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JUNE 17-23, 2012 | Issue 53

Read!



MAD FOR MODHESH

As Modhesh World 2012 opens its doors, families flock to enjoy the fun and festivities of the popular edutainment theme park

VIVA MEXICO



CAMERON'S CLOSET

How to steal the elegant style of the *What to Expect when Expecting* actress, without blowing the bank balance



IT'S ONLY ROCK 'N' ROLL

The latest film adaptation of a musical, *Rock of Ages*, boasts a killer soundtrack and a stellar cast of A-listers, but is it enough?



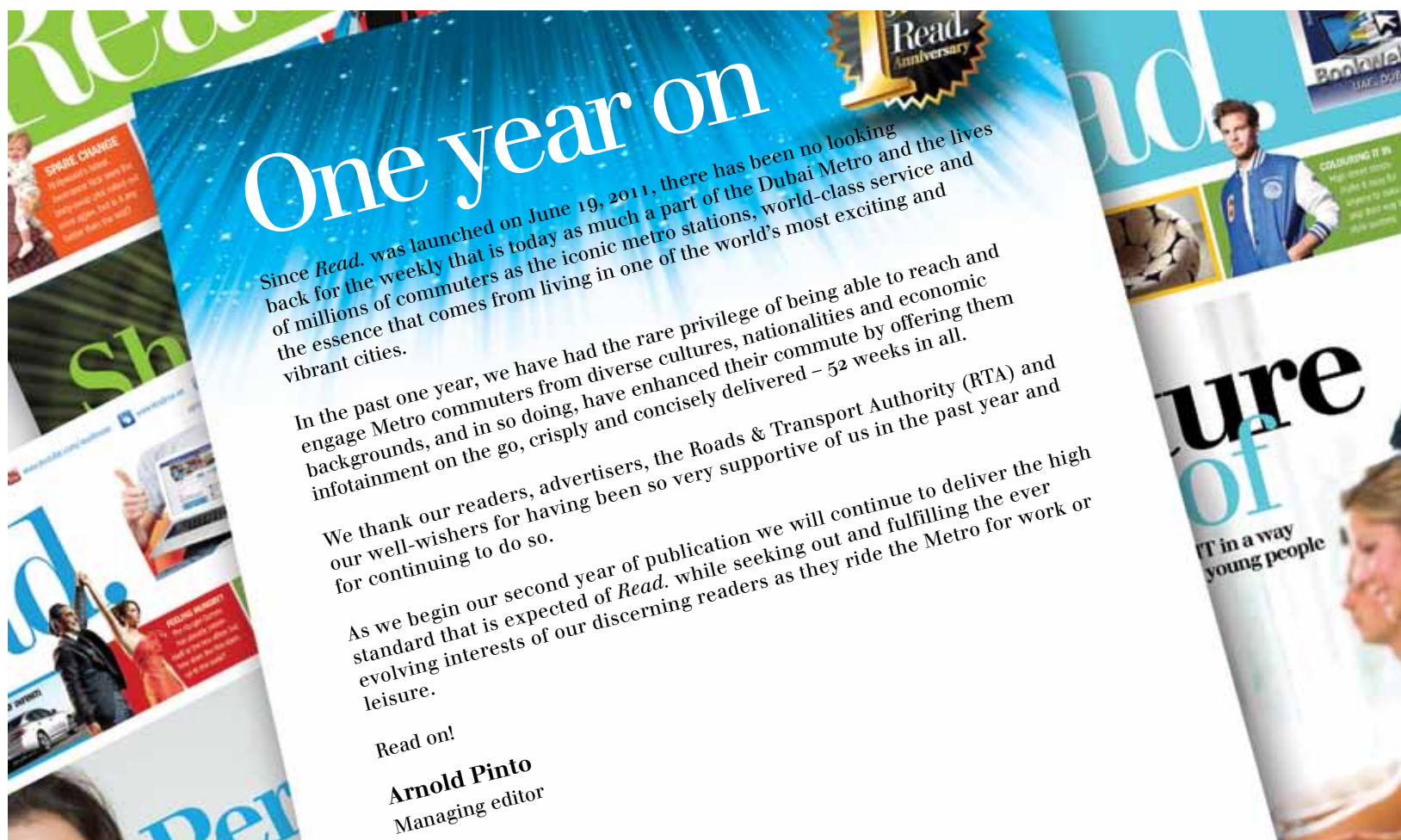
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 Revolutionary mobile banking from Mashreq Get Snapp. Get Going	
Top up your Salik	Order a Cheque book
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Get happy

Seven simple ways to beat the blues

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

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



One year on

Since *Read.* was launched on June 19, 2011, there has been no looking back for the weekly that is today as much a part of the Dubai Metro and the lives of millions of commuters as the iconic metro stations, world-class service and the essence that comes from living in one of the world's most exciting and vibrant cities.

In the past one year, we have had the rare privilege of being able to reach and engage Metro commuters from diverse cultures, nationalities and economic backgrounds, and in so doing, have enhanced their commute by offering them infotainment on the go, crisply and concisely delivered – 52 weeks in all.

We thank our readers, advertisers, the Roads & Transport Authority (RTA) and our well-wishers for having been so very supportive of us in the past year and for continuing to do so.

As we begin our second year of publication we will continue to deliver the high standard that is expected of *Read.* while seeking out and fulfilling the ever evolving interests of our discerning readers as they ride the Metro for work or leisure.

Read on!

Arnold Pinto
Managing editor

SEE MAGICAL STORIES UNFOLD

JOIN US ON A MAGICAL JOURNEY INTO THE WONDERFUL WORLD OF THEATRE WHERE DREAMS COME ALIVE BEFORE YOUR VERY OWN EYES!



MARY'S MUSICAL

THE ICE QUEEN'S KINGDOM

The Mermaid Tales

Sophie and the Giant

14 June - 14 July

Show Schedule*	
• Mary's Musical	- 14 to 20 June
• The Ice Queen's Kingdom	- 21 to 27 June
• Sophie & The Giant	- 28 June to 4 July
• The Mermaid Tales	- 5 to 14 July
Timings: 6:30 to 9:00pm	

FREE THEMED ARTS & CRAFTS WORKSHOPS
based on the above stories

Timings: 5.00 to 8.00pm

Free Dance Summer Camps

Timings: 10.00 to 11.00am

Scan this to know more



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* For more details on show timings and workshop schedules, please visit our Facebook page.

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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.

✉ Hi *Read.*, I use the Dubai Metro very often. It is disappointing to see that people on the Metro do not smile at each other, and if you should, they look at you like you've done something wrong. Are people so busy that they can't even smile?

Khadeeja

We at *Read.* quite agree with you. A smile is free, takes no time at all, and can brighten up a person's day in just a second. Keep on smiling—hopefully, you may spark a trend on the Metro!

✉ Dear *Read.*, I love using the Metro for its ease. However, there are two particular things which I find to be personal annoyances. Being from London, we follow an unspoken 'tube/train etiquette' when travelling to make the whole experience more pleasant. But the two things that ruin my journey here are escalator eti-

quette and boarding etiquette. I don't like pushing or barging through people but find myself doing just that when alighting the carriage because a whole horde of people rush to get on at once and nobody seems to wait for those getting off to clear the doors. As for the escalators, back in London the rule is always 'stand on the right, walk on the left'—that way if people are in a rush and want to skip up or down the escalator, they can do so. It's like having driving lanes, everyone knows their place, there is no confusion and no annoyance.

I know that others feel the same way too. Is it possible to introduce a tannoy which reaffirms the correct etiquette so that commuters can enjoy a efficient and happy journey?

Komal Patel

While there is no announcement system in place currently for these things, perhaps those who read your comments here will make more of an effort to demonstrate these suggested behaviours here in Dubai.

Read. Poll

Do you count what a cashier hands you back?

- Yes, always
- Sometimes
- Not at all

Cast your vote online at www.readme.ae

LAST READ. POLL RESULTS

What will you do for DSS 2012?

Shop for deals	23%
Catch the entertainment	20%
Participate in raffles	12%
All of the above	45%

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.*



Please recycle this copy responsibly.

