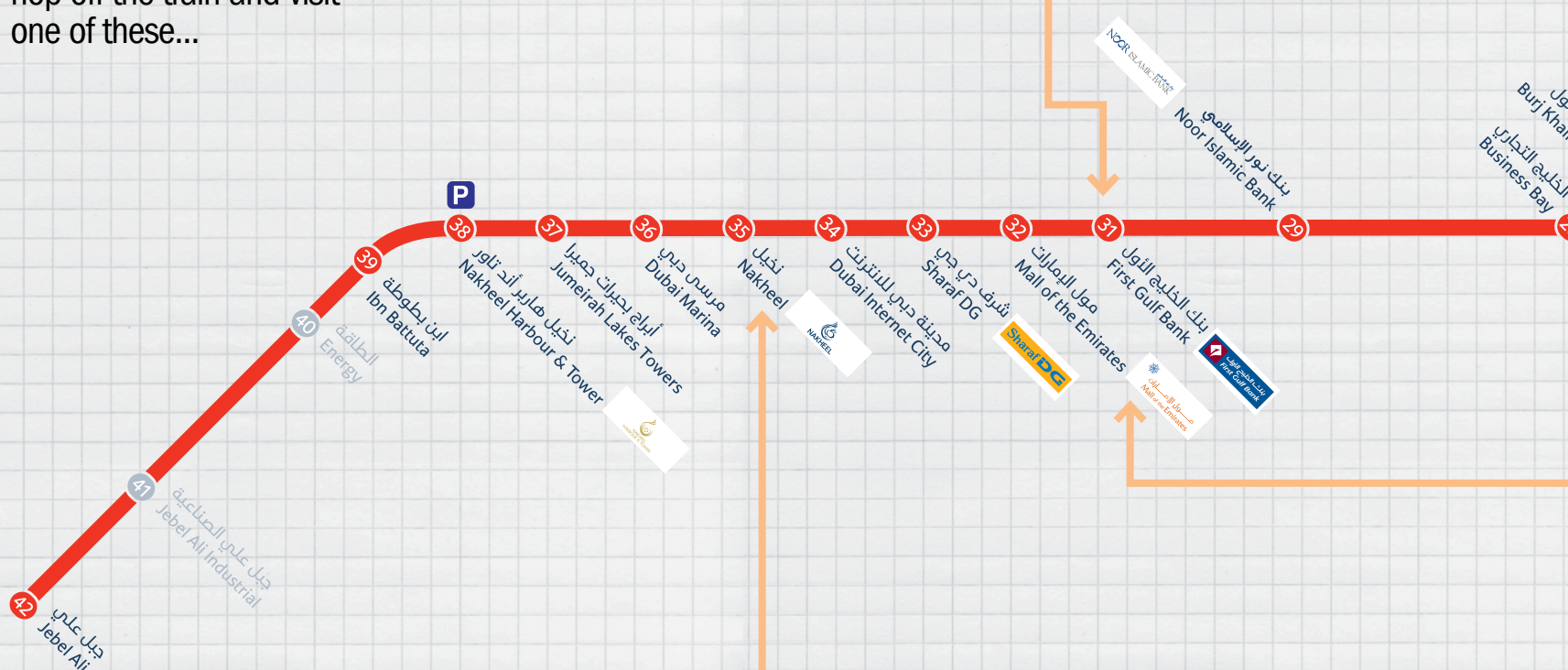
RANJIT VASUDEVAN



ARIANNE PELIGRINO BALABA

Station by station guide

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



Salsa course

FROM JUNE 5

JAMES AND ALEX DANCE STUDIOS, CONCORD TOWER, DUBAI MEDIA CITY

This four-week salsa course could see even the least confident salsa wannabe out on the dance floor in no time. Teachers James and Alex are Dubai's leading salsa instructors and aim to get you moving and shaking in just four weeks with their easy-to-follow classes and dedicated instruction. For more information call, 04 447 0773.

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE



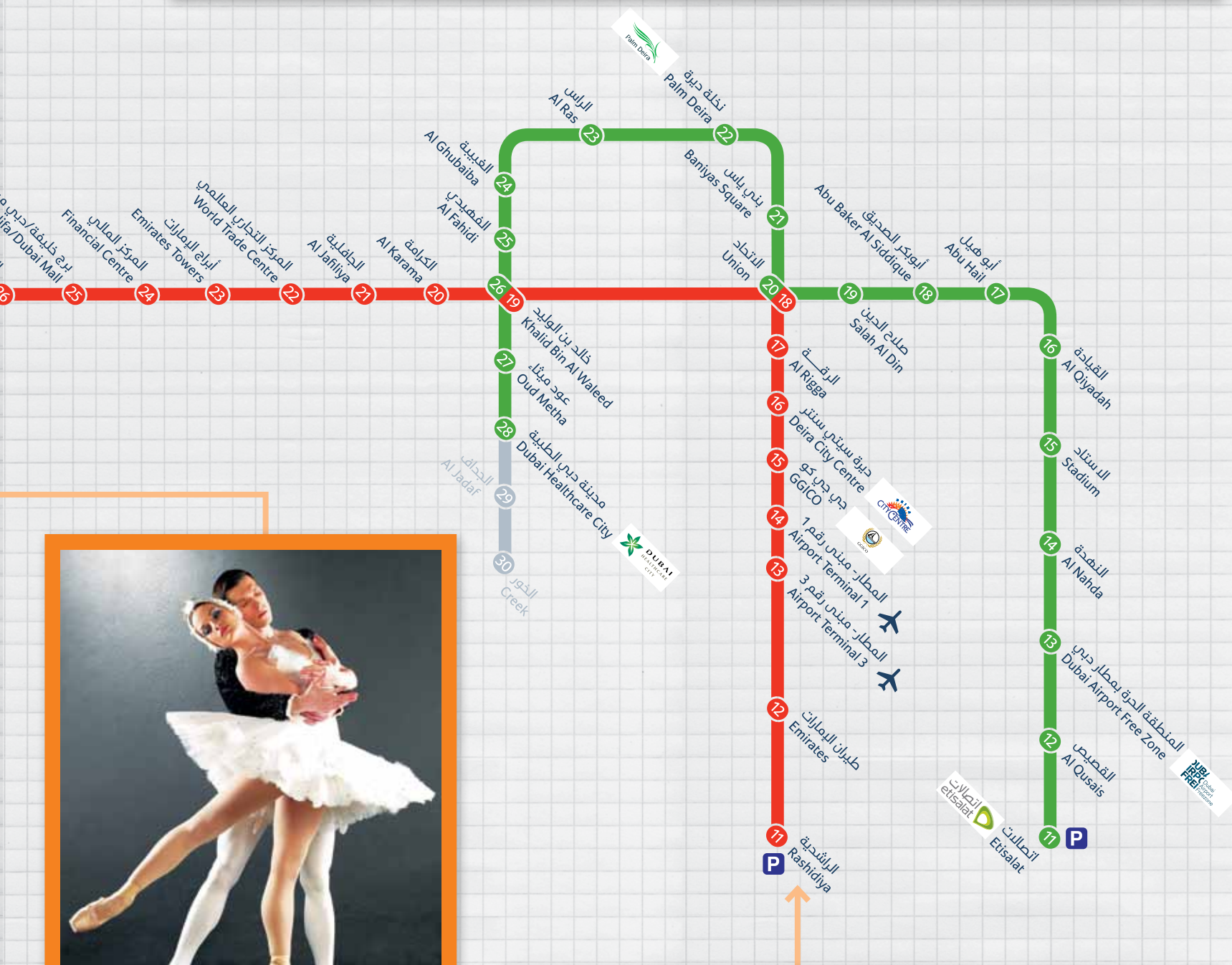


'Women's Day Out'

EVERY WEDNESDAY

OASIS CENTRE

Oasis Centre has launched a new season of its hugely successful 'Women's Day Out', an exclusive initiative offering discounts of up to 25 per cent to women shoppers. Brands spanning a variety of categories, including fashion, footwear, beauty, wellness, fitness, kids' entertainment, food and beverages are now rolling out fabulous deals during the duration of the shopping fiesta. Of the deals on offer, the Cooking School at Balance Café allows women shoppers to share their work station with a friend for free. On its part, Babyshop is offering Dh50 off on every Dh250 spent at the store.



Swan Lake

JUNE 6 - 9, 7:30PM

THE FIRST GROUP THEATRE, MADINAT JUMEIRAH

Just a short journey from the Metro station will bring you to the First Group Theatre, where ballet fans can enjoy one of the most well-known productions of all time, *Swan Lake*. The performance will see 26 dancers tell the classic story of a princess turned into a swan by an evil sorcerer's curse, set to the moving Tchaikovsky score, which has become as famous as the ballet itself. Tickets start from Dh200.



Soccer Circus

DAILY FROM 10AM
MIRDIF CITY CENTRE

With an RTA feeder bus available from the station to Mirdif City Centre, why not join in the Euro 2012 fun in a different way? Rather than staying at home, glued to the action on-screen, gather together a few friends or family members and head to Soccer Circus for a five-a-side match in the cool of one of the indoor, air-conditioned pitches. Open to all ages and abilities. Don't just watch the football this summer; be a part of it.

The Burning Question

Q Will you be travelling out of Dubai this summer or staying in the city?



Iti Gupta

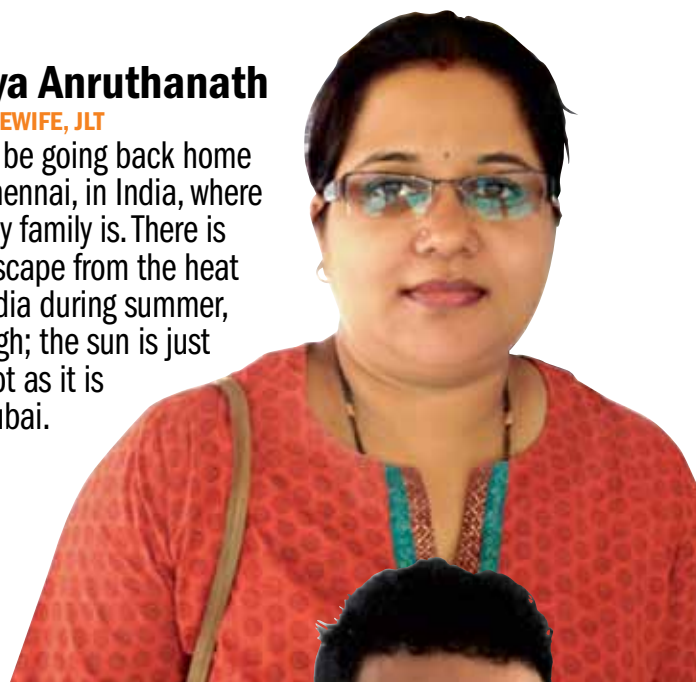
HOUSEWIFE, JLT

I will be staying in Dubai, which will be a new experience for me as it will be the first summer I have actually spent here.

Priya Anruthanath

HOUSEWIFE, JLT

I will be going back home to Chennai, in India, where all my family is. There is no escape from the heat in India during summer, though; the sun is just as hot as it is in Dubai.



Mubarak Solkar

SALESMAN, AL QUOZ

This summer, I am not going away; I will be staying here in Dubai. It's okay, though, as I don't mind being here over the summer.



Donnelyn Valdez

SERVICE, THE GREENS

I will be in Dubai for the summer, but if I could go anywhere, it would be back home to the Philippines as it's been two years since I was last there. Summer in Dubai is okay, but it's too hot sometimes.



Imran Khan

HEAD OF BUSINESS DEVELOPMENT, BUR DUBAI

I am actually leaving tomorrow to go to Pakistan. I plan to come back after summer with my family, though, as Dubai is a beautiful place and so well-organised.



Huma Syed

PROJECT ASSOCIATE, JLT

I'll be staying in Dubai for the summer. It's quite good, though. I grew up in Saudi Arabia. Most people I know from there come over to Dubai for their summer vacation.



Girish Roopchandani

STUDENT, BUR DUBAI

I will be staying in Dubai looking for a summer job. If I could get away, though, I would, because it would be nice to escape the heat.



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

Most people consider base jumping the most dangerous sport in the world. While skydivers hurl themselves out of planes from thousands of feet in the air, base jumpers free fall from less than 1,000 feet. Why do they do it? If you want an adrenaline rush unlike any you've had before, base jumping might be for you. And these are five of the best spots from which to take a leap.



MONDAY

A Hollywood blockbuster should be able to defray much of its cost in production from ticket sales, DVDs and merchandising. But movies also need money to begin with. Where does it come from?



TUESDAY

The game of espionage has been played since long before Ian Fleming brought us 007. Spies provide the world with people who can change society. Who have been the most successful?



WEDNESDAY

Some kids have mobilised millions for a good cause. Others have moved us simply by their generous and hopeful view of humanity. Here are eight young people who have made a mark on our world.



THURSDAY

Ever since Facebook announced its acquisition of popular photo-sharing app Instagram last month, the question on every nerd's lips has been: What will be the next big thing in mobile apps?



FRIDAY

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

Facebook chatter

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

(Responses only edited for length)

How careful are you about what you eat when it comes to restaurants and service?

Actually, I always eat from well known restaurants, that don't deliver any meal to the customers without being good and healthy. I've never been in such situation.

—Bashar Ekaik

I've always been mindful of what I eat and always see to it that I know what goes into my food whenever I dine-out. I'm quite particular to the food I like so I often go for them but one time I was dragged to this restaurant where in they serve traditional dishes of the origin country. I

didn't liked it and that's the worst I've had in years.

—Ferdie Salas Santiago Jr.

Tnx God !! I've never faced that situation. It would depend on the future...But I'm always aware of which type of food I should buy or eat.

—Arman Hossen

Do you think a leader's religion is



DO YOU KNOW WHAT YOU'RE EATING?

important when it comes to ruling a nation?

No, a leader should possess intelligence and alertness, not by religion. And a leader should look unto people and nation favorably equal rights and no discrimination.

—Czar Johnlloyd Alde Portugal

A leader's religion is NOT necessary in ruling a nation as long as he knows the golden rule that binds them all, that rule is LOVE!

—Clen Nicolas

What would you like to see done, if anything, to change the physical appearance of the UAE for visitors?

If visitors will come to UAE, they will get chance to see the mangroves in different colours, red, white and black mangroves.. this colours will change the physical appearance of UAE.

—Angel Dallu Dipti



HOW WOULD YOU IMPROVE DUBAI?

Some of low class house's lyk in satwa (those btwn SZR and Satwa road are abit low class) should be upgraded to a better livelihoods.

—Wa Sharon

How about more Palm trees in the uae? Its kinda beautiful to see lots of green along the highways....

—Mich Padcayan Angwani

The magnificent seven

Living in a city with no mountains hasn't deterred a climber from striving to reach the pinnacle of adventure.

As you read this, Dubai-based climber Atte Miettinen will be getting ready to scale the final mountain in the Seven Summits challenge, having only just recently returned from a trip to Nepal where he successfully reached the summit of Mount Everest. His thermal clothes will be packed, his climbing equipment double-checked, his mind focused, and his wife will probably be enjoying one last ride across the beach in a car tyre.

You see, training to climb the highest peaks on all seven continents isn't easy in Dubai. Pulling his wife along in a car tyre is just one of the novel ways in which 36-year old Miettinen has adapted. He explains, "What Dubai lacks in mountains it makes up for in high buildings. I am a common sight in my apartment building, which has 55 storeys, climbing up and down the stairs with a heavy backpack on. My wife has also been kind enough to help me on the beach from time to time by sitting in a tyre as I drag it along, although this does tend to draw some attention."

Originally from Finland, Miettinen's decision to attempt the Seven Summits challenge was by no means taken lightly, and the climber has been building up to the achievement since he first climbed Africa's Mount



NO MOUNTAIN IS TOO HIGH FOR ATTE MIETTINEN

Kilimanjaro ten years ago. He says, "In Finland we are quite outdoorsy people, but we're not blessed with big mountains. I've been lucky enough to travel a lot in my life, and I was always looking for different travel experiences, so when someone mentioned climbing a mountain in Africa I jumped at the chance."

It was at the summit of Kilimanjaro that Miettinen realised his dream. He recalls, "There was a special feeling looking down beyond the clouds. After a little while you seek a goal, and the Seven Summits felt like the right thing for me because it gave me a chance to climb and see different, beautiful parts of the world. Technically I climbed the first summit ten years ago, but I've put in a big effort in the last year, and Everest was the fourth Seven Summits mountain for me within twelve months."

Upon reaching the top of Everest, Miettinen decided to honour the UAE as well as his home nation, planting both flags at the peak. He says, "I've lived around the world for a large part of my life and for the last five or six years I've been here in Dubai. I've actually pursued most of the Seven Summits while living in Dubai, so I felt it was appropriate for me to celebrate both the fact that I come from Finland originally, as well as the fact that my adopted home is now in Dubai."

So, after he completes the seventh summit, what's next on the cards for this intrepid explorer? Miettinen reveals, "I've got lots of ideas in my head but you have to take one step at a time. While I was on Everest I found out my wife is expecting our first child, so parenthood will be the next big expedition and I have a feeling that's going to last for a few years!" ●

"I felt it was appropriate for me to celebrate both the fact that I come from Finland originally, as well as the fact that my adopted home is now in Dubai."

Promotion Valid From 24th May to 25th June 2012

SUMMER SALE



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ABU DHABI

AL AIN

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RAK



YOUR FAVOURITE SITES WILL STORE INFORMATION ON YOUR HARD DRIVE

“In the most basic terms, cookies are simple text files that web page servers place on users’ hard drives.”

that he or she has no issues with its policies.

In terms of internet users in the Middle East, the law will only affect those who visit European sites, and, so it seems, not for at least a couple of months. But the law does raise issues about what non-European sites store about our personal information, either for their own use or for the use of their advertisers. To understand this, it’s essential to understand how cookies work—something anyone conscious about sharing too much information online should know.

In the most basic terms, cookies are simple text files that web page servers place on users’ hard drives. They’re treated as identification cards, given that every one is unique to the person logging on to the web site. What’s more, they can only be read by the

site that stored the cookies in the first place.

Sites do this for a number of reasons, the most obvious of which is to make browsing easier for repeat-visitors. So, for example, when you ask Facebook to remember you every time you visit the site, so that you don’t have to keep logging in, it will store a cookie on your computer, allowing it to recognise you the next time you visit. It also works for personal information on shopping web sites and such, making the whole experience run much more smoothly. And as long as the information stays secure—which it largely does—the system works fine.

However, the reason why the ICO has issued the law is more to do with web sites’ habit of tracking cookies. This is done to track users’ browsing habits by viewing, for example, which page of the site is visited first, and then which ones he or she goes for next. It helps sites come up with plans about where to put what, and which pages should get the most prominence. This is fine when it comes to users wanting the sites they visit to be the best they can be, but it gets more worrying when advertisers become involved.

What advertisers frequently make use of is the third-party cookie. Essentially, it means that the information you send back to a web site can be accessed by its advertisers. Say, for example, there’s an advert banner on your favourite news site. The site will store cookies for you, but then the people who own the advert banner will also have access to them.

Luckily, most web browsers offer the option to disable third-party cookies, meaning that your information will only go back to the site you’re looking at. And for the super-careful, browsers also offer options to disable cookies entirely, though most people prefer to allow cookies for a more seamless browsing experience. Either way, it’s best to know what’s being done with your personal browsing information. ●

Last week, the European Union brought in a number of new laws that dictate what web sites can record from their users by way of cookie files.

While this is seen as a step forward for privacy and transparency in terms of personal data, many sites were not ready when the law came into place, and thousands are now in breach of it, meaning that, for the moment, European users are still in the same position.

However, when every site does eventually comply, the idea is that they will have to provide information to their users about what information they take, and ask for the user to give informed consent by ticking a box or something similar. But the Information Commissioner’s Office (ICO), which is heading up the law, has also said that implied consent could be the way forward, whereby a site simply tells its users what information is exchanged, meaning that if a user carries on to the site, it is implied

A look at how certain web sites use cookies to gain information.

The way the cookie crumbles

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checkered
tunics

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59

denims

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Clogged drains

To blast through blockages of greasy food in the kitchen sink, mix equal parts of salt, vinegar and baking soda, pour down the drain and allow to sit for an hour before chasing it with boiling water. A mixture of one cup of salt and two cups of hot water can also be used to eliminate drain odour and break up grease deposits.



Dull furniture

Many commercial polishes contain harsh chemicals and can ruin the finish of wood after long-term use. Instead, try a natural mix of sweet oil and vinegar to get your wooden surfaces gleaming again. Use three parts of sweet oil to restore the shine with one part of vinegar to remove marks. Mix well and apply with a clean cloth as you would with furniture polish. Do not use on unfinished wood or laquer.

Dirty dishes

When you can't face washing the dishes straight away after a meal, sprinkle them with a little salt to prevent food from sticking. That way, when you do come to clean them, the job will be a lot easier.



Home cleaning remedies

Sometimes the best remedy for stained surfaces or lacklustre furniture is closer at hand than you might think. From cleaning the dishes with salt to polishing wooden picture frames with a dab of sweet oil, basic store cupboard staples can work wonders when you don't have the right product for the job under the kitchen sink.



Upholstery stains

It's inevitable that fabric sofas, chairs and cushion cases will get marked over time, and it's expensive, not to mention inconvenient, to remove all the covers and have them cleaned professionally. Instead, try creating the following home remedy to remove stains:

- Mix six tablespoons of pure soap flakes with two tablespoons of borax together then slowly add a pint of boiling water, stirring well to dissolve all the ingredients.
- Leave the mixture to cool, then whip it into a foamy consistency with an egg beater.
- Brush the dry suds onto the stain, then quickly wipe them off with a damp sponge.



Smelly garbage

If limited kitchen space forces you to keep the rubbish bin in the open then you'll be familiar with the unpleasant smells left over from last night's dinner that can greet you in the morning.

Aside from washing the bin regularly with soapy water, you can also put a cotton ball soaked in fragrant essential oils in the bottom of the container before putting the bin bag in to fend off those nasty odours in the kitchen.



Grubby tiles

Use the following recipe to create a fresh, tangy powder that will make kitchen and bathroom tiles gleam:

- In a small bowl crush half a cup of pure soap flakes with the back of a spoon until reduced to a powder.
- Mix in one cup of chalk and a cup of baking soda, breaking up any lumps.
- Sprinkle eucalyptus essential oil

over the surface of the powdered mixture, then spoon it into a screw-top jar, with holes punched in the lid.

- Cover the holes with masking tape and leave the mixture to sit for a week. Before use, remove the tape and dispense evenly on the dirty tiles through the holes in the lid, then wipe clean.



Stubborn oven

Grease becomes even harder to remove when it has been baked and set several times in the oven before you come to clean it. One excellent remedy uses a mixture of 16 ounces of baking soda with a quarter of a cup of washing soda. Dampen the surfaces of the oven before sprinkling on the mixture. Wipe the interior once more with a wet rag then apply the mixture again and leave it on overnight. In the morning, wipe the mixture and the grease away, rinsing well to remove any filmy residue. For really stubborn, burnt-on stains, scour with salt and an abrasive pad.

Streaky glass

Instead of using paper towels to clean glass surfaces and windows, try crumpled newspaper for lint-free results. Mix a quarter of a cup of white vinegar, one tablespoon of cornstarch and two cups of warm water together in a spray bottle, shake well and spray liberally onto glass surfaces before buffing with a clean cloth or newspaper.



Tarnished silverware

The dull, mottled look that begins to erase the gleam on your silverware can easily be removed with a little salt, soap and warm water. Begin by rubbing each piece with a pinch of salt and a soft cloth then wash them by hand with dish soap and warm water to restore the shine.



Gold for Toshiba winners

Qosmio 300 Club contestants awarded more than Dh100,000 worth of gold vouchers at recent ceremony.

COMPETITIONS

Toshiba Gulf Computer Systems Division recently awarded more than Dh100,000 worth of gold vouchers to Qosmio 300 Club winners at a ceremony held at the Toshiba flagship store in Dubai Festival City. The Qosmio 300 Club promotion entitled purchasers of Qosmio X770 and F750 laptops a chance to win the large amount of money in gold vouchers.

The grand prize winner of the Qosmio 300 Club was 49-year-old Asha Devi, who purchased a Qosmio F750 laptop. "I found myself looking for the perfect laptop which is both powerful and efficient, and I decided to go for the Toshiba Qosmio model. I am very thankful to Toshiba because not only do I have a great laptop, but I've also received a great reward through the promotion," said Devi.

Five weekly winners also won Dh10,000 worth of gold vouchers



THE QOSMIO 300 CLUB WINNERS WITH TOSHIBA OFFICIALS

ers each. The weekly winners were Florin Basaliga, Cecil Galloway, Mohammad Jarrar, Firas DiHab and Basel Naffaa.

According to Basaliga, the winner for week one, "We have been using Toshiba laptops for five years now,

and so far, we are very satisfied with the laptops' performance."

"Toshiba aims to strengthen the market reach of our premium laptops in the UAE and the rest of the region. We will continue to deliver superior products and services in the

region and we look forward to more promotions in the future to generate the similar support and positive response from the market," said Santosh Varghese, General Manager, Toshiba Gulf Computer Systems Division.

Confessions of a Scary Mommy

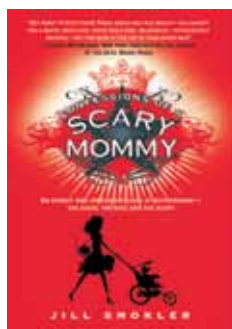
By Jill Smokler

BOOKS

For many mums, there's so much boiling underneath the surface of parenthood, but it's impossible to admit to half of it. However, in Jill Smokler's new book, *Confessions of a Scary Mommy*, the underbelly of motherhood is revealed in a collection of original, very funny and highly motivational essays.

Smokler covers husbands, other people's kids, parent-teacher relationships, and much more in between. Her irreverent look

at the sometimes overwhelming and exhausting world of motherhood



could be seen by some as defeatist thanks to its brutal honesty. But the overwhelming feeling that Smokler offers is still one of love for her family.

Even for fathers, uncles, aunts or grandparents, this is an entertaining read that should offer healthy doses of empathy for the women of the house. But more than

anything, this book serves as a crutch to let stressed mums know that they are not alone with their frustrations.

Born and Raised

Artist John Mayer Label Columbia ★★★★★

ALBUM

It looks like John Mayer is keen on shedding his old, frat-boy-with-a-guitar skin with his daring new album, *Born and Raised*. It's essentially a throwback to 'Seventies classic rock, and it will no doubt lose him one or two swooning fangirls—there's nothing like *Your Body is a Wonderland* on here. Instead, the prolific singer-songwriter seems like he's going back to what you imagine he'd have listened to as a kid.

But then again, given the string of celebrity relationships he's had, a fun game for fans was always to guess which one each song was about. There's a raft of famous women to choose from—Taylor Swift, Jessica Simpson and Jennifer Aniston, to name a few—and no doubt some will assume that they're muses for some of the new songs. Tracks such as *Shadow Games* and *If I Ever Get Around to Living* spring to mind.

But others induce a much

greater degree of head-banging, from both a musical and lyrical perspective. Take the cowboy solos of *January 1967* or the melancholy lyrics of *Grace's Submarine Test*, and this album begins to look like the work of a much more serious musician than Mayer was before. However, the rest of the album only scratches the surface of what he seems to be going for. It's refreshing to see such ambition, which certainly earns Mayer points, but he's still not as good as everyone says he is.

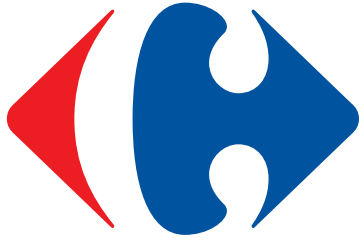


If you like this then you could try...

Naptime is the New Happy Hour by Stefanie Wilder-Taylor

This is the voice of reason for any mother struggling through the early years of her first child. Questions to do with the suitability of refined sugar or how to deal with a constantly whining baby are answered, and classic parenting myths are debunked in this practical, humorous look at how difficult toddlers can be.

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In the world of hip-hop and beats, there is no greater hype man than **Fatman Scoop**. The larger-than-life figure is known for lending his booming vocals to countless chart-toppers, including Mariah Carey. Fresh from his performance in Dubai, *Read.* caught up with the American star for a chat.

WE GOT THE Scoop

Born Isaac Freeman the Third, the hip-hop star and radio personality rose to fame in 2003 when his hit track, *Be Faithful*, went to number one in the UK and Ireland and the top five in Australia.

"I knew at nine years old I was going to do what I'm doing. I didn't know that I was going to do it to this level, but I knew that I was going to be in the music industry and that I would be this kind of person," says Scoop.

Growing up in New York when hip-hop was at its peak, Scoop says it was extremely difficult to break into the industry.

"When I was like ten or 11, it was the golden age of hip-hop. You had Eric B and Rakim and Kool G Rap and all the different kinds of groups trying to conquer. Back then, it was the great lyricists but now you don't even have to sing lyrics to be in hip-hop. Back then, you had to be really good to succeed and it was very hard to break into the industry. Now, you don't have to be good; you just have to have swag, you have to dress good and you have to be a good-looking guy. When I was growing up, you just had to have

skills, so not only was it hard to get on a record label, but it was hard to do all of that because you had to be the best. You couldn't just upload your stuff to

“You couldn't just upload your stuff to the internet; you had to go through channels.”

the internet; you had to go through channels to do it," explains Scoop.

Throughout the years, there has been much debate on how the star received his famous nickname, but he insists it came from family.