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



AZAD RAHMAN M.P



GIRISH TAMBVEKAR



BAUU.V



JEN RAMPAS



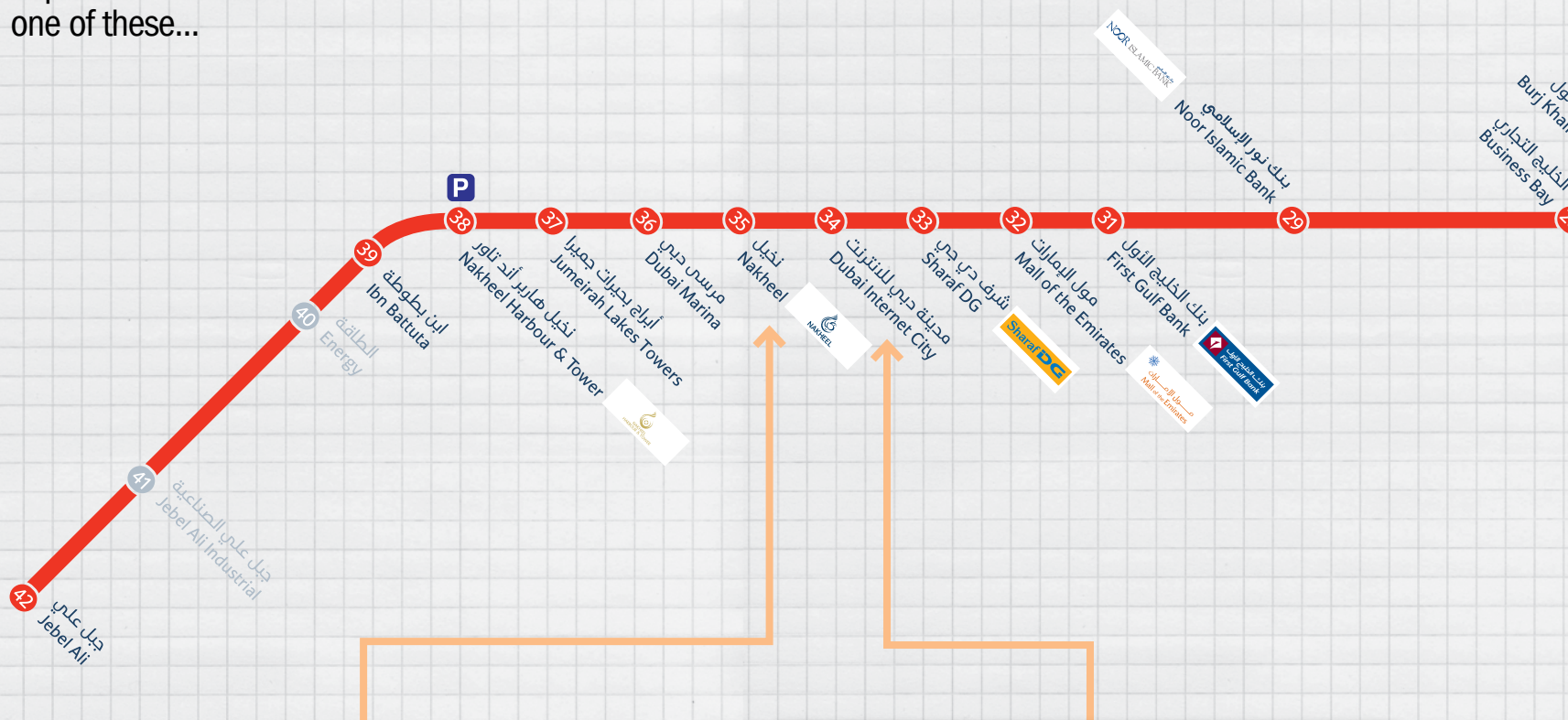
CYBERMEL DAYANDAYAN



TUJI DAVID

Station by station guide

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



Euro 2012

UNTIL JULY 1

BARASTI BEACH STADIUM



Since the first match of the tournament kicked off on June 8, Dubai has been going football crazy. Watching the games at home is one thing, but joining a crowd of up to 800 others provides an energy like no other—especially if your home team is playing. So for a full-on football fix, head down to this purpose-built stadium, which features a giant four-by-three-metre screen, 12 outdoor screens on the beach and an electric atmosphere you won't find anywhere else. Open daily from 11am-2am, free entry.



Dubai Business Breakfast

JUNE 19, 7:15 – 9AM

RADISSON BLU, DUBAI MEDIA CITY

Dubai Business Breakfast is a LinkedIn Group that conducts two meetings in a month. The events are free to attend once you join the Group (www.linkedin.com/groups/Dubai-Business-Breakfast-41188830). The guest speaker at the June 19 meeting will be Georgina Kelly. Kelly is a partner at Creative Intelligence, a strategic brand and design consultancy based in Dubai. Kelly will speak on 'Reaching out to Young People' and will share her recent experience mentoring young Emirati students.

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE



Concept Big Brands Shopping Fiesta

JUNE 20 - 23

DICC

The Concept Big Brands Shopping Fiesta, the most anticipated shopping sale, is back with luxurious high-end brands at great prices. Get up to 75% on all brands: Hugo Boss, Thierry Mugler, Lancaster, Gianvito Rossi, Nina Ricci, Cerruti 1881, Armand Basi, Shanghai Tang, Azzaro, Burberry, Fossil, CK, Dior, GF FERRE, Alba, Movado, Hello Kitty, Von Dutch, ORIS, CAT, Barbie, Billionaire, Giantto, DKNY, Ice Berg, Stamps, Miss Sixty, Paul & Shark, Diesel and more. The four-day event will be held at the Dubai International Convention and Exhibition Centre, Zabeel Hall 2, from June 20 to 23, 2012.

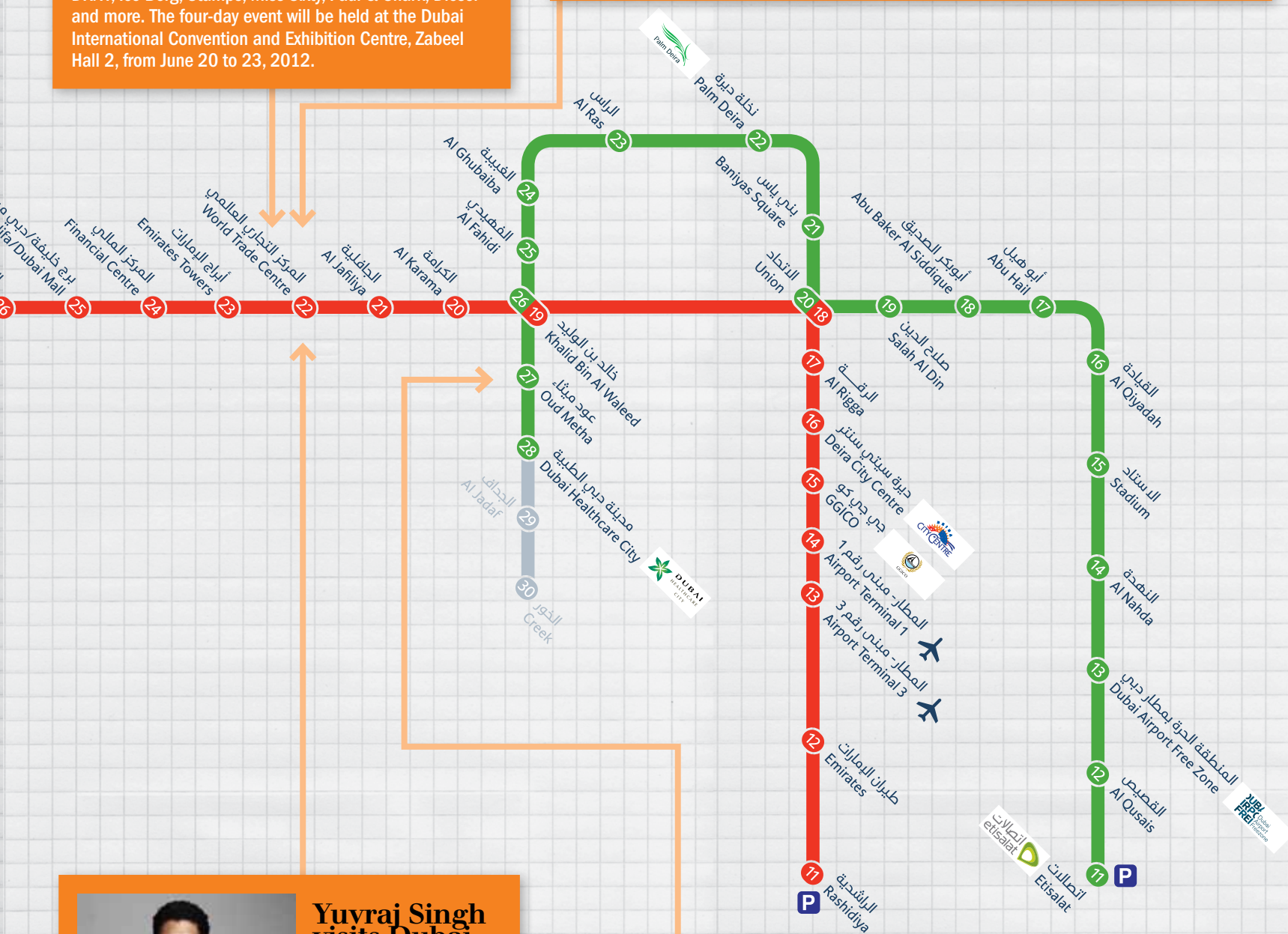


Modhesh World

JUNE 14 – AUGUST 25

DWTC

"Considered one of the largest indoor edutainment theme parks in the Middle East, Modhesh World is a highly anticipated family destination during the summer and this year is open to visitors from June 14 to August 25, 2012 during DSS, the holy month of Ramadan and Eid Al Fitr. Modhesh World offers its visitors more than 40 entertainment zones, in addition to international character shows for all nationalities. It receives around 500,000 visitors every year from across the region."



Yuvraj Singh visits Dubai

INDIAN PROPERTY SHOW
JUNE 21 - 22, 3 - 5PM
DUBAI WORLD TRADE
CENTRE

Famous Indian cricketer Yuvraj Singh will attend the Indian Property Show and will be available at the Investors Clinic booth on June 21 and 22. The famous all-rounder represents Investors Clinic, India's pioneering

real estate consultancy firm as brand ambassador. According to Honey Katiyal, CEO, Investors Clinic, "We're extremely excited about Yuvraj's visit to Dubai. Yuvraj's fighting spirit and all-round persona perfectly matches our brand attributes."



Kids Read

JUNE 23, 3 – 6PM
BRITISH COUNCIL,
NEAR RASHID HOSPITAL

Kids Read (a programme sponsored by HSBC Bank Middle East) is celebrating World Environment Day with an interactive event for children aged six to 10 and their parents. Designed to encourage children to read for

pleasure, Kids Read is a free event. Parents can register for their children to attend the event at English.projects@ae.britishcouncil.org. The programme will revolve on 'Green Economy' – the theme of this year's Environment Day – and will include storytelling, arts and crafts, and fun activities for the kids, as well as a workshop for parents.

The Burning Question

Q Euro 2012 kicked off this month amid concerns about potential violence between rival fans. Do you think all football fans deserve a bad reputation?



M.J. Espinas

PROMOTION STAFF, BUSINESS BAY

Most people just want to watch football and support their team. Some of them might ruin it for the others, though. Perhaps it's just to get attention.



Emmanuel Izuagba

SALESMAN, SHARJAH

I don't think every football fan deserves a bad reputation; only some of them are looking for trouble. It's always going to happen, though—when a person's team are losing, the fans could get angry and violence could occur.

Atif Mehmood

BANKER, AL QUOZ

I'm not a big football fan, but I think there is always going to be competition between rival fans. There are some people who are troublemakers, but most fans are good people.



Harry Limbu

GENERAL SERVICE,
AL JAFILIYA

Some people will be looking for a fight, but I think most football fans will just want to watch the game.



Rahwa Sisay

SERVICE, DUBAI MARINA

I think that sometimes fans may start fights, but it is only some of them. They don't all deserve a bad reputation.