"My uncle Jack was the one that came up with the nickname Fatman Scoop. As a child, I used to eat a lot of ice-cream and he would just call me Scoop and that's how all that took place. My favourite ice-cream is chocolate and right now it's M&M's, Snickers and German chocolate and peanut butter," says Scoop.

But aside from his name, the star's distinctive, rough, loud voice has led him to work with some of the biggest names in the business.

"I've worked with so many great artists and I just think Mariah Carey is

"I've never seen anybody with so much talent when it comes to Timbaland."

beautiful, and I don't mean that in a physical way, but she's a beautiful person inside. I've never seen anybody with so much talent when it comes to Timbaland, and I've never seen anybody that can put a beat together the way he does. First, he'll start by beat boxing and then he'll shift some pencils and make that the snare and he'll go get a baby. I've never seen anyone put a beat like that together



MISSY ELLIOTT

and I was sitting there in amazement watching him," says Scoop.

Be Faithful no doubt put Scoop on the map, but what many people won't know is that the star produced the song to send his brother to college.

"I think the track, *Be Faithful*, works because, when you do things for good intentions, they always win. I mean my brother has been out of college almost 10 years now, and I'm still working off the same record and that's the whole reason I did it—to put him through college," explains Scoop.

But he's hardly a one-hit wonder. The star won a Grammy award in 2006 for his collaboration with Missy Elliot and Ciara on the track, *Lose Control*.

"Winning a Grammy and an MTV Music Award are the biggest kind of achievements in my career but who knows what's next. When I won the Grammy, I was at home—I saw it on TV. I never even got an invitation to attend. Missy went up there to collect the award and I was like, 'Okay.' I was just in my house watching TV," laughs Scoop.

The star hopes to secure another Grammy in the future and is currently working in the studio.

"The best advice I was ever given is to keep working. Never quit because, usually, when you quit, you're almost at the promised land but you just give up. I'm working on two different DPs right now. One is an urban music DP with a producer that's very hot in New York called Remo the Hit Maker, and then I'm doing a top 40 pop DP with a production crew called The Other Guys. Every quarter, I'm going to come out with two different ones so it's exciting." ●

SCOOP'S NICKNAME COMES FROM HIS LOVE OF ICE-CREAM

6 secrets to firing up your metabolism

Not happy with the metabolism you've got? These strategies—for meal time, gym time, down time and bed time—will help you burn more calories all day long.



A GOOD ASIAN STIR-FRY WILL PACK 23 GRAMS OF PROTEIN

Pick protein

Protein is the building block of muscle. The more lean muscle you have, the more calories you expend. Your muscles can use only 30 grams of protein at any time. Any more than that gets stored as fat. Aim for a minimum of 46 grams of protein per day. Try this menu:

Breakfast: 6 oz low fat yogurt with 1/2 cup berries and a skimmed latte (23 grams).

Lunch: Spinach salad with 2 oz chicken and 1/3 cup black beans, served with pita with 2 tbsp hummus (30 grams).

Dinner: Asian stir-fry with 1/3 cup each of tofu, snow peas, red bell peppers, bok choy, bean sprouts and 3/4 cup brown rice, sprinkled with 2 tbsp slivered almonds (23 grams).

Soothe your stress

It's impossible to live in a worry-free bubble, but constant anxiety can cause your adrenal gland to pump out too much cortisol. High levels of the stress hormone change how your metabolism stores fat, sending flab to the belly, where it affects vital organs. Yoga can reduce stress by signaling to your brain to lower cortisol levels. There's evidence that meditation and tai chi may have the same effect. To find your version of Zen-ercise, sign up for group-buying sites to get deals on classes. Pick your favourite and make it a regular habit.



Be a cardio king or queen

Just one 45-minute, high-intensity work-out can help increase your RMR (resting metabolic rate) by 37 per cent for up to 14 hours post-exercise. A vigorous work-out raises your internal temperature, creates some inflammation and depletes your energy stores. Afterward, it takes extra energy for your body to bounce back to its normal resting state. Intervals are great for upping calorie burn during your work-out, but to keep metabolism high hours after you've left the gym, you need to exercise once or twice a week for 45 minutes at a steady level that makes it difficult to converse (about a seven on a scale of one to 10, 10 being the hardest you could go). Relax after the tough workout, and revel as you burn nearly 200 more calories from your couch.



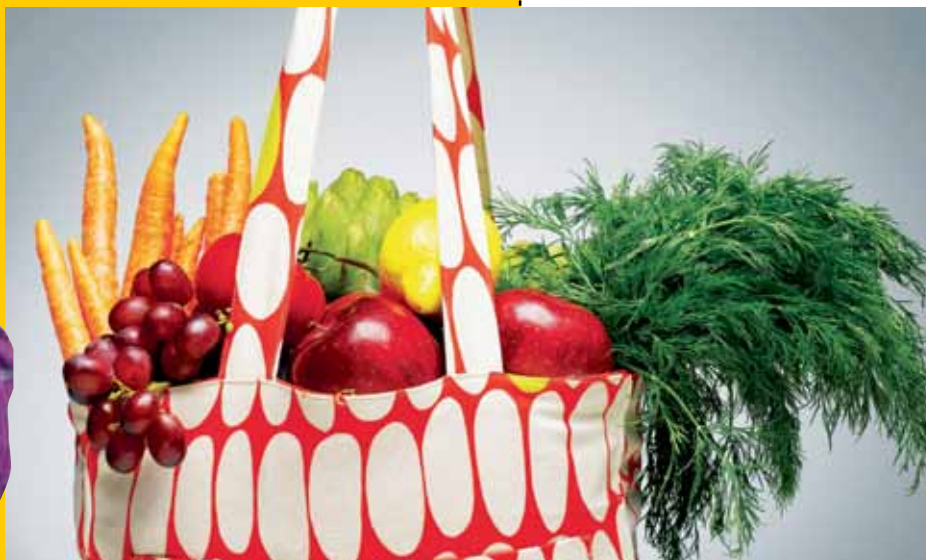
A VIGOROUS WORK-OUT CAN HELP METABOLISM WHEN RESTING

Sculpt lean muscle

As you age, you start to lose some muscle mass. Lifting weights helps you maintain and build on what you have, so your metabolism stays high. Two or three times a week, finish your calorie-zapping cardio sessions with 15 to 30 minutes of strength training. Perform 12 to 20 reps of moves that engage as many muscles as possible, such as squats, planks, lunges and push-ups. You'll get higher muscle activation and calorie burning with this strategy.

Fill up on plants

The fibre in plant produce helps stabilise blood sugar levels, keeping your metabolism humming. Plus, the antioxidants in fruit and vegetables help your body get rid of free radicals. Free radicals can harm healthy cells—cells your body needs to keep your metabolism going strong. Unwanted pounds and health complications can result. Aim for 25 to 30 grams of fibre per day. To get the most benefit for your calories, load up your plate with these ten foods, which, in addition to having fibre, Norwegian researchers have found are high scorers when it comes to antioxidant capacity: Walnuts, pecans, sunflower seeds, dark chocolate, blackberries, cranberries, boiled artichokes, dried apricots, curly kale and red cabbage.



Clock your snooze

As few as two sleepless nights can mess with your metabolism—increasing levels of the hormone ghrelin, which stimulates hunger, and decreasing levels of the hormone leptin, which tells you to stop munching. Research also notes that sleep debt causes insulin resistance, interfering with how your metabolism processes fat and leading to weight gain. Seven to eight hours of sleep per night is considered the sweet spot.



SEVEN TO EIGHT HOURS PER NIGHT WILL SET THE METABOLISM ON TRACK

BMR and RMR

BMR and RMR are estimates of how many calories you would burn if you were to do nothing but rest for 24 hours. They represent the minimum amount of energy required to keep your body functioning, including your heart beating, lungs breathing, and body temperature normal. BMR stands for Basal Metabolic Rate. BMR measurements are typically taken in a darkened room upon waking after eight hours of sleep, 12 hours of fasting, to ensure that the digestive system is inactive, and with the subject in a reclining position. RMR stands for Resting Metabolic Rate, and is synonymous with Resting Energy Expenditure or REE. RMR measurements are typically taken under less restricted conditions than BMR, and do not require that the subject spend the night sleeping in the facility prior to testing.

FITNESS FIXES

Do ice baths prevent muscle ache?



Taking a dip in a tub of cold water after exercising may prevent muscle soreness, but a new look at past research says little is known about its side effects or even how long to stay in the water.

There is very little quality research on the topic of cryotherapy, despite the treatment's popularity to prevent or reduce muscle soreness days after exercising. It's a typical intervention in the elite arena and it has gradually started to filter down.

"The baths lessened soreness by between 15 and 20 per cent."

In recent studies, people were asked to get into a cold-water bath that was about 10 to 15C after exercising. They stayed in the bath from anywhere between five and 24 minutes. Overall, the baths lessened soreness over the next four days by between 15 and 20 per cent.

But what is important for people to know is that the improvement was only in soreness. It does not mean the muscle was any stronger. It's purely a subjective feeling.

There are other recovery interventions that are probably more comfortable, and more cost-effective. Cryotherapy costs can range from the price of filling up a tub with cold water to buying special "cold tub" units. And the long-term effects of plunging in and out of bone-chilling water are, unfortunately, just not well known.

Ethereal romance

Unleash your femininity with soft ruffles, sheer textures and sweet pastels to create alluring easy glamour in an instant. Designers usher in a new mood with soft pastels, sweet florals, fabrics that float, delicate lace and feminine details that will make you feel like a princess in a modern-day fairy tale.

Pink ladies

Brighten up your wardrobe in shades of Barbie pink for full-on girly glamour. Don't be afraid to rock a pink combo. Pair pink leather shorts and a varsity jacket with killer heels for an edgy take. For a more innocent look, opt for a full, feathered-style pink skirt and pair with a baby blue shirt. Accessorise the look with layered gold jewelry. Socks and sandals look great for this style; match a nude pair of peep toes with hot pink socks to strike the perfect balance.

Get the look

Sequins, glitter, beads, and shimmer are all ultra-girly and have romantic textures. Pair a metallic skirt with a patterned crop top with hints of pink for a captivating look. Add a nude pink and metallic clutch bag to top it off.

MARKS AND SPENCER

ASOS

NEXT

TOPSHOP

TOPSHOP

Her

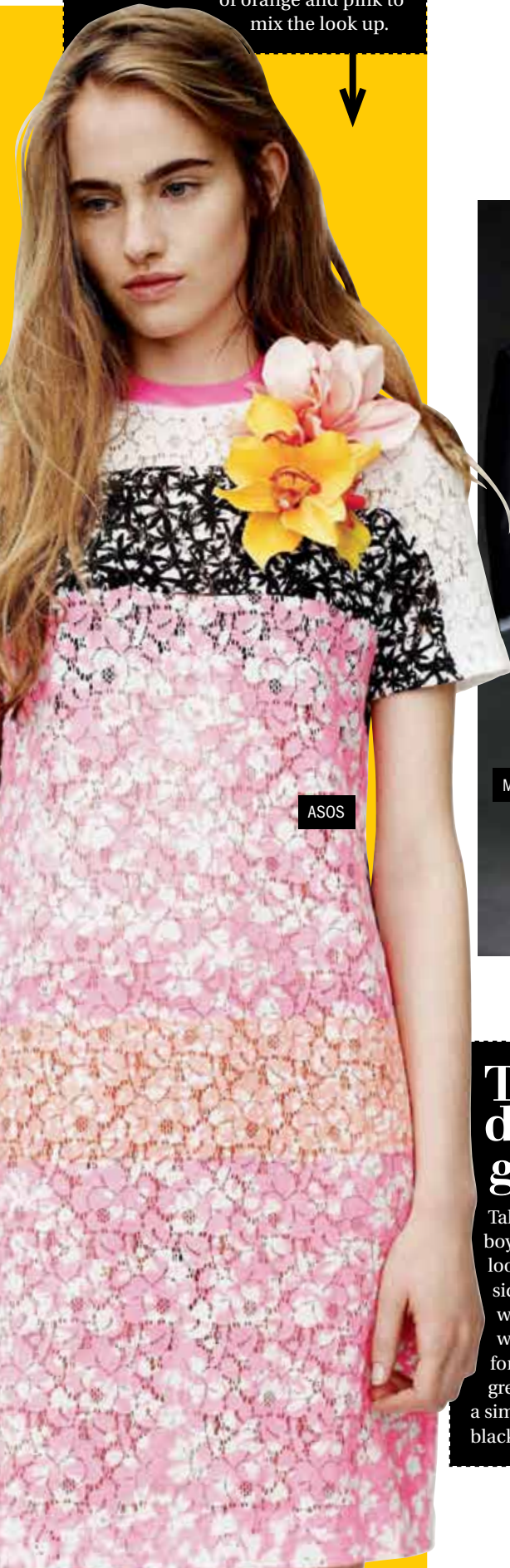
MARKS AND SPENCER

URBAN OUTFITTERS

MISS SELFTRIDGE

Fab florals

Hot pink looks great mixed with paler shades of pink and splashes of tangerine orange. Opt for dresses or skirts with pleats, layers or ruffles for femininity, and wear a dress in either chiffon or lace for elegance. If you are wearing a colour-block dress, add a floral brooch in shades of orange and pink to mix the look up.



Romantic shades

Get in touch with your feminine side and add a touch of pink to your daytime ensembles. Opt for a salmon pink shirt or a floral-styled shirt with shades of pink throughout for a dashing look. Stick with the dapper look and add a splash of colour to your outfit. Pair cerise pink chinos with a baby blue shirt and denim shaded bowtie for an effortless style.



The dapper gent

Take heed of vintage poster-boys for that ultimate dapper look. Sweep your hair to the side and pair a navy blazer with matching shirt and tie with a pair of cream trousers for a sophisticated look. A grey suit looks fantastic with a simple, crisp, white shirt and black tie.

FASHION OPINION

ZOYA PASHA
FASHION BLOGGER



Channelling your inner Madonna

Unless you've been camping in Ras Al Khaimah for the past month, you will know that the one and only Queen of Pop, the legend that is Madonna, will be performing on our shores this week. My column this week, dear readers, is a tribute to this music megastar and all that she has contributed to fashion.

Her and her teenage daughter, Lourdes, have even collaborated in order to create their own fashion line, Material Girl. Whether you idolise or despise her, you cannot deny that Madge has an extraordinary gift of reinventing herself. Every album that she releases is more edgy than the last and reveals a whole new persona. And that can also be seen with what she wears. She's shocked and stunned over her decades-old career, making her wardrobe almost as much of an icon as she is.

"Never let current trends dictate what we wear and how we roll."

Her latest collaboration with my dream best friend, M.I.A., and Nicki Minaj got me thinking about how she defines what is going to be popular instead of following the crowd.

Leaving aside her iconic conical bra, and major influence to style and fashion, I would say that the most important lesson we can take from Madge is to never let current trends dictate what we wear and how we roll. Embrace your individuality. And even if that means going out with leg warmers on or dating someone seen as completely inappropriate, go for it.

After all, it's never in doubt that individuality will always be in fashion.

Human blood has gained somewhat of a bad name for itself in recent years. Thanks to horror films, gory video games, and the fact that we only tend to see our blood when wounded, many people tend to associate the sight of the red stuff with negative events. However, without the blood that runs through our bodies, things would be a lot different. *Read.* takes a look at what makes this miraculous red fluid so important to us.

INS AND OUTS

There are two types of blood vessels that carry blood around our bodies to all the organs that need it to function. The arteries carry oxygenated blood (blood that has received oxygen from the lungs) away from the heart to the rest of the body. The blood then travels back to the heart and lungs through the veins, where it receives more oxygen. You can feel blood travelling through the body at your pulse points—like the neck and the wrist—as the heart beats. The blood that flows through the network of veins and arteries is called whole blood, which contains three main components: red blood cells, white blood cells, and platelets.

RED OR WHITE

Red blood cells (also known as RBCs or erythrocytes) are shaped like slightly indented, flattened disks. RBCs contain an iron-rich protein called haemoglobin, which—when combined with the oxygen in the blood—gives blood its bright red colour. As the blood travels around the body, the haemoglobin releases the oxygen that it has picked up into

the organs and tissues that need it.

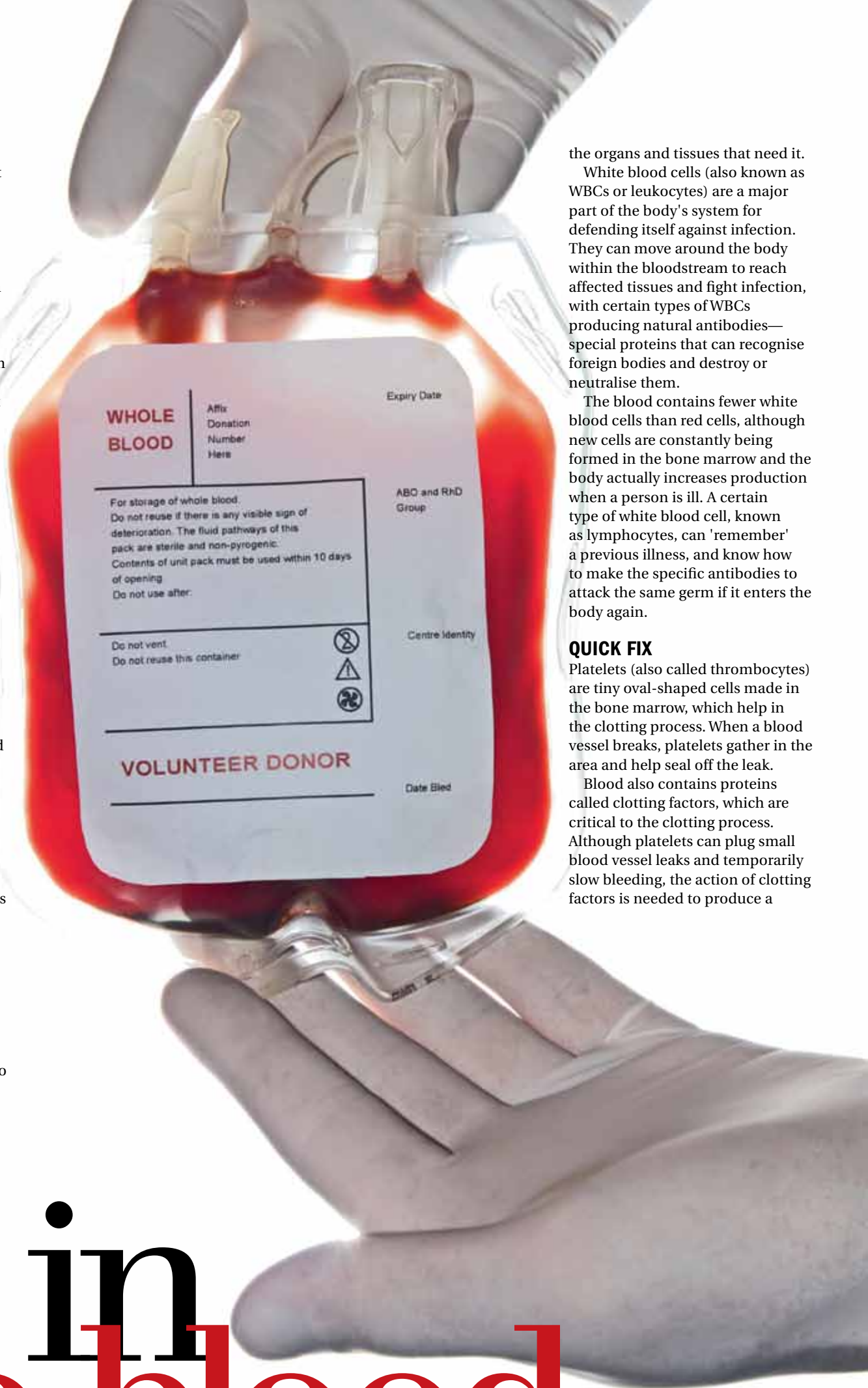
White blood cells (also known as WBCs or leukocytes) are a major part of the body's system for defending itself against infection. They can move around the body within the bloodstream to reach affected tissues and fight infection, with certain types of WBCs producing natural antibodies—special proteins that can recognise foreign bodies and destroy or neutralise them.

The blood contains fewer white blood cells than red cells, although new cells are constantly being formed in the bone marrow and the body actually increases production when a person is ill. A certain type of white blood cell, known as lymphocytes, can 'remember' a previous illness, and know how to make the specific antibodies to attack the same germ if it enters the body again.

QUICK FIX

Platelets (also called thrombocytes) are tiny oval-shaped cells made in the bone marrow, which help in the clotting process. When a blood vessel breaks, platelets gather in the area and help seal off the leak.

Blood also contains proteins called clotting factors, which are critical to the clotting process. Although platelets can plug small blood vessel leaks and temporarily slow bleeding, the action of clotting factors is needed to produce a



It's in the blood

We are all familiar with the sticky red stuff that flows out when we're injured, but why is our blood so vital?

FINGER-PRICK BLOOD TESTS
ARE NECESSARY FOR SOME



“June 14 marks World Blood Donor day this year. Donating blood is simple, relatively painless, and can be done in your lunch hour.”

strong, stable clot. Platelets and clotting factors work together to seal leaks, wounds and cuts and to prevent bleeding inside and on the surfaces of our bodies.

A CLOSER LOOK

Blood tests are one of the key ways in which doctors can find out what is wrong with a patient. A blood test is when a sample of blood is taken for testing in a laboratory, where the cells, proteins and compounds can be analysed. This can reveal a host of things going on inside the body, and can identify what the blood is lacking or showing too much of quickly and accurately.

Home blood tests are often

carried out by people with long-term conditions, such as those with diabetes. These are less invasive than a full blood test—involving just a finger prick to produce a drop of blood—yet the information they can reveal, such as the blood sugar levels, can be vitally important in the maintenance of a condition.

GIVING GENEROUSLY

Some of the proteins blood contains can be replaced or supplemented by giving a person blood from someone else, known as a blood transfusion. As well as receiving whole-blood transfusions, people can also receive transfusions of a particular component, for example a transfusion of solely platelets for someone whose blood is not clotting.

It is vital, however, that blood stocks are maintained for these—often life-saving—transfusions, which can only be done with your help. June 14 marks World Blood Donor Day this year. Donating blood is simple, relatively painless, and can be done in your lunch hour. Just by donating some of your blood, you could be saving the life of another—surely that's worth sharing for? ●



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A city of myth and legend

There are plenty of mythical tales about Poland's **Krakow**, and the reality is almost as endearing.

According to legend, there is a stone buried beneath the courtyard of Krakow's Wawel Castle that contains magical properties. The ancient story claims that the Hindu god Shiva distributed seven chakras throughout the world, said to give special powers to all who touched them, one of which fell right here, in the grounds of Krakow's most famous monument.

The Polish city is steeped in such legends and the castle alone throws up enough fables to fill a children's book. This has, in fact, been done at a recent exhibition entitled *Wawel Legends: Children's Book Illustration*, which presented new interpretations of these much-loved stories by professional illustrators.

Among the stories depicted was the tale of the ferocious Wawel dragon, slain by a clever cobbler. The castle makes much of this legend and visitors can even walk through the dragon's old lair, which lies in a cave deep beneath Wawel Hill and comes complete with a fire-breathing statue of the fabled monster.

There's also the story of the wise talking head on the ceiling of the Envoys' Hall, the tale of the king who dabbled in alchemy and of Stanczyk,

Poland's most famous court jester. However, it's not just the fanciful stories that make Wawel Castle worth visiting. This magnificent structure is Poland's most important historic site and contains hundreds of years of the country's history along with impressive art collections, beautiful gardens and tombs of Kings and Queens past.

It's a reminder that Krakow, now Poland's second-largest city, was the country's royal capital for 500 years and a major European centre for science and the arts. The legacy of these golden age times is evident in the countless historic sites scattered throughout the city, many of which house impressive art collections, with some 2.3 million works registered.

The best place to start exploring these is the Old Town. Here, imposing gothic churches and basilicas vie for supremacy, each boasting a treasure-trove of cultural and artistic wonders concealed inside. With so much history concentrated in such a small space, it is no surprise that the entire medieval old town in Krakow was among the first sites chosen for Unesco's original World Heritage List.

Surrounding all this is the sprawling Planty park. This is one of the largest city parks in Krakow and is made up of a chain of smaller gardens designed in different styles, each adorned with

monuments and fountains. It's the perfect place to retire for a peaceful afternoon after spending the morning immersed in the bustling streets.

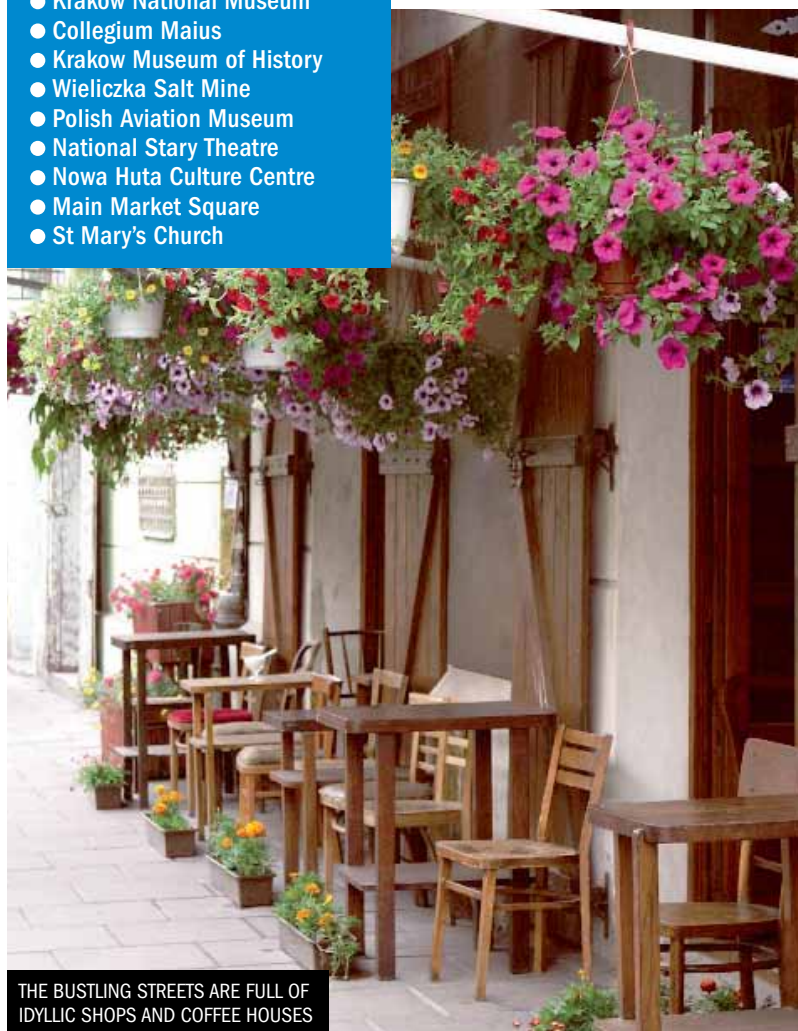
For a taste of Krakow's more recent history, pay a visit to the district of Nowa Huta. The name translates as the New Steel Mill and this was where the labourers at the city's huge steelworks lived during the communist era. Today, Nowa Huta still affords a keen insight into the suffering of those downtrodden times in the bleak housing estates, industrial plants and Soviet monuments that remain.

It's not all drab, communist architecture, however. Centuries before, people were settling here. Ancient Celtic and Slavic settlements have been unearthed in this district, which is one of the few places in Poland where people have lived continuously since Neolithic times.

This is clear from the abundance of historic buildings scattered between the modern additions to Nowa Huta, including the Cistercian Abbey, built in 1225, and St Bartholomew Church, erected in 1466. And, as always with Krakow, there's a hefty dose of myth and legend to accompany these attractions, among them, the story behind Wanda Mound, where the daughter of the city's founder, Prince Krak, is said to have been buried after throwing herself in the river to avoid an unwanted marriage. ●

Major cultural sites

- Museum of Pharmacy
- Krakow National Museum
- Collegium Maius
- Krakow Museum of History
- Wieliczka Salt Mine
- Polish Aviation Museum
- National Story Theatre
- Nowa Huta Culture Centre
- Main Market Square
- St Mary's Church



THE BUSTLING STREETS ARE FULL OF IDYLIC SHOPS AND COFFEE HOUSES

I'll keep annoying dad until he stops texting.



I WON'T LET IT HAPPEN

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Blast from the past



The appeal of *MIB3* is the idea that, just below the ordinary-looking surface we see every day, lies an incredibly exciting world of weirdness and wonder.