Kathie Rivera

ASSISTANT TEACHER, AL QUSAYS

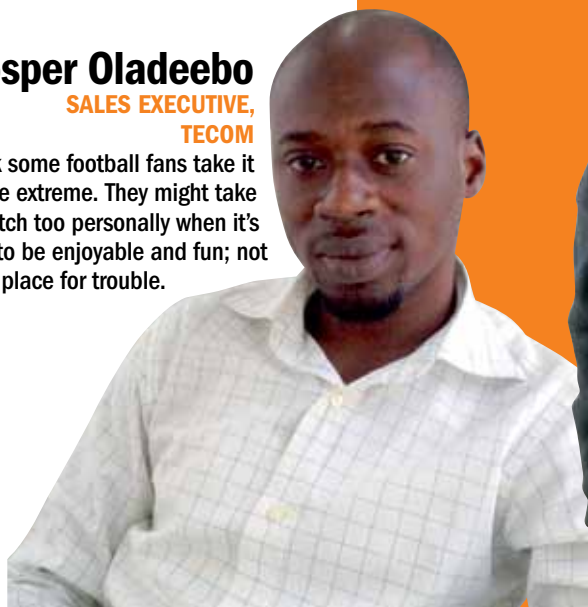
I think all people have different characteristics, and for some, whose passion is football, they might take things personally. Not all fans, but maybe some of them who have dedicated their life to football.



Prosper Oladeebo

SALES EXECUTIVE,
TECOM

I think some football fans take it to the extreme. They might take a match too personally when it's meant to be enjoyable and fun; not a place for trouble.



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



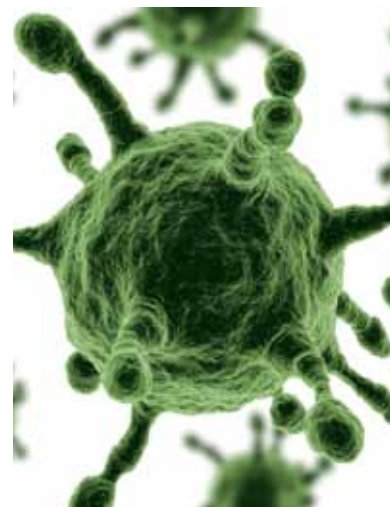
TODAY

Last week, Linux creator Linus Torvalds was up for the Millennium Technology Prize, which comes with a cheque for \$1.3 million. Variants of the software now power many of the world's computer servers, smartphones, tablets and set-top boxes. We take a look at the tumultuous history of Linux, and how it has come to occupy such a special place in the technological markets of today.



MONDAY

It has been announced that the set of popular British soap *Coronation Street* will move next year. It is the longest-running soap opera in production, so we chart the show's 51-year history.



TUESDAY

Last week, the 1962 smallpox outbreak of Wales was remembered, though it is still shrouded in mystery, given the disease was thought to have been eradicated. What are the facts of the matter?



WEDNESDAY

It was recently discovered by scientists that brain training, such as doing crosswords and Sudoku puzzles, can help to ease depression. We look at other remedies for the mental illness.



THURSDAY

For months, the Eurozone crisis has been fuelling thoughts that Greece may be forced to leave the Euro, causing catastrophic effects across the continent. But how would a Greek exit work in practice?



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 well-prepared do you think modern students are for working life?

I think there are plenty of options when it comes to organizations offering internship opportunities to graduates. But when it comes to offering paid jobs, most firms are reluctant to hire a fresh, new graduate. I feel that students are competent enough to work anywhere, but sadly, we do not have enough job opportunities to prove ourselves. I have been looking out for a job for the past 2 years ever since I graduated back in 2010 and I still haven't found the right match. This doesn't mean I am not prepared to start my work

life, instead it indicates lack of job opportunities for graduates without experience.

—**Fatima Suhail**

Were you accidentally left anywhere as a child, and how did your family deal with the situation?

My mom always taught me that if ever I am lost, in a mall or in crowded places, I will just stay in



DO YOU EVER GO TO THE THEATRE?

that place and she will track me back. If there are security guards around I will ask them to page my mom. But fortunately, they never lost me.

—**Hannah Ramos Dimaculangan**

Once me my wife and my daughter and child were go around the shops suddenly we stop on one of the shop for looking some items after seeing items on the shop we move further without recognize that our daughter is not with us. Suddenly i started running here and there to look my daughter . To my luck that day we went late night as the crowd was less so after searching in two lanes i found my daughter she was also shouting baba baba . Thanks we got her back that day.

—**Lodhi Azmatullah**

How relevant do you think theatre is



HAVE YOU EVER LOST YOUR CHILD?

as an entertainment form?

Theatre Is our history its real with any effects .. i love it.

—**Mohammed Mustafa Abu Obaid**

Honestly I really don't know whether is theatre is relevant art form today. I think that it is present but don't get the recognition it deserves because theatre is beautiful to watch but I don't think too many witnessed this at work.

—**Arman Hossen**

A fragrance for all hours

The newest 24-themed scent for men continues a successful range based on the hit US television show.

FRAGRANCE

Following the successful launch of 24 Gold 2010, Paris Gallery and Scent-Story have launched the fourth chapter of the 24 saga fragrances named 24 Go Dark. All four fragrances in the range are a captivating interpretation of the award-winning US TV series 24. The series has been hailed by critics as one of the most innovative, addictive and acclaimed dramas on television. It follows 24 consecutive hours in the life of maverick anti-terrorist agent Jack Bauer, played by Kiefer Sutherland.

The 24 Go Dark fragrance, inspired by Jack Bauer, is a new collaboration between ScentStory and Twentieth Century Fox, the famous multimedia corporation. Creating a fragrance inspired by the award-winning TV series and its main character, Jack Bauer, allows fans to take their 24 brand experience to a whole new level.

The new fragrance captivates the

essence of 24: a dynamic, masculine fragrance in an innovative yet refined bottle and packaging. The full black 'soft-touch' matte bottle and cap define the man behind this fragrance. The scent is ideal for the man who is refined—a fresh aromatic oriental that starts with citrusy and fruity notes while progressively revealing its masculine character through spicy and woody notes. Maximum power is reached with the release of the oriental subtle blends of leather, musk and vanilla.

The outer packaging of the 24 themed fragrance were designed to be instantly recognised as official products with clearly visible 24 and Fox logos. 24 Go Dark eau de toilette 100ml (Dh345), 50ml (Dh250). Available at Paris Gallery.



A FEARLESS FRAGRANCE FOR JACK

Shadow and Bone Celebration Rock

By Leigh Bardugo

BOOKS

This is the first book in the upcoming *Grisha Trilogy* by Leigh Bardugo, and is the talented author's debut. Following the exploits of Alina Starkov, a refugee who has never been good at anything and yet discovers immense hidden powers, the fantasy novel is a new take on the genre, and offers a world where light does not always conquer the dark.

The once-great nation of Ravka has been torn in half by an army of flesh-eating monsters who reside within a darkness known as the Shadow Fold. When her regiment is



attacked on the Fold, Starkov's best friend is brutally injured causing her to suddenly reveal a dormant magical power that saves his life.

With her power now in the limelight, and whisked away to the royal court, Starkov is to be trained as a member of the magical elite known as the Grisha, led by the mysterious Darkling.

Shadow and Bone stands on its own as a story, and it no doubt already has Hollywood big-wigs seeing dollar signs.

Artist Japandroids **Label** Polyvinyl Records

ALBUM

★★★★☆ **This is the** second album to come from Canadian rock duo Japandroids, who shot to fame with their 2009 debut, *Post-Nothing*, earning special praise for their energetic live performances. That album harked back to the post-hardcore scene of the early to mid-2000s, and the new album does much of the same, except it does so even better.

From the off, after an extremely upbeat first track, the album is a nostalgic throwback to the likes of Taking Back Sunday, combining simplistic, feel-good guitar lines with scratchy, pained vocals singing sweet, major-key melodies. The second track, *Fire's Highway*, is one of the best on the album, though it's a close call because this is supremely well put together.

It actually sounds like the band have gone back further, taking influence from early Offspring and AFI numbers, with both singers emulating the screaming emotional lines that gained those 1990s bands

so much popularity. But there's more to *Celebration Rock* than simply reminiscing about a genre of music that has largely passed popular culture by. There are nice indie touches to the songs, making them much more accessible than the post-hardcore bands of the last decade. The tunes are also beautifully constructed, making use of silence, cadences and panning to create dramatic effects.

This isn't an album for the kids that are willing to slum it in the mud at four-day festivals; it's for the adults who used to be those kids.



If you like this then you could try...

Of Poseidon by Anna Banks

A Seyrena prince named Galen embarks on a search for a woman who allegedly communicates with fish. He finds Emma while she is on a vacation at the beach, though Galen remains unconvinced. That is until the two survive a deadly shark encounter, and he realises that she has the power to save his kingdom.

Promotion Valid From 24th May to 25th June 2012

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AL AIN

DUBAI

SHARJAH

AJMAN

UAQ

FUJAIRAH

RAK

Families love Modhesh World

The popular DSS indoor edutainment theme park proves itself to be a massive hit among visitors of all ages.



Families have given the thumbs-up to Modhesh World, one of the region's biggest indoor edutainment venues, which has opened at the Dubai World Trade Centre with themed zones dedicated to entertain and educate children, teenagers, and adults alike. Modhesh World continues until August 25, 2012, with an entry fee of Dh10 for all, while children below two years enter for free.

An interactive study conducted during last year's edition of the edutainment destination showed that families consider Modhesh World as one of the most popular and attractive summer destination for families from across the region.

Laila Suhail, CEO of Dubai Events and Promotions Establishment

“We were careful throughout the previous years to add extra zones that cater to the needs of children of older ages”

(DEPE), organisers of Dubai Summer Surprises and Modhesh World, said, “Every year, we conduct an interactive, qualitative and statistical study with Modhesh World visitors to explore their opinions and impressions about their visits, evaluate the satisfaction of our stakeholders, whether they are visitors or partners, and identify success factors

and define areas that need improvement or elimination. Our goal is to continuously maintain Modhesh World's position as one of the most attractive destinations in the region.”

She added, “The numbers of visitors who visit Modhesh World is growing every year, this is a result of the continuous improvements and diversifications that are added to the venue and its attractions. We were careful throughout the previous years to add extra zones that cater to the needs of children of older ages, such as teenagers, in addition to offering more entertainment shows in Arabic and English

MODHESH IS BACK

to cater to all nationalities." The results of the study, conducted during Modhesh World 2011, show that 87 per cent of visitors expressed their total satisfaction after their visit to the venue. About one third of visitors were tourists coming from outside the UAE, while the remainder were from Dubai and other emirates. Saudi Arabia came first in terms of numbers of visitors to Modhesh World with a total of around 50 per cent of out-of-town tourists visiting the venue, followed by 15 per cent from Kuwait and 14 per cent from Oman.