NEW RELEASE

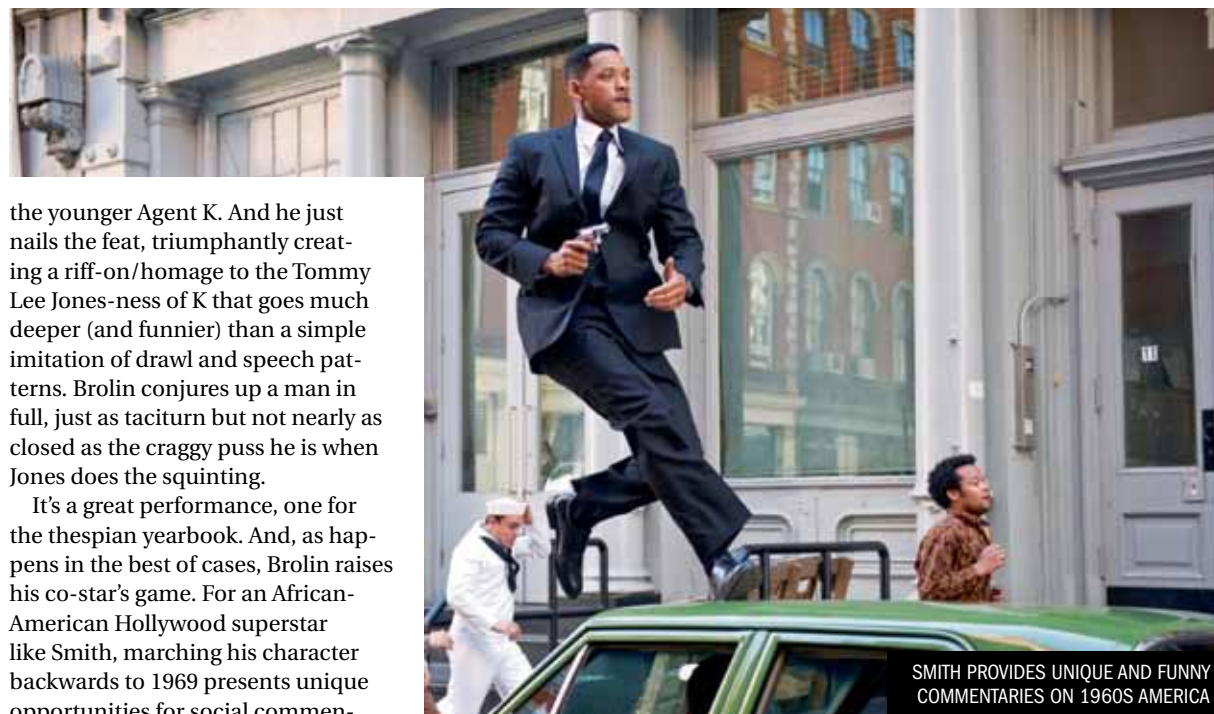
When last seen, Agents J (Will Smith) and K (Tommy Lee Jones) were keeping the peace on Earth between humans and aliens, waving neuralisers around to wipe out people's memories, and bickering in the way of odd-couple partners in comedies.

With so many movie extraterrestrials to keep track of over the past 10 years, even a studious MIB fan can be excused for feeling a bit neuralised, too. Among the many pleasures of *Men in Black 3* is the nimble efficiency with which the movie reestablishes the old MIB conventions—all those fabulously ornate Rick Baker-designed creatures, all that Jones crustiness and Smith slickness—and then just as gracefully finds something new to do with the boys and their Ray-Bans.

To move forward, the story jumps backward, to the summer of 1969, when the Mets were destined to win the World Series and astronauts were preparing to walk on the moon. The first time 1969 came around, K put the Mad Max-ish alien known as Boris the Animal (a tasty role for Flight of the Conchords' Jemaine Clement) in prison.

Now, some 40 years later, Boris has busted out of the clink—on the moon, by the way—and slipped through the space-time continuum back to 1969, intent on killing K. So MIB's present-day chief, O (Emma Thompson), dispatches Agent J to do a quick job of tinkering with history, safeguarding the world, and rescuing his partner, all without getting trapped in 1969 for good.

MIB3 is one giant leap for mankind because Josh Brolin shows up to play



the younger Agent K. And he just nails the feat, triumphantly creating a riff-on/homage to the Tommy Lee Jones-ness of K that goes much deeper (and funnier) than a simple imitation of drawl and speech patterns. Brolin conjures up a man in full, just as taciturn but not nearly as closed as the craggy puss he is when Jones does the squinting.

It's a great performance, one for the thespian yearbook. And, as happens in the best of cases, Brolin raises his co-star's game. For an African-American Hollywood superstar like Smith, marching his character backwards to 1969 presents unique opportunities for social commentary on changing perceptions of American black men. Smith makes big statements with the most casual and charming of reactions and line readings.

And even while Brolin's K is embroiled in a high-tension climactic showdown with Boris—at Cape Canaveral, on the day the Apollo 11 crew blasted off for the moon—there's air and space enough in the movie to evoke the real awe of that



SMITH PROVIDES UNIQUE AND FUNNY COMMENTARIES ON 1960S AMERICA

day. The film isn't afraid of emotional truth. Which is why, in the end, *Men in Black 3* would be nothing without the participation of the alien called Griffin.

Played with melting sweetness by the wonderful Michael Stuhlbarg, Griffin has the gift—and curse—of seeing the future, or, more specifically, seeing multiple, equally possible futures, some great and some less so. Griffin's eyes are a misty blue, and he wears a little wool hat and a perpetual worried smile. He's gentle and patient and he wishes the best for humankind, but he can't guarantee it.

Likewise, there was no guarantee that, after so long an absence, there would be anything fresh to say about *Men in Black*. But for fans, the exhilaration of experiencing the original's inventiveness for the very first time—well that ship has sailed. Still, 1969 turns out to be a pretty good year for the *Men in Black*, making *MIB3* campy fun if not quite a classic. ●

Did you know?

- This is Will Smith's first film in three and a half years, since the release of *Seven Pounds* in December, 2008. This is the longest he has gone without appearing in a movie since his film career started in 1993.
- Although he has spent a great deal of time shaping the careers of his children, Smith will be busy with a host of sequels in the coming years with *Hancock 2*, *I, Robot 2*, *Bad Boys 3* and *I Am Legend 2* all pencilled in for release.
- The previous film, *Men in Black II*, released the same year as *Spider-Man*, and the third film releases 10 years later—the same year as the reboot, *The Amazing Spider-Man*.

Bollywood news

Awaara in greatest films

The term *awaara* means rowdy in Hindi. But the cult 1951 film by the same name, made by the original Showman Raj Kapoor, has now made it to one of the 100 greatest films in the prestigious *Time* magazine. The magazine has included this film among 20 new entries added to its list of all-time 100 greatest films made since 1923.



Haasan hitting IIFA

The IIFA weekend scheduled to be held in Singapore from June 7 to 9 just got bigger. It has been confirmed that legendary actor and filmmaker Kamal Haasan will be attending for the first time ever this year. He will be promoting his ambitious forthcoming project, *Vishwaroopam*.



SRK pleads guilty

Bollywood superstar Sharukh Khan last week pleaded guilty through his lawyers to the charges of smoking publicly at the Sawai Man Singh Stadium last month. According to a Rajasthan law, an offender could face maximum imprisonment of six months or a maximum fine of Rs200.

A-Z OF MOVIES

“K” is for Kids



Growing up isn't always easy, so imagine having to grow up on movie screens in front of an audience of millions. All it took was one ill-fated day spent *Home Alone*, and Macaulay Culkin became a certified child star. His career may have faded drastically, but other child stars carry their success into longevity.

There are those who'll insist Dakota Fanning was never really a child actress—just an adult trapped in a miniature body. True, there's something eerily preternatural about her performances, even going back to 2001's *I Am Sam*. But the world wasn't ready for Fanning to grow up.

Drew Barrymore's rise and fall and rise again is the oft-told stuff of pop culture legend. The seven-year-old with the blonde pigtails melted the world's heart as Gertie in *E.T.* and, just a few years later, had succumbed to the abyss of Hollywood's party scene. Yet what looked like a classic case of child-star burn-out turned around in the '90s.

The leap from child star to serious actor is a daunting one without a safety net, and few manage to make it safely. We have an inherent desire to not see these kids grow up, both in an effort to stave off the onset of old age ourselves and a need to see the adorable nature of a young talented actor not fall in to the trappings of a cut-throat Hollywood industry.

“The leap from child star to serious actor is a daunting one.”

Listings

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



21 JUMP STREET

MOVIE GUIDE

Grand Cineplex - Wafi

21 Jump Street - 10:30, 12:40, 14:50, 17:00, 19:10, 21:20, 23:30
Al Maslaha - 11:40, 14:00, 16:20, 18:40, 21:00, 23:20, 01:40
The Avengers - 12:15, 15:00, 17:45, 20:30, 23:15
Ishaq Zaade - 10:00, 12:35, 15:10
Loosies - 10:40, 12:30, 14:20, 16:10, 18:00, 19:50, 21:40, 23:30
Love Ranch - 18:00, 20:00, 22:00, 00:00
Men In Black 3 - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Men In Black 3 (3D) - 11:50, 14:00, 16:10, 18:20, 20:30, 22:40, 00:50
Rowdy Rathore - 10:30, 12:00, 13:30, 15:00, 16:30, 18:00, 19:30, 21:00, 22:30, 00:00
Snow White & The Huntsman - 10:30, 11:30, 13:00, 14:00, 15:30, 16:30, 18:00, 19:00, 20:30, 21:30, 23:00, 00:00
What To Expect - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45

Grand Megaplex - Ibn Battuta

21 Jump Street - 10:30, 11:40, 12:40, 13:50, 14:50, 16:00, 17:00, 18:10, 19:10, 20:20, 21:20, 22:30, 23:30
Afterlife - 18:00, 20:00, 22:00, 00:00
Al Maslaha - 10:20, 12:40, 15:00, 17:20, 19:40, 22:00, 00:20
The Avengers - 12:15, 15:00, 17:45,

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The Avengers (3D) - 11:15, 14:00, 16:45, 19:30, 22:15, 01:00
Battleship - 12:40, 18:00, 23:20
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
Five Year Engagement - 11:10, 13:40, 16:10, 18:40, 21:10, 23:40
The Hunger Games - 10:00, 15:20, 20:40
Ishaq Zaade - 10:00, 12:35, 15:10
Late Bloomers - 10:20, 12:10, 14:00, 15:50, 17:40, 19:30, 21:20, 23:10
Loosies - 10:40, 12:30, 14:20, 16:10, 18:00, 19:50, 21:40, 23:30
The Lorax - 11:00, 12:50, 14:40, 16:30, 18:20
Men In Black 3 - 10:40, 12:50, 15:00, 17:10, 19:20, 21:30, 23:40
Men In Black 3 (3D) - 11:50, 14:00, 16:10, 18:20, 20:30, 22:40, 00:50
Rowdy Rathore - 10:30, 11:30, 13:30, 14:30, 16:30, 17:30, 19:30, 20:30, 22:30, 23:30
Safe - 20:10, 22:10, 00:10
Snow White & The Huntsman - 10:30, 11:30, 13:00, 14:00, 15:30, 16:30, 18:00, 19:00, 20:30, 21:30, 23:00, 00:00
What To Expect - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45

Grand Cinemas - Festival City

21 Jump Street - 11:00, 13:10, 15:00, 15:20, 17:30, 17:45, 19:40, 20:30, 21:50, 23:15, 00:00
Al Maslaha - 11:40, 14:00, 16:20, 18:40, 21:00, 23:20, 01:40

The Avengers - 10:15, 12:15, 13:00, 15:45, 18:30
Dark Shadows - 10:00, 12:20, 14:40, 17:00
Loosies - 10:40, 12:30, 14:20, 16:10, 18:00, 19:50, 21:40, 23:30
Love Ranch - 19:30, 21:40, 23:50
Men In Black 3 - 11:00, 13:10, 15:20, 17:30, 19:40, 21:45, 00:00
Men In Black 3 (3D) - 21:15, 23:30
Rowdy Rathore - 10:30, 13:30, 16:30, 19:30, 22:30
Snow White & The Huntsman - 10:00, 11:30, 12:30, 14:00, 15:00, 16:30, 17:30, 19:00, 20:00, 21:30, 22:30, 00:00, 01:00
What To Expect - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45

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21 Jump Street - 10:30, 12:40, 14:50, 17:00, 19:10, 21:20, 23:30
Al Maslaha - 22:00, 00:00
The Avengers (3D) - 10:15, 13:00, 15:45, 18:30
Ishaq Zaade - 10:00, 13:00, 16:00, 19:00
Men In Black 3 - 11:00, 13:10, 15:20, 17:30, 19:40, 21:45, 00:00
Men In Black 3 (3D) - 21:15, 23:30
Rowdy Rathore - 10:30, 12:00, 13:30, 15:00, 16:30, 18:00, 19:30, 21:00, 22:30, 00:00
Snow White & The Huntsman - 10:30, 11:30, 13:00, 14:00, 15:30, 16:30, 18:00, 19:00, 20:30, 21:30, 23:00, 00:00

Grand Mercato

21 Jump Street - 10:30, 12:40, 14:50, 17:00, 19:10, 21:20, 23:30
The Avengers - 10:15, 12:15, 13:00, 15:00, 15:45, 17:45, 18:30, 20:30, 23:15
Men In Black 3 - 11:00, 13:10, 15:20, 17:30, 19:40, 21:45, 00:00
Men In Black 3 (3D) - 21:15, 23:30
Rowdy Rathore - 10:30, 13:30, 16:30, 19:30, 21:30, 23:40
Snow White & The Huntsman - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
What To Expect - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45

Vox Cinemas - Deira City Centre

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Al Maslaha - 19:00, 21:30, 00:00
The Avengers - 10:00, 13:00, 16:00
The Avengers (3D) - 11:30, 14:30, 17:30, 20:30, 23:30
Dark Shadows - 10:00, 12:15, 14:45, 17:15, 19:45
Loosies - 10:15, 22:15, 00:15
Men In Black 3 (3D) - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Rowdy Rathore - 10:30, 11:30, 12:30, 13:30, 14:30, 15:30, 16:30, 17:30, 18:30, 19:30, 20:30, 21:30, 22:30, 23:30, 00:30
Snow White & The Huntsman - 11:30, 14:15, 17:00, 19:45, 22:30
Vicky Donor - 17:45, 20:30, 23:15
What To Expect - 10:15, 12:45, 15:15

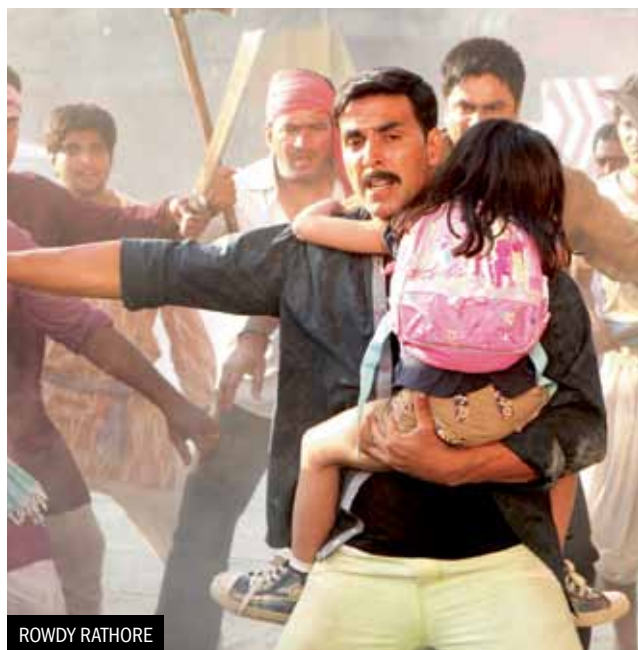
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21 Jump Street - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
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The Avengers (3D) - 11:15, 12:00, 14:15, 15:00, 17:15, 18:00, 20:15, 21:00, 23:15, 00:00
Dark Shadows - 10:45, 13:15, 15:45, 18:15, 20:45, 23:15
Late Bloomers - 12:30, 17:00, 21:30
Loosies - 13:15, 16:45, 20:15, 23:45
Love Ranch - 10:00, 14:30, 19:00, 23:30
Men In Black 3 (3D) - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30
The Outback - 10:00
Rowdy Rathore - 11:30, 14:30, 17:30, 20:30, 23:30
Snow White & The Huntsman - 11:45, 14:30, 17:15, 20:00, 22:45
Strength In Numbers - 10:15, 11:45,



SNOW WHITE AND THE HUNTSMAN

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



ROWDY RATHORE

15:15, 18:45, 22:15

What To Expect - 10:15, 12:30,
14:45, 17:00, 19:15, 21:30, 23:45
Winx Club Adventure (3D) - 09:45

Vox Cinemas - Mirdif City Centre

21 Jump Street - 10:30, 12:45,
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Al Maslaha - 11:00, 13:30, 16:00,
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17:30, 20:30, 23:30
Dark Shadows - 10:30, 13:00, 15:30,
18:00
Men In Black 3 (3D) - 10:15, 12:30,
14:45, 17:00, 19:15, 21:30, 23:45
Rowdy Rathore - 11:15, 14:15,
17:15, 20:15, 23:15
Snow White & The Huntsman -
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21:15, 23:15, 00:00
What To Expect - 10:15, 12:30,
14:45, 17:00, 19:15, 21:30, 23:45

Reel Cinemas - Dubai Mall

21 Jump Street - 11:20, 13:40,
16:00, 18:20, 20:40, 23:00, 01:15
Al Maslaha - 11:15, 14:00, 16:35,
19:05, 21:40, 00:15
The Avengers - 12:35, 14:10, 15:35,
17:10, 18:35, 20:10, 21:35, 23:20,
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Dark Shadows - 11:50, 14:15, 16:30,
16:40, 19:00, 19:10, 21:35, 00:05
The Father & The Foreigner - 14:15,
21:30, 23:45
Late Bloomers - 14:00, 16:15,
18:30, 20:50, 23:05, 01:15
Loosies - 16:55, 19:00, 21:00,
23:00, 00:55

Love Ranch - 14:10, 16:40, 19:10,
21:40, 00:05
Men In Black 3 - 12:25, 14:00,
14:30, 15:00, 16:30, 17:00, 17:30,
19:00, 19:30, 20:00, 21:30, 22:00,
22:30, 00:05, 00:30, 00:50
Men In Black 3 (3D) - 11:20, 13:35,
16:00, 18:30, 21:00, 23:30
My Summer Vacation - 14:35, 20:05,
22:10, 00:20
Pirates: Band Of Misfits(3D) - 14:05,
16:05, 18:05
Rowdy Rathore - 11:40, 14:40,
17:40, 20:30, 23:40
Snow White & The Huntsman -
11:10, 14:00, 14:25, 16:40, 17:10,
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What To Expect - 12:05, 14:30,
17:00, 19:25, 21:50, 00:10
Winx Club Adventure (3D) - 11:05,
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Reel Cinemas - Marina Mall

21 Jump Street - 15:10, 17:30,
19:50, 22:15, 00:30
The Avengers - 11:15, 14:15, 17:15,
20:15, 23:30
Dark Shadows - 12:00, 14:30, 17:00,
19:30, 22:00, 00:35
The Lorax - 11:05, 13:05
Men In Black 3 - 12:05, 14:35,
17:05, 19:35, 22:05, 00:25
Men In Black 3 (3D) - 11:00, 13:30,
16:00, 18:30, 21:00, 23:30
Snow White & The Huntsman -
11:10, 14:00, 16:40, 19:20, 22:00,
00:40

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE

What's happening this week in Dubai



Smart Cities World MENA 2012

Smart Cities is the region's premier conference for strategising the design, build and management of intelligent communities.

Date: June 4 - 5

Duration: 2 days

Audience: Architecture and design professionals, investment executives, trade professionals.

Category: Conference

Venue: The Ritz-Carlton, DIFC

Telephone: 04 440 2539



Dubai Sports World

Get active this summer and register in one or several sports activities at Dubai Sports World.

Date: June 8 - August 31

Duration: Two months, 25 days

Timings: 10am

Audience: Public

Category: Sports

Venue: Dubai World Trade Centre

Admission: Rates vary depending on the activities. Contact the below phone number for more details.

Telephone: 04 308 6332



Hospital Build and Infrastructure Middle East 2012

Hospital Build and Infrastructure Middle East exhibition and congress is the only regional platform dedicated to showcasing and promoting current and future Middle East healthcare projects, bringing together the industry's experts and leaders in a focused business-to-business setting.

Date: June 4 - 5

Duration: 2 days

Timings: 10am - 6pm

Audience: Public and trade professionals

Category: Conference, exhibition, healthcare

Venue: Dubai International Convention and Exhibition Centre

Admission: Free visitor registration

Telephone: 04 336 5161



Swan Lake

Don't miss one of the most beautiful and best-known ballets in the world.

Date: June 6 - 9

Duration: 4 days

Timings: 7:30pm

Audience: Public

Category: Entertainment

Venue: The First Group Theatre, Madinat Jumeirah

Admission: Dh375 for stall seats on first six rows, Dh280 for other stall seats, Dh200 for balcony seats

Telephone: 04 366 6546

'Simply Madonna' Exhibition at BurJuman

An exclusive exhibition showcasing a collection of Madonna's items, giving fans a fabulous peak into the Queen of Pop's personal world.

Date: Until June 6

Duration: 4 days

Timings: 10am - 10pm

Audience: Public

Category: Exhibition, fashion

Venue: BurJuman Mall

Admission: Free entrance

Telephone: 04 367 2530



Grand design



★★★★☆ With stylish looks, a better interior and a raft of gadgets, the Grand Cherokee is now worthy of its name.

If you look up 4x4 or SUV in an American dictionary, it'll probably say, "see Jeep". The famous brand has been North America's answer to off-roading before almost any other brand. True, the early cars were military vehicles with not one ounce of comfort, but Jeep can truly claim to be the grandfather of all off-roaders.

But times have changed. People now need comfort and all the electronics now expected in a premium car. For years, Jeep has filled this with its range-topping Grand Cherokee.

Luckily for Jeep, the latest incarnation is by far the best-looking model the company has turned out in a long time. It's sleek, rounded and bang up-to-date. The chrome wheels won't be for everyone, but that aside, it's more than at home on any sweeping driveway in the UAE.

Inside, the new Grand Cherokee is a vast improvement over the previous model. Gone, thankfully,

is the cheap plastic that American companies seem to insist on fitting to every car they produce. On the Cherokee, it's been replaced with smooth, stitched leather. The rest of the interior lives up to the dash top, with a wing-shaped centre console, housing a slightly fussy but quality infotainment system.

The stereo is great, with a large bass speaker built into the boot area and the controls are nicely laid out. The Grand Cherokee is certainly loaded with gadgets and gizmos, including parking

360

The horsepower produced by the Cherokee's 5.7-litre Hemi V8.

and collision sensors, a rear camera, adaptive cruise control and USB input. It also has a tilt and slide sunroof, a heated steering wheel (not very handy in the UAE) and voice-activated bluetooth phone, as well as air-conditioned and heated seats. That's quite a list, especially when you consider the Grand Cherokee's price.

Between the seats there's a ride height adjuster and a dial for different off-road settings, both





THE INTERIOR IS IMPROVED, WITH A EUROPEAN FEEL TO IT

of which closely resemble Land Rover's Terrain Response system.

The only let-down in the interior is the fat steering wheel. It's the same thickness as the Chrysler 300C we tested a few issues ago, and some drivers may find it too chunky. It must be another American consumer preference that's travelled with the brand.

The seats are also quite hard, but that's probably better for your back than the more common soft seats.

SPECS
(as tested)
Engine: 5.7 litre Hemi V8
Power: 360hp@5,150 rpm
Torque: 520Nm@4,250 rpm
0-100km/h: n/a
Top speed: n/a
Price: From Dh139,900 (V6),
Dh194,900 (V8)

There's also loads of room in the rear and a big load space with natty chrome rails. Opposite to the big bass speaker, there's a 12-volt output and an extremely handy torch.

Under the hood, you get the powerful 5.7-litre Hemi V8, which roars away when you press the go pedal. The Cherokee certainly gets off the line quickly, although the throttle is a little all or nothing.

The gearbox is basic, but copes well with the big engine it's trying to contain. You do get a tiptronic option, but it's not very precise, and, to be honest, this isn't the sort of car you're going to be exploring the handling of.

In the bends, it wants to run wide, as most SUVs do. It really isn't at home taking on roundabouts at full speed. You're better off going in slow and using the engine to power out. The suspension is built for smooth on-road progress and good off-road performance, rather than having any sporting pretensions.

The Jeep Grand Cherokee is by far the best version of this long-running model Jeep has built. It feels almost European in build, is as loaded as the space shuttle when it comes to gadgets and looks great. For anyone looking for a premium SUV, the Grand Cherokee is a great choice.

It might be listed in the dictionary under "SUV", but now the "Grand" probably fits just as easily. ●



Stage set for French masterclass

Given Rafael Nadal's incredible form on clay, Novak Djokovic will have a tough time at the French Open.

TENNIS

No other male tennis player except Bjorn Borg has matched Rafael Nadal's body of work in Paris, and by the time this year's French Open ends on June 10, Nadal has a fine chance to be in a class of his own.

Linked across the years by top-spin and athleticism, Nadal, a flashy left-hander from the Spanish island of Majorca, and Borg, the cool Swede who peaked in the late 1970s, have both won six titles at Roland Garros. But as this year's tournament got under way last week, Nadal was preparing to begin his assault on a seventh. Even during the tennis reign of Novak Djokovic, Nadal deserves to be the favorite again on red clay.

Nadal has earned it by compiling a phenomenal 45-1 record at the French Open and a 93 per cent winning rate on clay over all that already makes it safe to call him the greatest clay-court player.

Order does appear to have been restored in a flurry of red dust and deeper ground strokes, but the French Open is the clay-court tournament that matters most. Djokovic is the world's number one player and will remain so no matter what happens in Paris.

If Nadal falters, he will presumably have several more chances to win his seventh French Open. But Djokovic may never have another chance to hold all four Grand Slam singles titles at once. The ball is very much in Nadal's court.



RAFAEL NADAL (LEFT) WILL BE SEEKING GLORY IN PARIS

Soaking up the soft skills



Employers look beyond a potential employee's paper qualifications and skills to discover attributes needed in the workplace.

DREAM JOBS

Most job seekers wish they could unlock the secrets to getting hired in today's hectic marketplace. You don't have to be a genius to know that it's a tough time to land a job nowadays. With that being said, one fact remains the same: employers aren't just looking for someone who looks good on paper; they want people who can add value to their business. So what sort of personal characteristics do employers look for when it comes to recruiting employees? Akhtaboot unveils these must-have 'soft' skills that can give you a push to nailing your dream job.

COMMUNICATION SKILLS

Communication is definitely not only about the words you say; you can have an excellent vocabulary and still be a bad communicator. In fact, it's all about using fewer words while making a greater impact. According to studies, words actually contribute to about seven per cent of meaning. This clearly shows that communication is more than just words; it's the ability

to convey your thoughts, opinions and messages in an appropriate and professional manner. Keep in mind that if you can't get a message across clearly to motivate others to act upon it, then having a message doesn't even matter.

POSITIVE ATTITUDE

We've all faced a negative work colleague or a depressing work environment at some point. It is also very possible that you are the source of negativity at work. Having a negative work attitude can definitely affect your success, job satisfaction and productivity. Instead of falling prey to the negative work attitudes that surround you, make an effort to break the trend. Start by observing how you communicate with others, avoid sarcasm, look for the good in people and always stab people in the front.

TEAMWORK SKILLS

Teamwork is one of the most valuable factors that contribute towards high levels of excellence within the company.

You can easily judge a person's character by how well he or she works with other team members. Working side-by-side with people of different generations, cultures and demographics is an indispensable skill that is becoming more and more important in today's workplace. Teamwork also includes the ability to persuade others, negotiate and compromise when you don't agree with someone. It is amazing how much you can accomplish when it doesn't matter who gets the credit.

WORK ETHICS

Work ethic is a key element for productivity, efficiency and job satisfaction in any business setting. The nature of the relationships you have with your colleagues sets the environment and the culture of your company. Accordingly, bad manners can destroy any positive mood or good vibes within team members. People who display respectful gestures, polite manners and professionalism will always be ahead in the job search game.

The rules for success in business

“Having a negative work attitude can definitely affect your success, job satisfaction and productivity.”

are changing daily, yet people are still searching for the magical formula that can help them succeed in their careers. With that being said, more and more organisations around the world recognise that, in order to gain a competitive advantage, they need to make sure their people know how to handle themselves at work as well as with their clients and peers. From showing empathy, optimism and extreme self-awareness to knowing what's going on around you, these vital competencies will allow the human aspects of your personality to shine. ●

Post-it

To place your ad please email
advertising@readme.ae

JOBS AVAILABLE

Female required for a secretarial position. Should have minimum 3 yrs experience. Should be fluent in spoken and written English. Email CV to Career.udd@gmail.com.

Marketing executive urgently required for a part/full-time job. Visa + salary + commission will be provided. Should be a graduate. Should also have banking and insurance experience. Email CV to sindhu@ngiuae.com/call 0558347982.

Ticketing & hotel reservations staff urgently required for travel agency in Dubai. Email flyseasons2010@gmail.com.

Site foreman cum supervisor urgently required. Should have minimum 2 yrs UAE experience in technical service. Salary negotiated. Email CV to admin@pillai53.ae.

Beautician required for a newly opened salon in Al Qusais. Interested candidates call 0551735471.

Female telemarketing executive required for a company in Bur Dubai. Salary + commission will be provided. Email pleasantdubai@gmail.com.

Filipina web designer based in Dubai or Philippines required for a company in Dubai. Email pleasantdubai@gmail.com.

Car driver required for a full-time job. Education is a must (minimum intermediate). Should have English and Hindi communication skills. Visa will be provided by company with attractive salary. Send CV to Muhammad.junaid@transtech.ae.

Indian insurance executive required for an insurance company in Dubai. Should have good communication skills. Experience is a must. Good salary package + benefits. Call 0566983601/farha@ngiuae.com.

Insurance sales staffer required for an insurance company in the UAE. The biggest business group in the region. Should have insurance sales experience. Fixed basic salary + incentives. Send CV to shaju.george@alfuttaim.ae.

Laboratory general technician with DHA licence required for a diagnostic centre located in Deira, Nasser Square. Call 0507782257/email tech.medical@yahoo.com.

Sales adviser urgently required for a company. Training. Visa and financial package will be provided. Graduates only. Insurance and banking experience preferred. Email hr.novelo@gmail.com.

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

JOBS WANTED

Interior designer, BCom, seeks part-time job. 7 yrs experience in design (2D & 3D). Call 0557436846.