Some 94 per cent of visitors would recommend Modhesh World to others. The average visit duration was found to be three to four hours,

“Some 94 per cent of visitors would recommend Modhesh World to others”

and, when asked about the attractive factors within Modhesh World, respondents pointed out the quality of entertainment, safety measures, hygiene, and quality of services. Around 43 per cent of out-of-town visitors had visited the attraction at least once before, while this percentage increased among UAE-based visitors, reaching 55 per cent.

FAMILY SATISFACTION



Theme zone highlights

● Girls zone

A special zone dedicated to little girls where they can step into the world of fantasy and imagination with the help of enchanting princess characters.

● Race room zone

Kids can experience the wonders of riding in a race car simulator and compete against each other.

● Colouring with sand

A dedicated sand area enables kids to enjoy colouring with sand using different shapes and tools.

● Horse riding

Modhesh World has created a special zone where kids can ride on horses and ponies. The zone is safe and supervised by trained personnel.

● Soft play area

An ultra-safe soft play area for toddlers, this zone has every imaginable kind of climbing and tumbling device—a ballroom, slides, and a mountain of educational toys from the cuddly to the interactive.

● Sports zone

There is nothing like competitive sport, but the sports zone at Modhesh World takes it to a new level. Interactive sports games provide the ultimate way to get fit and have fun.

● Water games zone

Filled with exciting water games and attractions, the water game zone is a favourite with children of all ages.

● Arts and crafts zone

The arts and crafts zone helps children explore their creativity with the help of trained art supervisors. Activities include drawing, painting, and weaving amongst others.

● Heritage display

Modhesh World might offer the very latest in excitement and fun, but that doesn't mean the past can't be fascinating too. The heritage display zone is the place where families can explore Arabian heritage and have a glimpse of true Emirati culture.

● Al Maidan

A dedicated area for the popular dance youla, the Al Maidan area is a must-visit to see the traditional art of toy gun flinging.

● Modhesh friends club

Besides the interactive zones, children can look forward to Modhesh friends club, a unique summer camp where children between the ages of four and 12 can embark on a learning experience featuring edutainment programmes, outdoor trips, and visits to numerous cultural places.



DISCOUNTS, PRIZES, AND UNIQUE ENTERTAINMENT ARE ON THE DSS CALENDAR

Majid Al Futtaim shopping malls all set for DSS fun

DSS

Majid Al Futtaim Properties' Mall of the Emirates, Deira City Centre, and Mirdif City Centre, in association with DEPE, are participating in Dubai Summer Surprises (DSS) by offering shoppers the chance to win daily prizes while also engaging in unique family entertainment. Shoppers at any of the three malls can also avail of discounts and win 100 gold coins every day by shopping for Dh300.

Each of the three malls is also featuring its own unique entertainment activities. Mall of the Emirates

is hosting an educational summer camp, *Ice Age: Adventure Camp* live show and character visits, weekly prize raffles at Magic Planet, performances of *Cats* at Ductac, and premiering blockbuster movies at VOX Cinemas.

Deira City Centre has a candy world adventure, with kids' candy-themed workshops and shows from 'Lollypopcorn Town'. The mall will also feature a kids fashion week runway show and fashion workshops for kids to design accessories. Mirdif City Centre is hosting *The Smurfs* show, The Mongolia Circus, and the Puppets Festival throughout DSS.

Ready to rock

Even with a host of big-name stars, **Rock Of Ages** struggles to shine as brightly as it could.

NEW RELEASE

It's never easy turning a successful stage show into a successful film. Take a look at the intolerable *Mamma Mia!*, for example. Even with its all-star cast, the cheesiness of the dialogue, the awfulness of the actors' voices and the panache of an eight-year-old child, it was too cringe-worthy even for the most avid fans of the stage show.

But there have been some great films adapted from stage shows, with the likes of *Chicago*, *Oliver!* and *The Rocky Horror Picture Show* instantly springing to mind. So how does *Rock of Ages*, adapted from a long-running stage production of the same name stack up as a piece of cinema?

It's already got a number of boxes ticked with its cast, headlined by A-listers such as Tom Cruise, Alex Baldwin and Russell Brand, a string of chart-topping songs from the 1980s, and the familiar, loveable storyline that could only really work in a musical. It's a formula that should succeed every time, but only does so when it's done properly.

Did you know?

- The *Rock of Ages* musical has been going since 2006, when it began showing in Los Angeles.
- Tom Cruise had to learn to sing for his role as Stacee Jaxx, practising for five hours per day to perfect his voice.
- The concert scenes featuring the hits *Don't Stop Believing* and *Wanted Dead or Alive* were filmed at the Hard Rock Casino in Florida.
- In 1981, *Don't Stop Believing* peaked at number nine on the Billboard Hot 100. When it was re-released in 2008, it reached number six. It is the top-selling catalogue track in iTunes history.

Sherrie, played by Julianne Hough, is a small-town girl with dreams of moving to LA to make it big as a music star, kicking off the movie with an upbeat musical number before getting to the city. Of course, immediately, her dreams are left in tatters as she's mugged and realises how much of a big pond she's really gotten herself into. But no matter, because then Drew (Diego Boneta) makes his entrance, the city boy love interest who gets her a job at the world-famous rock club where he works.

Of course, soon after the club's introduction (and

Cruise fits right into the leather chaps, codpieces and ridiculous hair for a role that he could never have nailed pre-*Tropic Thunder*.





SONG AND DANCE NUMBERS ARE WHERE THE FILM SHINES



BALDWIN AND BRAND OWN THE TROUBLED CLUB

Brand and Baldwin's introduction as manager and owner of the club), it's discovered that it's in trouble, thanks to unpaid taxes and "bad guys" trying to shut it down. In a last-ditch attempt to make enough money to pay the bills, Brad and Baldwin's characters hire rock legend Stacey Jaxx (Tom Cruise) to perform a sell-out

show. It's the classic, boy-meets-girl storyline, with conflict thrown towards them before they can eventually come out on top just as the end credits are about to roll. Except this time, there's a healthy dose of 'Eighties power rock thrown in.

Tom Cruise shines in his role as the over-the-top rock star with the

spoiled sense of entitlement usually reserved for royalty. For an actor who usually takes himself so seriously, he fits right into the leather chaps, codpieces and ridiculous hair for a role that he could never have nailed pre-*Tropic Thunder*. His voice is also something of a revelation, sounding excellent at every note.

The rest of the cast struggle to step out of Cruise's shadow, with the two young lovers' story sidelined to make way for the hilarity of Jaxx. Brand, meanwhile, hardly acts at all, giving a performance that he doesn't seem bothered with, though he does sing well, and Baldwin gives a solid performance that's passable but nothing special. He even sings—not well, but it's extremely funny when he does.

Where this film really stands up, though, is in the music. There are classics such as *Every Rose Has Its Thorn* and Journey's *Don't Stop Believing*, played and produced to such perfection that it's impossible not to start tapping your feet. The feel-good factor in each and every song is so strong that it will cause each and every member of the audience to feel a balloon of emotion swell up inside their chests, whether they like the movie or not.

It's very silly, this film, with the subtlety you'd expect from any musical directed by the man behind *Hairspray*, Adam Shankman. And it's certainly not meant to be viewed with overly critical spectacles on, because that's not what it's about. It could be judged very harshly but still enjoyed thoroughly. It's like privately listening to an iPod playlist of guilty pleasures, and for that reason, *Rock of Ages* will probably go on to be one of 2012's biggest hits. ●

A-Z OF MOVIES

“M” is for Music



As early as silent films, movies have used music to help tell their story, drawing audiences into their world, hinting of things to come, shaping each character with tempo, pitch, range and melody.

Filmmakers often use the score to bring different types of scenes closer to a common theme. Imagine the opening scenes of *Star Wars*, the credits floating up into space, the giant starship moving overhead, Darth Vader first appearing through a smoky hallway on the rebel ship; can you imagine those scenes without John

“The effects of sound are largely subtle and are often only noted by our subconscious minds”

Williams' score to reinforce them? Or perhaps consider the battle scenes in *The Lord of the Rings*. Would they be as memorable without the powerful orchestral crescendo of Requiem for a Dream? Those hobbits atop walking trees wouldn't seem nearly as threatening. We have come to expect an acceleration of music during car chases and creaky doors in horror films. Yet, it is important to note as well that sound is often brilliantly conceived. The effects of sound are largely subtle and are often only noted by our subconscious minds. Though we might think of film as an essentially visual experience, we really cannot afford to underestimate the importance of each film's detailed sound. A meaningful soundtrack is often as complicated as the image on the screen.

Bollywood news

Haasan heads to Hollywood

Veteran actor Kamal Haasan has revealed that he now finally feels ready to take on Hollywood. The actor made the announcement with *The Lord of the Rings* producer Barrie Osborne at the International Indian Film Academy (IIFA) weekend. Osborne hopes to create a movie that tells an Indian story in a Hollywood style.



It's a family affair

For the first time in his career, Bollywood bad boy Emraan Hashmi has attended a screening of one of his movies along with his parents. Hashmi's new movie, *Shanghai*, is a "family film" according to the actor, who revealed that after the screening his parents came away "proud and happy".



Kareena's birthday boost

While many films are delayed due to production issues or legal wrangles, Madhur Bhandarkar's new flick, *Heroine*, has stalled for a more personal reason. The movie is scheduled for release on September 21, which Bhandarkar confirmed is to coincide with the lead actress, Kareena Kapoor's birthday.

Keep on going

Training regimes often falter in the heat, but they don't have to.

Summer in the Middle East is usually one of the direct causes of people putting on the infamous Dubai Stone. Due to the weather, people opt to stay inside, in the comfort of air-conditioned buildings and cars, rather than endure the sweltering heat of the outdoors. This means no walking or cycling to or from destinations, and, almost certainly, very little exercise outside. Unless you have access to a gym, then, it can be very difficult to stay fit during the summer.

But some people brave the heat in order to keep their fitness levels high, particularly if they have no access to a gym and don't want to lose the beach body. However, in such heat, it can be extremely dangerous to overdo it, meaning that a number of precautions should be taken when the temperature is above, say, 30C.

In this heat, the normal rules of exercising outside

apply—drinking plenty of water and wearing breathable clothes, for example—but others also need to be taken into consideration. It's important not to exercise as hard in the heat as is normally acceptable in cooler temperatures. Take rest breaks and exercise more slowly, or perhaps for shorter amounts of time.

And as the weather gets even hotter, the precautions that need to be taken increase. Experts advise being extremely careful when exercising

at heats of between 30C and 33C, and exercising in anything above 33C is considered extremely dangerous. In these conditions, which are endured every day during the UAE's summer months, it's important to exercise at cooler times of the day, in the early morning or the evening, and to always try to find shade to exercise under. Head to a park where there are trees to provide shelter from the sun, wear

sunscreen and, this cannot be stressed enough, drink plenty of water.

Even for the fittest people following all of these rules, though, things can still become a little too hot for comfort. When exercising outside in the heat, watch out for signs of heat exhaustion, which include nausea, dizziness, cramps and headache. If any of these signs come up, be sure to stop immediately to cool off and drink some fluids.

Alternatively, there are other ways to stay fit during the summer without having to sign up to a gym. For example, mall-walking could provide the perfect way to burn off those extra summer calories while still

TRAINING AT ABOVE 33C CAN BE EXTREMELY DANGEROUS



STAYING HYDRATED IN THE SUMMER IS ESSENTIAL

staying relatively cool. Simply buy a pedometer and set targets for how much you want to walk, and partake in some retail therapy at the same time. There are also plenty of exercises that can be performed while staying at home. Find yourself some light weights or stretch bands and use them to exercise various muscle groups. Or simply buy a work-out DVD and run through it a few times a week.

With all of these options available, there's no need to fear a big gut coming about because of the summer heat. Yes, it can certainly be dangerous to exercise outside without taking the proper precautions. But with all of the inside options available, there's no excuse for packing on weight just because of the weather. ●

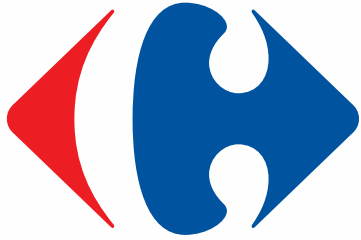
Safety in the sunshine

- Your body will eventually acclimatise to the heat, but there is also a genetic limit on how much heat you can take. When you reach the limit, do not overdo it.
- If you are going to run in the heat, top up with about half a litre of sports drink spread out over an hour before beginning to train. Then drink about 300 millilitres

of water every 20 minutes while training.

- Don't become too determined. If the weather is much hotter than usual, simply reduce your targets to ensure staying safe.
- Beware that children and elderly citizens are much more susceptible to overheating when training in the summer.

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With the pressures of modern life weighing down on many of us each day, it can often be all too easy to feel down.

Whether it's an upcoming presentation at work, misbehaving children, or simply missing friends and family back home; there are many things that can take your mood from golden to blue in an instant.

Luckily, however, there are a number of ways in which you can give yourself a little boost. While constant, 24-hour-a-day happiness is, for most people, a near impossible feat, just a few simple tricks could lift you out from under a grey cloud in no time. Here are seven easy mood-lifters, guaranteed to have you smiling again in no time.



The pursuit of happiness

We all feel down from time to time, but these seven simple mood-busters could quickly lift you back up.

Get moving

A full-on workout releases a large amount of endorphins in the brain, which are the chemicals that make you feel happy. However, even if you can't manage a session in the gym, a brief and brisk walk will give you a similar boost. Try heading out as soon as you get home from work, when the sun has dropped and the stresses of the day are over. It's all too easy to plunk straight down onto the sofa after a hard day at the office, but just a small amount of exercise will leave you feeling content and pleased with yourself before you crash out for the evening.

Making progress

Having a list of unfinished tasks or duties can weigh heavily. Take a look at your to-do list and ensure you tick at least one thing off each day. Whether it's putting up a shelf, attending a routine check at the doctor's or paying this month's bills—whatever is playing at the back of your mind will be lifted instantly as soon as you deal with it. The satisfaction of crossing something off your list is an instant way to boost your happiness levels.



Freshen up

The thought of having to tidy up a messy home fills many people with a sense of dread. However dealing with one room or area each day can make things simple. If you have let it build up, however, then perhaps it's time to don the rubber gloves and get cleaning. The sense of pride you can achieve from admiring your new tidy house can boost your mood no end, and perhaps the new space might even encourage you to change the furniture around or purchase a couple of new objects to brighten up a room. So try a spring clean for a happiness-booster—a messy house does seem to equal a messy mind after all.



Let's pretend



Energy is one of the main influences on how happy we feel—if our energy is low and we feel lethargic, our mood instantly drops. While many believe we act the way we feel inside, in fact this is quite the opposite and the majority of us feel how we act on the outside. Therefore, try tricking your body into feeling more energetic by simply acting more energetic. Talk briskly while on the phone instead of mumbling and dawdling through a conversation, or rather than meandering around your workplace, try walking with a quicker pace and a more direct approach.

Lean on me

Not only do you gain energy from interacting with other people, but, thanks to a phenomenon known as emotional contagion, you can often “catch” a person's mood. Therefore, call up an energetic friend or—even better—meet with them in person. If someone you care for has recently had good news or a cause to celebrate make the time to catch up and hear about it—their enthusiasm and energy could be the key to cheering you up instantly.



Hello sunshine

Light deprivation is one reason why many people feel tired throughout the day, which in turn can have an effect on your mood. Research suggests that sunlight stimulates brain chemicals that improve a person's mood, so if you find yourself stuck inside a windowless office all day you're bound to start feeling down. Make an effort to head outside on your break. While the midday sun in Dubai may be too hot to eat Al Fresco, walking to a different building to get lunch or popping outside during a phone call can give you an instant hit of vitamin D and the feelgood chemicals you need to feel perked up and back to your usual smiley self.



Mood music

Listening to stimulating and upbeat music gives most people an instant lift and is one of the quickest, most reliable ways to affect your mood and energy level. Music itself has a powerful way of linking in with our memories and emotions, therefore listening to your favourite song or putting on an album that brings back thoughts of happy times can transform your mood in a flash.



Without a doubt, expecting a child is one of life's most exciting times.

Whether it's your first, second, or sixth child, the feeling of creating a new life is one that a husband and wife can enjoy together every time.

However, pregnancy is also a time when a woman—with the help of her family and friends—should ensure that her baby gets everything it needs to grow healthy and strong, while avoiding things that could be detrimental to an unborn child.

The first major factor to consider is diet. Now that she is eating for two, it is certainly not the time to be thinking about cutting the calories or following a fad diet. It is natural to gain weight during pregnancy and the average woman will need around 300 extra calories a day to aid the baby's growth.

Although cravings and hormonal changes may make you want to consume these extra calories by reaching for the nearest chocolate bar or greasy burger, a healthy pregnancy menu should consist of plenty of lean meat, fruits, vegetables, whole grains and low-fat dairy products. A balanced diet will feed both mother and child with all the nutrients they need, while ensuring the mother's energy levels and immune system stay strong.

While all expectant women will understand the dangers of smoking while pregnant, it is vital to also bear in mind the effects of passive smoking. Although meeting friends over coffee and a shisha is one of Dubai's most sociable ways to spend an evening, pregnant women should avoid sitting in smoky restaurants or cafés. This should also apply to the woman's family. If her husband smokes, he should aim to give up or at the very least smoke outside—the unborn child certainly doesn't fancy a smoke so why should it be exposed to the toxic fumes?

Exercise is another thing to

consider. While the pressure on new mums these days seems to involve losing their post-pregnancy weight quickly, after you have given birth you should concentrate on bonding with the baby and begin gentle exercise only when your doctor recommends it.

That said, there is no reason why you should forgo an active lifestyle while expecting. In fact, staying active will help your body recover after giving birth. If you were active before becoming pregnant then, so long as your doctor says it's safe, you can continue to be active throughout. Low-impact, moderate-intensity activities such as walking and swimming—even gentle jogging—are great choices, as are yoga or Pilates classes that have been tailored for pregnancy, as they are low-impact and work on strength, flexibility, and relaxation.

Finally, it is to be expected that a woman's hormones will be changing throughout her pregnancy. The important thing to understand as a family member or friend is that she can't help it. The emotional extremes that an expectant mother will go through mean she could be laughing one minute, crying the next, or snapping for no apparent reason. Just remember to support her when she needs it, give her space when she wants it, enjoy the special moments of pregnancy together, and duck when the TV remote comes flying in your direction. ●

Vital vitamins for mums-to-be

The following vitamins can all be of benefit to expectant women:

- **Folic acid** - Can help prevent birth defects known as neural tube defects, which can cause conditions such as spina bifida.
- **Vitamin D and calcium** - Helps keep your bones healthy and aids the first few months of your baby's skeletal development.
- **Iron** - To keep the blood healthy and to prevent you getting overtired or developing anaemia.
- **B12** - A balanced vegetarian diet should provide enough nutrients, however, some vegetarians may benefit from both iron and B12 supplements.



Great expectations

Looking after your body when expecting can help towards a happy and healthy pregnancy.

I will not get in until she buckles up.



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Not only have **Cameron Diaz** and **Matthew Morrison** impressed us on the big screen in *What to Expect When Expecting*, but the duo have wowed us on the red carpet with their star style.

Star

Steal her style

With her effortless style and radiant beauty, Cameron Diaz is America's sweetheart. The stunning actress loves to dress up in form-fitting dresses, tailored suits and youthful shorts and blazer combos. When Cameron accessorises her look she often

chooses to wear minimal make-up which shows off her relaxed, surfer-girl personality.

The former model regularly rules the red carpet in classic black. Opt for a fitted pencil dress and pair with a pair of nude round-toe heels. No matter what colour the actress is wearing she manages to accessorise her outfit with her signature nude heels—a winning combo every time. If you prefer to stand out, go back to basics in a white dress

with a black belt to accentuate the waist. And don't forget those classic nude peep-toes.

The *Charlie's Angels* star loves to mix things up and often chooses bright, fun colours. Choose a figure-hugging, red or coral dress and pair with comfortable, nude wedges as they are a more suitable choice for the Dubai climate. Bright hues look great against bronzed skin and this look works well with tousled hair for a chic yet effortless effect.