Indian male, BA, 33, seeks a full-time job. 10 yrs experience. UAE D/L holder. Fluent in Arabic, English, Farsi, Russian, Mandarin. Call 0507294271, email blazethathu@yahoo.com

Indian, aeronautical engineer, MBA, seeks job. 3 yrs experience. Call 0552900491/email aeromdazar@gmail.com.

Indian, female doctor seeks job in the

non-clinical field. 1 yr experience in insurance/auditing. Call 0567545085.

Indian female, MBA/HR & marketing graduate seeks job. 2 yrs experience in the recruitment field. On visit visa. Email urmi_golgi@yahoo.co.in/call 0567362399.

Indian male, BSc. in computer science seeks job. 7 yrs experience in customer service/sales. On visit visa. Email seaneustace@hotmail.com/Call 0553811868.

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

Male seeks part-time job. Proficient in all kinds of graphic design & 3D visual work. Call 0555731512.

Data entry operator, BA, Microsoft certified system engineer seeks full-time job. Call 01554628334.

Filipino, with a bachelor's degree seeks job as an import-export/logistics coordinator. 9 yrs experience in same field. Good communication skills. Knowledgeable in MS Office. On tourist visa. Call 0566270115/email jacob.jubert@yahoo.com.

MBA qualified, marketing communications and brand management professional seeks job. 13 yrs experience in FMCG and other brands. Call 0501354970. Email niaz361@gmail.com.

Female graduate, BA in English seeks job as a teacher. 3 yrs experience in the insurance field. Call 0529833198.

Indian male seeks a full-time job as a graphic designer. Call 0551667343/0553513070.

Filipina seeks job as an accountant/cashier. 8 yrs experience in money transfer (Western Union). On husband's visa. Knowledgeable in visual studio and MS Office. Call 0556629251/email rexnjoy@yahoo.com.

Indian, MBA, seeks job in marketing. 2 yrs experience in the same field. Good communication skills. Call 0555638579.

Senior bank manager seeks a managerial position. 2+ decades experience in accounts, credit control, audit, admin etc. Fluent in English. Call 0553189801/email satkariody@yahoo.com.

Algerian male seeks job as an administrative clerk. 6 yrs experience in private/government sectors in Dubai. Bilingual. Holds UAE D/L. Call 0502831244/email 44dubai@gmail.com.

MISCELLANEOUS

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.

Web designing projects available for students of all grades. Email pleasantdubai@gmail.com.

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

Looking for nautical enthusiast/investor for a tie-up to manufacture/market nautical gift ware. Call 0509915178.

Hellix International Technologies brings bombastic 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, housewives and students. Send email to murtazashj@gmail.com.

AUTO

Toyota Corolla, 2002 model for sale. In good condition. Price for 18,000AED. White colour. Engine well maintained. No history of accidents. In Sharjah, Al Nadha. Call 0567954822/email antoniomarkj@yahoo.com.

Nissan Altima, 2007 model for sale. 150,000km. Dark grey colour. Clean vehicle inside and out. Maintained with no problem. In Bur Dubai, Golden Sand. Price for 29,000AED. Email malik_sarfaz@rediffmail.com.

Mitsubishi Lancer, 2008 model for sale. Full options. In very good condition. Price for 19,000AED. Call 0558563786/0502093299.

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

ITEMS

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

New MacBook available for sale. White colour. 13-inch C2D, 2.26 GHZ, 250 GB, Mac Lion X. For 2,300AED. Call 0552683258.

Dell Gx620 available for sale. 3.2GH, 1GB RAM, 80GB HD, Dell LCD 17". Comes with keyboard/ mouse and 8 megapixel webcam/flash/Eton head set. Only for 550AED. Call 0509815607.

New and used watches available for sale. Can also repair/polish antiques, gold and jewellery watches. Call 0506543605/0552458553.

Two brand new wooden baby beds available for sale. Come with mattress. Size 48"x24" and 36"x16". Call 0509915178.

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

SERVICES

Cleaning services available. Pro Cleaners is a company for residential cleaning in Dubai Marina, Palm, JBR, JLT, Gardens. 30AED. Call 0503007797/044308840.

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

Accounting tutoring lessons available in Karama for CBSE/British Curriculum students. All grades. Limited seats. Experienced female teacher. Call 0502179859.

English proof-reading and editing services available. Email kunleadegbenro@gmail.com/call 0554273956.

Babysitting services available in Sharjah. Good with children. Call 050 5246645.

Full-time babysitting/daycare services available in Karama near Lulu Center.

Experienced Indian lady. Timings from 7:30am to 6:00pm. Sunday to Thursday. Call 0559039701.

Freelance translator from English to Arabic/vice versa and French to Arabic/vice versa available. Call 0506528482.

Tutoring lessons available in Bur Dubai, opposite Carrefour. From KG to 9th grade. All subjects; curriculums CBSE, IGCSE, O level, etc. Call 0551077598.

Baby sitting services available. By a decent Indian family near Baniyas Square metro station, Nasser Square, opposite Choithram. Call 0508577236.

French tutoring classes available for all business people in Dubai. Every Friday. Call 0508419369/0551063232/email zakimon1@yahoo.com.

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.

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

ACCOMMODATION

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

Shared accommodation available for rent. Christian Keralite couples preferred. In Deira, Naif. Call 0561539594.

Two bed spaces available for rent. Keralites only. In Furjimurar. Rent for 425AED + DEWA, Net. Call 0507595089.

Shared flat available for rent. To be shared with Russian lady. Decent, clean, working European or Arabic ladies only. In Bur Dubai, Golden Sands area, behind Burjuman mall. Furnished kitchen. Rent for 1,300AED. Available from May 1st. Call 0501639075.

Bed space available for rent. Executive Muslims only. Comes with attached bathroom, kitchen, and washing machine. Near Satwa bus stop. For 350AED. Email nawazg47@gmail.com.

Room available for rent. Clean/wide room. Comes with refrigerator, kitchen and separate bath. Free W/E. Near Talal super market, Hor Al Anz, Dubai. Call 0556796008.

Bed space available for rent. Clean/wide room. Filipinos only. Comes with refrigerator, kitchen and separate bath. Free W/E. Near Talal super market, Hor Al Anz, Dubai. Call 0556796008.

Wanted: Bed space in Hor Al Anz. Rent range not more than 400AED including DEWA. Monthly paid rent. Call 0567696312/email vmjka-reem88@gmail.com.

Fully furnished shared accommodation available for rent. Indian couples only. In Hor Al Anz opposite Talal

Supermarket. Starting from June 1st. Rent for 1,300AED. Call 0551071037.

Bed space available for rent. Clean and neat room. Executive Keralite bachelors only. Near Al Rigga metro station. Kitchen/washing machine accessible. Free internet. Rent for 500AED. Call 0554616987.

Two bed spaces and partition available for rent. Filipinos/Kabayans only. Rent for 475AED and 900AED respectively, including DEWA. Behind Heroes Village, Al Satwa, Dubai. Call 0529298326.

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

Bed space available for rent. Executive Keralite bachelors only. Near Mall of the Emirates and LuLu Hypermarket in Al Barsha area. Rent for 800AED including DEWA + internet. Starting from June 1st. Call 0559013869.

Wanted: Fully furnished room with two other bachelors. Should come with attached bathroom and internet facility. Call 0555279192.

Two bed spaces available for rent. Female Kabayans only. Opposite Al Hanaa Centre, behind Carrefour, near Al Diyafa and Satwa. Call 0509722731.

Bed space available for rent. Keralite bachelors only. Behind ADCB, near Al Rigga metro station. Call 0501533168.

Bed space available for rent. Keralite Muslim bachelors only. Near Satwa big mosque. Rent for 325AED + DEWA. Internet & W/M facilities also available. Call 0508965015.

Furnished room available for rent. Indian families only. Opposite Al Maya supermarket, Bur Dubai. Rent for 2,500AED including DEWA + internet. Call 0506244382.

Executive room available for rent. Executive working men only. In Al Barsha, near Mall of the Emirates. Starting from June 1st. Call 0552080470.

Room available for rent. Two females only. In Qusais, Damascus street near metro station. Rent for 800AED + DEWA including internet. Washing machine, kitchen facility. Starting June 1st. Call 0555274523.

Large room available for rent. Comes with balcony and a separate bathroom. Near Bur Dubai bus stop. Rent for 1,900AED + DEWA. Call 0554338069.

Spacious furnished studio available for rent in Madison residency, Tecom area. Comes with huge balcony, facing Sheikh Zayed Road. Swimming pool and gym facilities. Starting June 2012 till September 2012. Monthly rent 4,500AED. Students or single women are preferred. Email ifroz1@gmail.com.

Bed space available for rent. 1 BHK. Indian bachelors only. Near Baqer Mohebi, Rolla street, Bur Dubai. Starting from June 1st. Internet, E-vision, kitchen, gym facilities. Call 0504262347/0553689118.

Semi-furnished accommodation available for rent. Indian couples/working ladies only. To be shared with Mongolian Catholic couple. In Bur Dubai, behind Palm Beach Hotel. Call 0561498330.

SMS a taxi from the Metro

New RTA service launched at Al Qusais Metro Station is currently available for holders of Etisalat numbers.

DUBAI TAXIS

Essa Abdul Rahman Al Dosari, CEO of the Public Transport Agency at the RTA, has called for more efforts towards propagating the culture of using public transport means among various community segments at a time when the RTA is striving to broaden and upgrade the package of services offered to taxi users in Dubai, as the taxi service supports the public transport sector as well as the tourist sector in the emirate.

A statement to this effect was recently made at an event held by the Public Transport Agency to launch the hailing of taxis by SMS service from Al Qusais Metro Station. The launch was attended by the Advisor of the Dubai Taxi Corporation (DTC), Abdul Aziz Malik, and several directors of the agency, including the Director of Transportation Systems, Adel Shakri, Director of Buses, Ahmed Mohammed Al Hammadi, and the Director of Franchise and Monitoring, Furat Ali Al Amri, in addition to the work team oversee-



THE HAILING OF TAXIS BY SMS SERVICE IS UNVEILED AT AL QUSAIS METRO STATION

ing the delivery of the service at the agency.

"The hailing of taxis by SMS service will be available for the Dubai Metro commuters and from any Metro Station through sending an

SMS containing the number of the station that the applicant is in. This number consists of a code for the Red or Green Line, the station number and gate code, such as G12A. The SMS has to be sent to 4774 and the applicant has to leave no spaces between numbers and codes," said Al Dosari.

"The service, which is being made available only for holders of Etisalat numbers for the time being, is a valuable addition to the means of hailing taxis, and renders this process more handy and speedy, besides satisfying the needs of the largest possible number of customers among residents, visitors and tourists.

"In keeping with the modern developments in the telecommunications industry, the RTA is seeking, through this service, to sustain the policy of providing taxis to customers among residents, visitors and tourists as fast as possible, which, in turn, will improve the level of service offering in a way befitting the profile of Dubai as a global business and trade centre," added Al Dosari.

"The service is a valuable addition to the means of hailing taxis."

Success for number plate auction

AUCTIONS

The 76th Open Number Plates Auction, held by the Vehicles Licensing Agency of the RTA, was warmly received by various community segments as it encompassed several distinguished licence numbers, including two, three, four and five-digit plates of various codes, helping the aggregate proceeds of the auction to go as high as Dh27.09 million.

"The auction witnessed huge public turnout as 274 people of various ages and nationalities took part, which is attributed to the wide-range of distinguished plates on offer, totalling 125 numbers of different codes. It reflects the keenness of the public to take part in these auctions held frequently throughout the year," said Mohammed Abdul Kareem Nimaat, Director of the RTA's Vehicles Licensing Agency.

"The highest-earning number was J 14, which fetched Dh2.12 million."

"The highest-earning number was J 14, which fetched Dh2.12 million, followed by K 24, which brought back Dh1.4 million. The three-digit plates saw a fierce competition among enthusiastic bidders, whose keen attention to acquire them created a thrilling atmosphere. The three-digit plate, G 777, was thus sold for Dh870,000, and G 7777 was exchanged for Dh505,000. Meanwhile, the five-digit plate, K 55555, was auctioned off



THE AUCTION HALL HEATS UP

for Dh800,000," continued Nimaat.

"The preceding auction saw positive bidding among participants, whose enthusiasm transformed the auction hall into an action-packed venue. The Vehicles Licensing Agency is keen on

holding open or online auctions to satisfy the needs and aspirations of the public in acquiring distinguished plates through the means that suit them. The forthcoming 77th Open Auction will be held next September," Nimaat said.

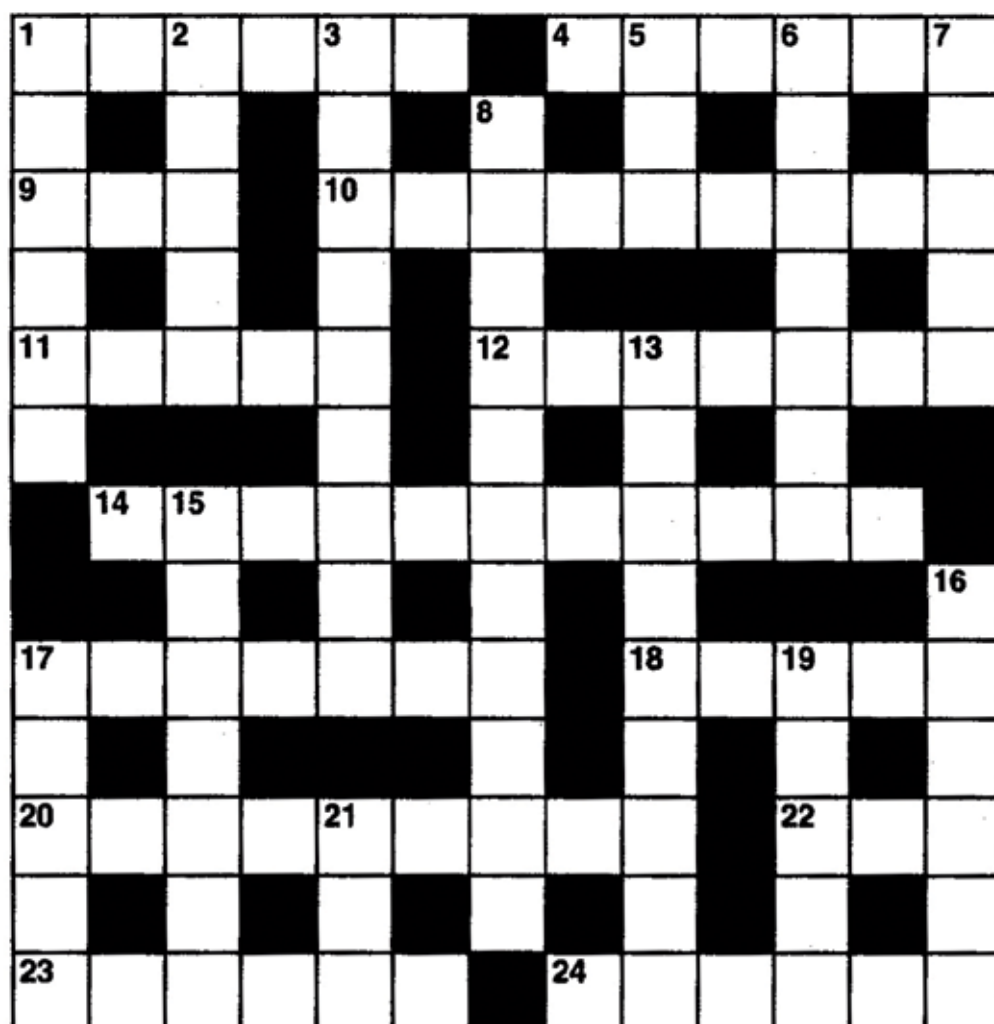


سننصحه بأعلى
صوت بأن يبطئ

أتعهد بتحمل المسؤولية

Taking your time

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



Crossword

Across

1 Child's word for 'dog' (3-3) 4 Tighter (6) 9 ___ *Baba and the Forty Thieves*, story (3) 10 Subjecting to agony (9) 11 Disconnect (5) 12 Woolly balls on hats (7) 14 Stream of condensation in an aeroplane's wake (6,5) 17 Position of difficult responsibility (3,4) 18 Country where Hindi is widely spoken (5) 20 Meaty pizza topping (9) 22 Honey-producing insect (3) 23 24 hours free from work or pressure (3,3) 24 Person who lives in an igloo (6)

Down

1 Put a brave face on (4,2) 2 Place to wear a belt (5) 3 Precisely, exactly (2,3,4) 5 French word for 'water' (3) 6 Major city of East Africa (7) 7 Fits of fury (5) 8 Made-up substance (11) 13 Humiliates (9) 15 Post-mortem (7) 16 Develop a fondness for, or get into the habit of (4,2) 17 Felt optimistic (5) 19 Most populous of the United Arab Emirates (5) 21 One of Santa's helpers? (3)

ANSWERS



Recipe

Chicken Teriyaki

Simple to prepare, this tasty chicken teriyaki recipe makes a speedy supper.