Cameron Diaz



style Matthew Morrison

FASHION OPINION

GEMMA
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DUBAI PARTY
QUEEN



Picture Perfect

If you're one of those girls who likes to be noticed, you've got to own the perfect party outfit. Dubai is home to some of the best nightclubs in the world, so having the right look is a must. But how do you get the right look? The easiest trick is to follow the trend, and this summer a major fashion frenzy has evolved around the Hi-Lo Skirt. Voted the skirt shape of the season by fashion gurus, celebrities such as Kristin Cavallari have been spotted supporting the trend. This sassy skirt is a guaranteed hit at any party. The style ticks all the right boxes, being both daring yet sophisticated with a high front cut and low back cut.

Hi-Lo Skirts come in a variety of cuts and lengths, but those that top the rest have been seen recently on the catwalks of Christopher Kane and Narciso Rodriguez. On the high street, fashion fanatics can find many variations on the trend at a purse-friendly price, with my personal favourite being stocked at Miss Selfridge for a very reasonable price. The beautiful detail on this pale pink number and airy, cotton fabric will guarantee to have all party boppers second-looking.

Adding a simple, silk top and a box clutch with killer heels will complete the look perfectly. Keep your accessories to a minimum to secure everyone's attention on the flowy, flattering style of the skirt.

So, for the perfect party outfit that ensures you get papped at the hottest party spots of Dubai, it simply has to be the chic, show-stopping Hi-Lo Skirt.

"The style ticks all the right boxes, being both daring yet sophisticated"



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MARKS AND SPENCER



MARKS AND SPENCER



Steal his style

Matthew Morrison looks every inch the gentleman on the red carpet. The *Glee* actor never fails to look dapper and is sure to turn up suited and booted. Whether he is dressed in a tuxedo for a black tie affair or a more traditional suit in tweed fabrics, the actor makes sure he looks handsome

and shows off his clean-cut image. Take your cue from the star and opt to dress in full formal attire.

When choosing a suit, it's often the finishing touches that make the difference; the colour of your tie, the addition of a pocket handkerchief or the shine of your shoes. Take extra care with the details when dressing formally to ensure a sophisticated look.

Get the attitude at altitude

Mexico City offers plenty of interesting Hispanic haunts for a long weekend visit.

For a true cultural shock, a stay in Mexico City slaps your senses around like a painting class with Picasso. Long renowned for the weird, the wonderful and the wayward, this urban sprawl is one of the world's highest cities, so you might get a headache, not from the assault on the senses, but the altitude.

A great place to stop over before hitting the beaches (which are unashamedly touristy), Mexico City offers a veritable frenetic fiesta of culture, fantastic food and ancient sites to titillate even the most jaded traveller.

For a great start, try breakfast of tamales (basically, a Mexican meat pie) and atole (a drink made from corn) from a street corner vendor.

Built by the Spanish in the early sixteenth century on the ruins of an ancient Aztec site, Mexico City is known as the city of palaces, and it might surprise you to know that, despite the fiery Hispanic temperament, the weather is pretty mild all year-round.

Crime is down and culture is up—that's certainly the feeling you have when pad-

ding this city's streets. Two areas have been declared World Heritage Sites by Unesco: the Historic Centre and Xochimilco Ecological Park.

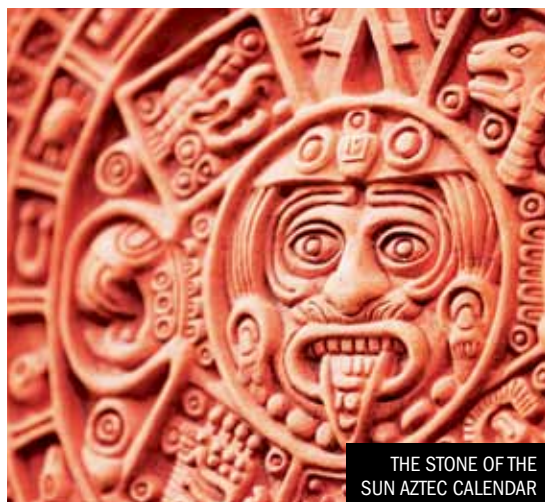
Visiting the first represents a journey through the history of the country itself; colonial-era buildings such as the Metropolitan Cathedral and National Palace almost rub foundations with pre-Hispanic ruins of the Templo Mayor (Great Temple), while contemporary buildings like the Palace of Fine Arts and the Torre Latinoamericana, which reaches a height of 669 feet, are a clear indication of modern-day national pride.

Xochimilco Ecological Park is known as the Venice of Mexico because of the canals connecting its chinampas or "floating gardens", which can be reached by trajinera (a

boat). Trajineras give you a good idea of pre-Hispanic transport, how the chinampas function, and how goods were traded in that era.

There are also museums, including the National Museum of Anthropology, considered to be one of the best in the world, the National Art Museum, the Casa Azul of Frida Kahlo and Diego Rivera and the Museum of Modern Art.

No trip, however short, would be complete without a foray into La Condesa. Comparable to New York's Soho or the Latin Quarter in Paris, this trendy area attracts the young, the groovy and the artistic. Its wide, tree-lined avenues are mostly residential, but there are plenty of restaurants, cafés, boutiques, and galleries to browse around. ●



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Most are apprehensive at the idea of nuclear energy, not least because the term “nuclear” is usually associated with the immense, world-destroying bombs stockpiled across the great military powers. What’s more, the disaster that hit the Chernobyl nuclear plant in 1986, which is widely considered to

“There is already enough nuclear waste on earth to meet the world’s energy needs.”

have been the worst nuclear power plant accident in history, is still fresh in many people’s minds. And even fresher is the Fukushima Daiichi nuclear disaster of last year, which followed the Tohoku tsunami.

It’s clear to many that things can go extremely wrong when it comes to nuclear power, leaving large amounts of people believing that the risks outweigh the benefits. Since the Fukushima disaster, Japan has shut down 50 of its reactors for routine maintenance, and Germany has formally announced plans to completely abandon nuclear technology within the next 11 years. But this hasn’t stopped Japanese Prime Minister Yoshihiko from recently stating that Japan must restart two of its nuclear reactors in order to protect the country’s economy, and he’s not alone in seeing the benefits of the programme.

Indeed, even though nuclear power has killed thousands in highly publicised disasters, the International Energy Agency last year said that fossil fuels are far deadlier than nuclear power. “There is no question,” said Joseph Romm, energy expert

at the Centre for American Progress in Washington DC. “Nothing is worse than fossil fuels for killing people.”

The statistics speak for themselves, with fossil fuels causing many, many more deaths through pollution, directly and indirectly, than nuclear power does. Fine particles from coal power plants, for example, kill an estimated 13,200 people each year in the USA alone. Meanwhile, the UN estimates that the cancer death toll from the Chernobyl disaster amounted to around 9,000. From this point of view, then, nuclear power is a fairly clean way of going about things.

And it could be even cleaner, says environmental writer George Monbiot, who argues that Germany shutting down its nuclear programme will cause the country to produce an extra 300 million tonnes of carbon dioxide between now and 2020. The main problem facing nuclear plants, he says, is that the waste is highly toxic, expensive to dispose of, and that conventional nuclear power uses just 0.6 per cent of the energy contained in the uranium that fuels it.

“Integral fast reactors (IFRs) can use almost all the rest,” he says, explaining the benefits of a new type of reactor that is being considered by the UK government. “There is already enough nuclear waste on earth to meet the world’s energy needs for several hundred years, with scarcely any carbon emissions. IFRs need to be loaded with fissile material just once. From then on, they can keep recycling it, extracting ever more of its energy, until a small fraction of the waste remains.”

Monbiot admits that these reactors could be more dangerous, but argues that they will be much easier to manage in the long term, and it could mean much more readily available energy for any country using them. One thing is for sure, though; fossil fuels are running out quickly, and are struggling to keep up with the world’s energy needs. Until something completely new comes along, it seems as if nuclear power is all we have to fall back on, meaning that it’s in our interest to develop the technology further. ●

Power for the 21st century

With fossil fuels running out, countries are going nuclear.



NUCLEAR POWER IS CLEANER THAN BURNING FOSSIL FUELS



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Metal to the ears



JAMES HETFIELD OF METALLICA

We investigate the UAE's long-standing love affair with heavy metal music.

It's usually taken as a given that certain areas are associated with certain types of music. For example, the deep south of the USA is embedded with the sounds of country and western, while Bristol, in the west of England, hums to the beats of dubstep and drum and bass. Much of Europe is caricatured by cheesy, dance pop music, while Los Angeles bops to West Coast hip-hop. Everywhere, it seems, has its signature style.

But what of the Mid-

dle East, and the UAE, in particular? On the face it, one would assume that residents here like nothing more than to simply boogie on down to whatever's hitting the top 40 charts at the moment. But it would be a mistake to assume this, given that many of the people who actually make music over here are part of another musical group entirely.

The region is shot through with a love for heavy metal and hard rock. From when the local music scene first took off in earnest, 10 or 15 years ago, there has always

been a steady stream of heavy bands looking to rock out to low-tuned riffs through crunchy sounding amps, while their long-haired brethren head-bang in the crowds below-stage. And while various genres have come and gone with whatever's in fashion, the region's metal scene has stayed pretty much a constant among lovers of locally produced music.

Take, for example, Dubai-based heavyweights Nervecell, arguably the most successful band to have ever come out of the UAE. Due to begin a Middle Eastern tour this month, the death metal band have four albums and EPs to their name, plus an early demo CD. For years, they have been touring various parts of the world, and have gained serious international acclaim, perhaps more than any other UAE band. What's more, they opened for what was possibly the biggest Abu Dhabi music show of 2011—rock legends Metallica live in concert.

But they certainly aren't the only metal band hailing from the UAE. Projects such as Private Government have been making popular local music since around 2006, while newer outfits, such as Anuryzm, have proved to be just as much of a hit with local music lovers. Such bands can often be seen rocking out at old-school Dubai bar Aussie Legends.

Last week also saw a number of metalheads across Dubai calling for the return of a community web site that focused plenty on local metal

“Dubai-based heavyweights Nervecell are arguably the most successful band to have ever come out of the UAE.”

music, Phride.com, which shut down several years ago. The site contained a forum featuring irreverent discussions, gig reviews and it hosted local music. Many of the users would use it as their go-to place for local metal news, and since it has been gone, nothing has really taken its place.

Tweeting with the hashtag #BringBackPhride, users such as @Paul-Amzer recounted stories of how the web site helped them to develop their love for metal music. “Phride was also how i met my beloved MOOSE. We would later go on to do a metal ‘radio’ show in some guys room. #BringBackPhride,” he tweeted.