Ingredients

4 sliced boneless chicken thighs
2 tsp Tabasco sauce
4 tbsp clear honey
4 tbsp sesame oil
4 tbsp soy sauce
1 tbsp vegetable oil
Knob of butter

Serves
2

Method

1. Pour the Tabasco sauce, honey, sesame oil and soy sauce into a bowl and mix well. Place the uncooked chicken slices into the bowl, stir well to coat and leave to marinate in the sauce mixture for 5 minutes.

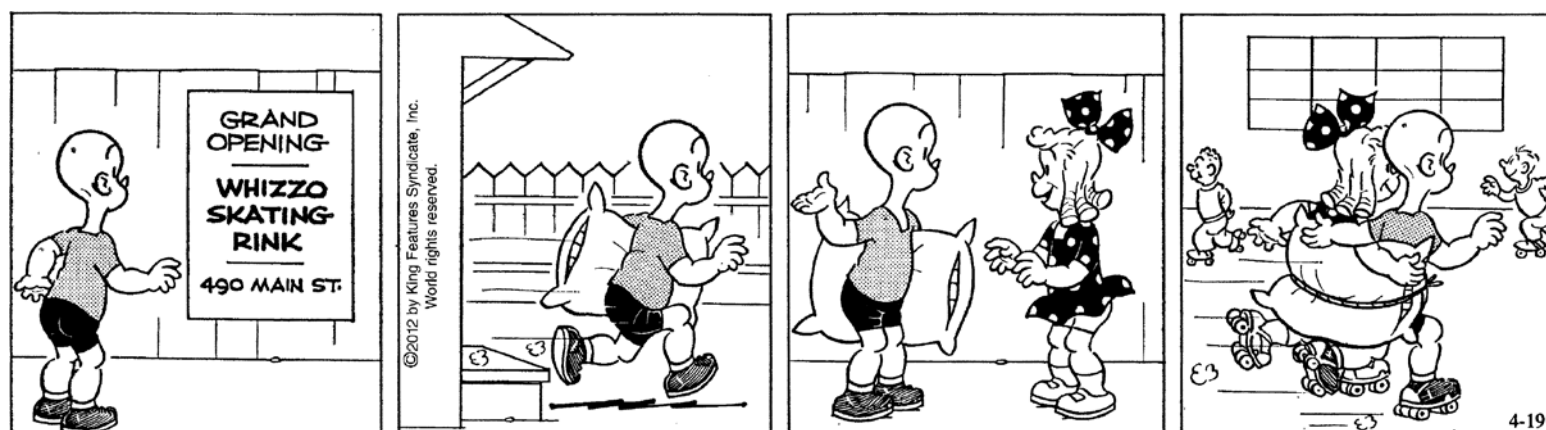
2. Heat the vegetable oil in a frying pan. Remove the chicken slices from the marinade and put the bowl to one side. Fry the chicken for 3-4 minutes on each side until completely cooked through, then remove it from the pan and set aside to keep warm.

3. Pour the Tabasco sauce mixture into the pan and boil quickly for a few minutes until the sauce is slightly reduced. Add the butter and whisk until the sauce becomes glossy.

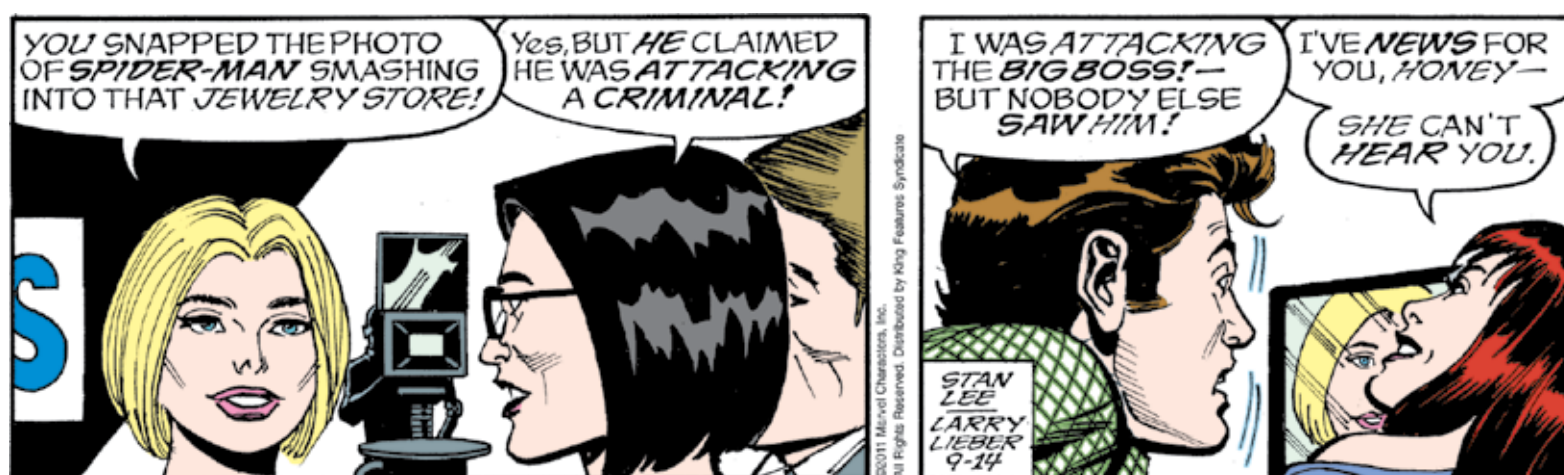
4. To serve, place the chicken slices onto a plate and pour over the sauce straight from the pan. Serve with rice and vegetables if desired.



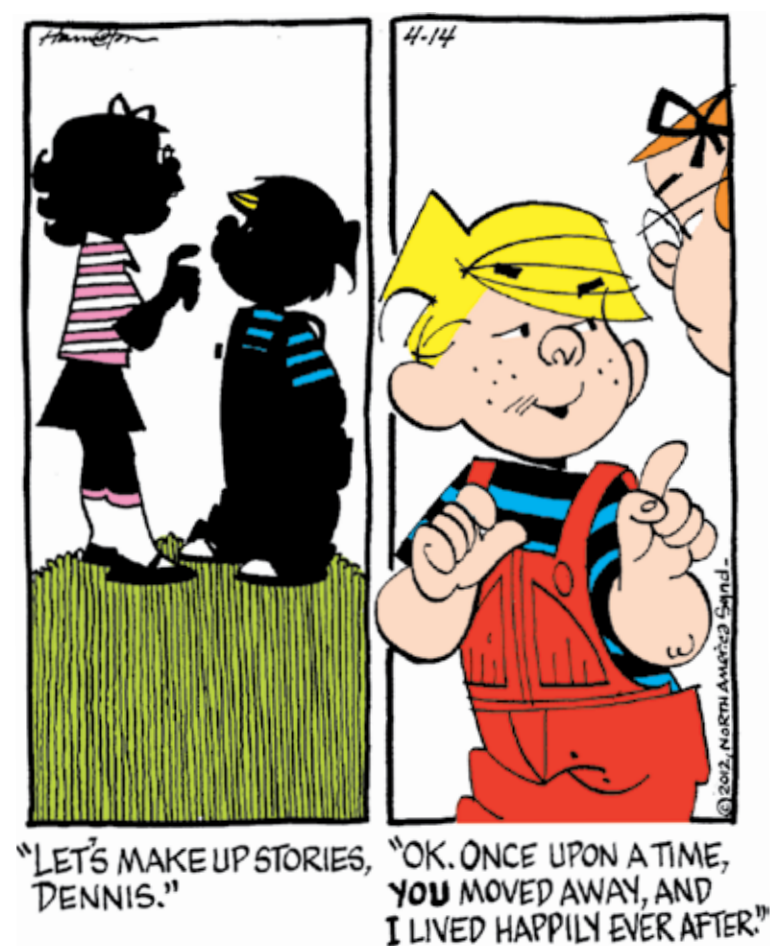
Henry



Spiderman



Dennis the menace



Who's this?

ANSWER ON PAGE 38



Puzzles

Arrowword

Luxurious variety of wool		Carved printing blocks		Material for candles		Extreme edge		Took nourishment		Italian fashion city		Swift
						Country, formerly Formosa						
Elaborate lyric, poem		Ernie _____ South African golfer		Dwight D's nickname				Impose, force		Hooded robes		Asian peanut sauce
			_____ Blair, TV actress	Put in as much as possible		Middling (2-2)	Known details					
Computer mouse noises							Yoko _____, Lennon's widow				Mischievous elf	
Nation ruled by Stalin (inits)					Japanese sash				Humour or ingenuity			
State of NE India		Statutes					_____ Hayek, Mexican actress					
					In bloom, open				Secret agent			

Sudoku 1

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

Sudoku 2

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

ANSWERS

ARROWWORD



SUDOKU 1

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

SUDOKU 2

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

WHO'S THIS? ANSWER - DAVID BOWIE

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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)

Your personal attraction centre could experience a surge of energy. While this might repel some, it could be a positive trait for others to appreciate your courage and bravery. Yet this might also be a time for you to cut loose from chains that have bound you for too long.



TAURUS

(APR 21 - MAY 21)

You could find the energy to deal with matters that don't usually head your agenda, such as wills, legacies or anything that doesn't come up in day-to-day conversation. In all this, you could learn that those whom you assumed held a traditional view hold something very different.



GEMINI

(MAY 22 - JUN 21)

It would be unsurprising if you were seeking a new image or you joined new groups to immerse yourself in. You might also decide to revisit a talent that was first spotted when you were a child. This may be the route by which you change your world in the coming year.



CANCER

(JUN 22 - JUL 23)

With Uranus at the top of your solar chart, making routine and scheduling hard to manage, you could score points with your developing talent for crisis management. Where others are fazed by how much has to be done in a short time, you could simply set to it.



LEO

(JUL 24 - AUG 23)

It wouldn't take much to push your social life in a new direction. It appears you've become a purveyor of information. Yet it could also be that the work-play balance is disturbed. You could end up with someone whose plans excite you about considering a partnership.



VIRGO

(AUG 24 - SEP 23)

On both the domestic and working fronts, there may be repairs or re-considerations requiring attention. It could be that a service is long past its sell-by-date. It might also be that an offer requires you to think differently and to make way for someone new and their needs.



LIBRA

(SEP 24 - OCT 23)

Buoyed up by contacts made over the weekend, you could decide on a priority check and look at a marked change of career direction. Education and publishing may be involved. It might be necessary to define boundaries and to relinquish some tasks midweek.



SCORPIO

(OCT 24 - NOV 22)

It seems you might still be involved in a behind-the-scenes mission. In helping someone negotiate what they perceive to be a crisis, you could learn much about their strengths, perhaps prompting you to rethink how you might work together in the future.



SAGITTARIUS

(NOV 23 - DEC 21)

You might feel the need to consider transport arrangements more carefully than usual and, perhaps, change a schedule planned for early August. Then there's the high probability of assisting a close friend to negotiate a crisis that's not of their making.



CAPRICORN

(DEC 22 - JAN 20)

As has been the case for some weeks now, there's much for you to consider on the job or career front. With others in a state of flux, you may find you need to multi-task far more than usual. Yet it's likely you'll pass these tests with flying colours.



AQUARIUS

(JAN 21 - FEB 19)

Experiencing different places can be exciting, but if getting away from it all is not possible then you could deflect energy by moving furniture. In acknowledging new vibrations, you might also come to the realisation that you've outgrown certain places, items and even people.



PISCES

(FEB 20 - MAR 20)

It might be wise to be ready to go places and to have your phone charged so that others can make quick contact. Midweek, it might help to say good-bye to a task and to focus on an opportunity which, though it requires forging an alliance, might bring increased reward.



This week's local weather

SUN



SUNNY
HIGH 38C
LOW 32C
HUMIDITY 48%

MON



SUNNY
HIGH 39C
LOW 30C
HUMIDITY 47%

TUE



SUNNY
HIGH 39C
LOW 33C
HUMIDITY 49%

WED



SUNNY
HIGH 40C
LOW 30C
HUMIDITY 45%

THU



SUNNY
HIGH 40C
LOW 31C
HUMIDITY 47%

FRI



SUNNY
HIGH 39C
LOW 31C
HUMIDITY 45%

SAT



SUNNY
HIGH 40C
LOW 34C
HUMIDITY 49%

PADMA!A



BLOSSOM WITH ETERNAL PURITY

AED 1699
Free Gold Chain



SKY JEWELLERY
DESIGNED FOR GENERATIONS



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SKYZE MEENA BAZZAR - 04 3599150 | DUBAI MALL - 04 4343109 | SHARJAH - ROLLA - 06 5624646 | KHANSAHEB - 06 5356272 | ABU DHABI - DELMA CENTRE - 02 6341154

DUBAI * DOHA * ABU DHABI * MUSCAT * SHARJAH * INDIA