This campaign caused quite a stir on Twitter last week, and it illustrates just how strong the local metal scene still is. Other sites such as Metality are now extremely popular, featuring interviews with local metal artists and all of the gig listings. It is pretty clear, then, that metal is here to stay, just as it always has. ●



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Von Dutch

BOSS

FENDI

Gianvito Rossi

gai
mattiolo

billie maire

LANCASTER
Italy

ORIS

GianTo

Thierry Mugler

Listings

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



SALMON FISHING IN YEMEN

MOVIE GUIDE

Grand Cineplex - Wafi

The Avengers - 10:30, 13:15, 16:00
Ferrari Ki Sawaari - 10:30, 12:00, 13:30, 15:00, 16:30, 18:00, 19:30, 21:00, 22:30, 00:00, 01:30
Iron Sky - 10:10, 14:10, 18:10, 22:10
Lock Out - 10:20, 12:20, 14:20, 16:20, 18:20, 20:20, 22:20, 00:20
Madagascar 3 - 10:30, 11:00, 12:30, 13:00, 14:30, 15:00, 16:30, 17:00, 18:30, 19:00, 20:30, 21:00, 22:30, 23:00, 00:30, 01:00
Madagascar 3 (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Prometheus - 11:15, 13:45, 16:15, 18:45, 21:15, 23:45
Rowdy Rathore - 11:30, 14:30, 17:30, 20:30, 23:30
Salmon Fishing In Yemen - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Shanghai - 18:45, 21:15, 23:45
Snow White & The Huntsman - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Soldiers Of Fortune - 12:10, 16:10, 20:10, 00:10

Grand Megaplex - Ibn Battuta

21 Jump Street - 12:40, 17:00, 21:20
Al Maslaha - 10:20, 12:40, 15:00, 17:20, 19:40, 22:00, 00:20
The Avengers - 12:15, 15:00, 17:45, 20:30, 23:15

Every Breath You Take - 10:30, 12:40, 14:50, 17:00, 19:10, 21:20, 23:30
Ferrari Ki Sawaari - 10:30, 11:30, 13:30, 14:30, 16:30, 17:30, 19:30, 20:30, 22:30, 23:30
Iron Sky - 10:10, 12:10, 14:10, 16:10, 18:10, 20:10, 22:10, 00:10
Lock Out - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
The Lorax - 10:10, 12:00, 13:50, 15:40, 17:30
Madagascar 3 - 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
Madagascar 3 (3D) - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
Men In Black 3 - 19:40, 21:45, 00:00
Men In Black 3 (3D) - 12:10, 14:20, 16:30, 18:40, 20:50, 23:00, 01:10
Prometheus - 10:15, 12:45, 15:15, 17:45, 20:15, 22:45, 01:15
Prometheus (3D) - 11:15, 13:45, 16:15, 18:45, 21:15, 23:45
Rowdy Rathore - 11:30, 14:30, 17:30, 20:30, 23:30
Salmon Fishing In Yemen - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45
Shanghai - 11:15, 13:45, 16:15, 18:45, 21:15, 23:45
Snow White & The Huntsman - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Soldiers Of Fortune - 11:50, 13:50, 15:50, 17:50, 19:50, 21:50, 23:50
What To Expect - 10:30, 14:50, 19:10, 23:30

Grand Cinemas - Festival City

The Avengers - 10:30, 13:15, 16:00
Ferrari Ki Sawaari - 10:30, 13:30, 16:30, 19:30, 22:30

Soldiers Of Fortune - 12:10, 16:10, 20:10, 00:10
What To Expect - 19:00, 21:10, 23:20

Grand Cinecity - Al Ghurair

Ferrari Ki Sawaari - 10:30, 13:30, 16:30, 19:30, 22:30
Iron Sky - 10:10, 14:10, 18:10, 22:10
Lock Out - 10:20, 12:20, 14:20, 16:20, 18:20, 20:20, 22:20, 00:20
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Snow White & The Huntsman - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Soldiers Of Fortune - 12:10, 16:10, 20:10, 00:10

Grand Mercato

Ferrari Ki Sawaari - 10:30, 13:30, 16:30, 19:30, 22:30, 23:45
Lock Out - 10:20, 12:20, 14:20, 16:20, 18:20, 20:20, 22:20, 00:20
Madagascar 3 - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Madagascar 3 (3D) - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
Prometheus - 11:15, 13:45, 16:15, 18:45, 21:15, 23:45
Rowdy Rathore - 10:30, 13:30, 16:30, 21:45, 00:00
Salmon Fishing In Yemen - 19:30, 21:45, 00:00
Snow White & The Huntsman - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30

Vox Cinemas - Deira City Centre

The Avengers - 10:00, 11:00, 13:00, 13:00, 14:00, 16:00, 17:00, 19:00, 19:45
Ferrari Ki Sawaari - 10:00, 11:30, 14:30, 17:30, 20:30, 23:30
Lock Out - 10:15, 14:15, 18:15, 22:15
Madagascar 3 (3D) - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
Men In Black 3 (3D) - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Prometheus - 11:30, 14:00, 16:30, 19:00, 21:30, 00:15
Rowdy Rathore - 11:15, 14:15, 17:15, 20:15, 23:15
Shanghai - 16:15, 18:45, 21:15, 23:45
Snow White & The Huntsman - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45
Soldiers Of Fortune - 12:15, 16:15, 20:15, 00:15

Vox Cinemas - Moe

21 Jump Street - 12:45, 17:15, 21:45, 00:00
A Few Best Men - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
The Avengers (3D) - 11:15, 14:15, 17:15, 20:15, 23:15
Ferrari Ki Sawaari - 11:00, 14:00, 17:00, 20:30, 23:30
Iron Sky - 12:00, 16:00, 01:00
Lock Out - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Madagascar 3 (3D) - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
Men In Black 3 (3D) - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30
Prometheus (3D) - 10:30, 13:15, 16:00, 18:45, 21:30, 00:15



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SNOW WHITE AND THE HUNTSMAN

Salmon Fishing In Yemen - 10:00,
12:15, 14:30, 16:45, 19:00
Snow White & The Huntsman - 10:30,
13:00, 15:30, 18:00, 20:30, 23:00
Soldiers Of Fortune - 10:00, 14:00,
18:00, 20:00, 01:00
What To Expect - 10:30, 15:00,
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Vox Cinemas - Mirdif City Centre

Iron Sky - 12:45, 16:45, 18:45, 20:45
Lock Out - 10:30, 12:30, 14:30, 16:30,
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Men In Black 3 (3D) - 10:00, 12:15,
14:30, 16:45, 19:00, 21:15, 23:30
Prometheus - 10:00, 12:45, 15:30,
18:15, 21:00, 23:45
Snow White & The Huntsman - 10:15,
13:00, 15:45, 18:30, 21:15, 00:00
Soldiers Of Fortune - 10:45, 14:45,
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Reel Cinemas - Dubai Mall

21 Jump Street - 14:20, 16:40, 19:00
A Few Best Men - 11:25, 13:30,
15:40, 17:50, 20:00, 22:10, 00:15
Al Maslaha - 11:55, 14:30, 17:05,
19:40, 22:15, 00:45
The Avengers - 12:10, 15:10, 18:10,
21:10, 00:10
Dark Shadows - 14:15, 16:40, 19:10,
21:35, 00:10
Ferrari Ki Sawaari - 11:00, 13:50,
16:40, 19:30, 22:20, 01:05
Iron Sky - 11:15, 16:10, 22:40, 00:40

Madagascar 3 - 11:05, 11:35, 13:00,
13:30, 15:00, 15:30, 17:00, 17:30,
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Madagascar 3 (3D) - 12:10, 14:00,
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Men In Black 3 - 14:40, 17:00, 19:15,
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Prometheus - 11:10, 13:50, 16:30,
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Salmon Fishing In Yemen - 13:15,
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Shanghai - 21:20, 23:45
Snow White & The Huntsman - 11:10,
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Soldiers Of Fortune - 14:05, 18:10,
20:20, 22:20, 00:30
What To Expect - 14:30, 17:00, 19:25,
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Reel Cinemas - Marina Mall

21 Jump Street - 12:05, 14:35, 17:05,
19:30, 22:00, 00:25
Madagascar 3 - 12:30, 14:40, 16:50,
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Madagascar 3 (3D) - 11:30, 13:40,
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Men In Black 3 - 12:20, 14:35, 17:00,
19:35, 22:10, 00:40
Prometheus - 11:05, 13:40, 16:25,
19:10, 21:45, 00:20
Snow White & The Huntsman - 11:10,
13:40, 16:20, 19:05, 21:35, 00:15

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE

What's happening this week in Dubai



Ice Age at Modhesh World

The friendly heroes of the popular animation *Ice Age* will entertain audiences live on stage this DSS.
Date: June 18 - 22
Duration: 5 days
Audience: Family
Category: Entertainment
Venue: Dubai World Trade Centre
Admission: Free

South Indian International Movie Awards



This two-day event will highlight the best of South Indian cinema.
Date: June 21 - 22
Duration: 2 days
Audience: Public
Category: Entertainment
Venue: Dubai World Trade Centre
Admission: Free

Barbie Show



Don't miss Barbie and friends on the runway during DSS.
Date: June 21 - July 1
Duration: 11 days
Audience: Family
Category: Entertainment
Venue: Al Ghurair Centre
Admission: Free

Indian Property Show

The largest Indian property exhibition arrives in Dubai.



Date: June 21 - 23
Duration: 3 days
Audience: Public
Category: Exhibition
Venue: Dubai World Trade Centre
Admission: Free
Telephone: 04 327 7743



A Tribute to Dev Anand and Shammi Kapoor

Carnival's Legend Forever will honour two legends of Hindi cinema.

Date: June 1
Duration: 1 day
Timings: 9pm - 1am
Audience: Public
Category: Entertainment
Venue: Sheikh Rashid Hall, Dubai World Trade Centre
Admission: Dh750 (platinum), Dh450 (VIP), Dh150 (regular)



Evanescence live in Dubai

Rock band Evanescence makes its debut live performance in Dubai.

Date: June 22
Duration: 1 day
Timings: 8pm
Audience: Public
Category: Music
Venue: Dubai World Trade Centre
Admission: Dh295 (regular), Dh450 (VIP), Dh595 (fan pit)
Telephone: 050 150 6676 / 050 150 7667

Dubai Desert Road Run June Summer Scorchers 2012

Beat the heat and join this 10km desert race, open to all levels from beginners to advanced runners.

Date: June 23
Duration: 1 day
Timings: 7am
Audience: Public
Category: Sports
Venue: The Sevens Stadium
Admission: Dh70
Telephone: 04 425 0211

Bringing it on

★★★★★ The new Mercedes GLK tackles the tough SUV market head-on.



When it comes to saloon cars, Mercedes can quite rightly claim to have pretty much conquered the market. You can't travel 100 metres in the UAE without seeing the three-pointed star adorning a luxury saloon.

But it's not all about the shiny new cars, either. Old Mercs are known for their longevity, and a huge percentage of older E and S-Class cars still transport families around, despite their aging years. The German manufacturer certainly seems to know how to make a strong car, and that reputation has served it well across the region almost since the first paved roads were laid.

But switch across to the SUV world and the elephant in the room is Mercedes' lack of penetration into the market. Meanwhile, everyone else

was busy filling the order books with X5s, Cayennes, Range Rovers and the like. Of course, it's always harder to come back to the top when everyone else has a head start.

But it's not all bad. The UAE must surely be one of the world's biggest markets for G-Wagons, with the range topping G 63 AMG the car of choice for the rich and powerful. Ironically, it's Mercedes' oldest and least technologically advanced SUV that sells well in the

6.5

The reasonably impressive 0-100 km/h time, in seconds, of the GLK.

region. Sometimes the customer just knows what they want.

But Mercedes' sights now seem to be pointing quite squarely back at the 4x4 market with a raft of new models, with an updated G-Wagon, a new GL later this year and, for the summer, a new GLK 350.

The front view of the car is rather troubling. The bonnet sits far too low for an SUV and makes the car look rather like a saloon with an extra bit of headroom. It seems to sit at the right height overall, but the window line appears no higher than a 5-Series.

It also has far too many lines on it. In an age of smooth, clean design, the



GLK has more waists than a slimming class. There are strakes, lines, bulges and creases everywhere and, to be frank, it's too much for the eye to take in. Round the back, the rear is by far the best view of the car.

Quite why Mercedes went this way is puzzling, as it robs the car of presence and muscle. Despite the best intentions, the GLK comes across as a very feminine design.

Inside, everything returns to the usual Mercedes level of excellence. The seats are extremely comfortable and the dash is all laid out in a very simple-to-use manner, but with a luxury feel. Mercedes has always been able to make a great interior and this one is no exception. There's also plenty of legroom in the back and a large boot to swallow your luggage.

Out on the road, the GLK is smooth and easy to drive. The engine isn't big enough to be exciting, but it certainly doesn't struggle to haul the car around at speed. In the corners, it wants to understeer, but that's common to most SUVs.

SPECS
(as tested)
Engine: 3.5-litre V6
Power: 306hp@6,500 rpm
Torque: 370Nm@3,500-5,250 rpm
0-100km/h: 6.5 seconds
Top speed: 238 km/h
Price: From Dh189,500

The GLK 350 is, in essence, a good car. It has a lovely interior and is a pleasure to drive. It really does everything you ask of it. But unfortunately, the exterior design lets it down. Most drivers like to make a bold statement with their car, and the GLK design is just too soft and ungainly.

The best course of action would be to hold off, save up your dirhams and get a hold of the stunning new GL when it launches. On looks alone, it should certainly be well worth the wait. ●



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فرع دبي: شارع صلاح الدين مقابل ريف مول - دبي. هاتف: ٠٤ ٢٧٢١١٣٣

فرع الشارقة: شارع الاستقلال، الشارقة. هاتف: ٠٦ ٥٧٣ ٩٧٢٧. فاكس: ٠٦ ٥٧٣ ٩٧٢٨

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Simple stress-busting tactics



Any job can be trying at times, however a few easy tricks can ensure that your stress levels don't shoot through the roof.

ACHIEVING SUCCESS

Stress and chronic stress are quite possibly two of the biggest obstacles to achieving success in the workplace. It is actually a very real issue that can lead to a range of physical, emotional and behavioural problems such as poor concentration, fatigue, trouble sleeping, anxiety, back pain and high blood pressure.

In some cases, however, stress is not always counter-productive. It can be helpful in providing motivation that allows you to work with a sense of urgency and purpose. The key is to learn how to draw the line between the kind of stress that is beneficial for the job and the stress that is harmful. Akhtaboot offers a number of helpful tips on how to control your emotions and thoughts to avoid reaching your breaking point in the workplace.

IDENTIFY STRESS FACTORS

The first step to solving any problem is identifying the main source of it. Through targeting the causes of your stress, you are able to ponder different ways of dealing with each problem individually and ultimately come up with a tailored set of solutions. Common causes of stress in the workplace are lack of time and excessive workloads, followed by

poor interpersonal relations and the risk of accident or injury. Depending on your situation, stress can also be caused by a host of other factors such as adapting to change, fear of lay-offs and office politics.

DON'T FORGET TO BREATHE

When you find yourself beginning to panic while working towards an unrealistic deadline, or suddenly feel overwhelmed by an ever-expanding workload, take a moment to yourself, forget all your worries and just focus on your breathing. Most people underestimate the power of controlled breathing, and although it may sound silly to some as breathing is an automatic reflex, controlling your breathing will not only control your heart rate and most symptoms of stress, but it can

revolutionise how you feel and perform at any time.

MAKE A LONG TERM TO-DO LIST

Making a weekly or monthly to-do list will surely help you organise yourself and combat short-term stress at work, but what about the following week, or month, or the following 10 months? Think about all the small, incremental things you can do to build career success over the course of a year. Making this list and eventually crossing things off will help you feel like you are going somewhere, bringing about a sense of accomplishment which has proven to be a potent stress reliever.

GET FIT AND BE HEALTHY

Your choice of lifestyle is directly related to your ability to cope with stress at work as well

as in other areas of life. Are you finding yourself too tired to deal with queries or problems? Does your tiredness make you irritable and short-tempered? If you are not getting your recommended dose of fresh air and exercise, then not only will your body suffer but it will also reflect poorly on your work. Exercising regularly reduces tension, helps you sleep better and boosts your energy. Start things off simply by going for a walk during your lunch break, or taking regular stretch breaks to reduce neck and shoulder tension. Always remember, what's good for the body is good for the mind.

TALK TO YOUR EMPLOYER

If all else fails and you find these stress relieving tactics to be unsuccessful, then try talking to your employer. If you are dealing with a stressful workplace situation, you can always ask for help to improve it, or if you find that a colleague is behaving inappropriately towards you, talk to your boss, supervisor or human resources department about actions you can take to stop this. If you feel intimidated by anything, just remember that your boss should help you deal with your problem in a professional manner when approached in a courteous way. ●



DON'T LET THE STRESS BUILD UP

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HVAC technicians with GCC experience and good English language skills required for a FCU/FAHU/pump maintenance in residential towers. CV to careers@envirogreen.ae.

Filipina call centre agents with fluent English and GCC experience required for a facility management company. Send CV careers@envirogreen.ae.

Elec/mech technicians with GCC experience and good English language skills required for maintenance of all systems in residential towers. Send CV careers@envirogreen.ae.

Experienced waiter/waitress urgently required for an Indian restaurant. Send CV fccastle@eim.ae.

Experienced female cashier urgently required for an Indian restaurant. Send CV fccastle@eim.ae.

Electrical/electronics engineer urgently required for a company in free zone area. Should be experienced. Send CV Nizar. Mohammed@dewa.gov.ae.

Female promoters are required for a major hypermarket/supermarket in the UAE. Should be on husband/father's visa. Send CV along with a recent photograph. Email nafpromotions@gmail.com.

Office assistant/CCTV Network or Auto CADD MEP designer required for an Indian businessman. Call 0502039063/ email sijith_siby@yahoo.co.in.

Part-time salesperson required for a company in Dubai. Should have experience in exhibition stand, interiors, display units, and corrugated stands. Commission based. Email info@kas-sadvertising.com.

JOBS WANTED

Indian male, 25, MBA, seeks full-time job in finance, etc. Have experience in banking insurance. Call 0509628048/ email yunumunna786@gmail.com.

Indian, male, seeks job as a safety engineer. 3 yrs working experience in similar job. Call 0529461090.

Keralite female seeks full-time job as an assistant accountant/office assistant. 1 yr experience. Knowledgeable in Ms Office and Tally. Email rasheeqasamad@gmail.com.

Pakistani male, MA, seeks job in HR as a coordinator/executive. 14 yrs experience in the same field. Good communication skills. Knowledgeable in MS Office. Call 0505954298/ email shahidmailbox@hotmail.com.

Indian female, 26, seeks job as a merchandiser/coordinator. 7+ yrs experience in an export company in Mumbai. Call 0505390917/ email vanithasuares@gmail.com.

Indian male seeks job as an assistant accountant/office assistant/sales. 10 yrs UAE experience. Proficient in Tally, Peachtree, Ms Office. Call 0551587848/ email mgmkunhi@gmail.com.

Pakistani male, graduate, driver urgently seeks job. 4 yrs UAE experience as a driver. Owns a valid UAE D/L. Good knowledge of regional roads. Good with computer. Call 0506887486.

Pakistani male, MBA, seeks job in the HR field, 3 yrs experience in HR. Good in time management. Computer skills. Call 0504384790/ email waqasch_nz@hotmail.com.

Arab male seeks full-time job as an IT assistant, helpdesk. Have experience in IT/ networking. 2 yrs experience. Call 0551852485.

Male MBA seeks full-time job. 5 yrs of rich & extensive experience as an accountant. Proficient in Tally, Peach Tree, QuickBooks, MS Office. Call 0508066716/ email kassim_mba@yahoo.com.

Driver seeks for a full-time job. Fluent in Arabic, English, Hindi, Tamil, Malayalam and Kannada. 2 yrs UAE driving experience. Call 0553376435/ email burjmail@gmail.com.

Kenyan, bachelor degree holder seeks job as a housekeeper at any hotel in Dubai/Sharjah. 4 yrs experience in similar field. Fluent in English. Knowledgeable in computer applications. Call 0502213257.

Indian male seeks job as a Civil Draftsman (AutoCAD & 3D Max). 2 yrs experience in India. Call 0567290919.

Sudanese, 31, IT supporter/web developer/IT help desk seeks job. 12 yrs experience. On visit visa. Call 0556266870.

Filipina, bachelor's degree holder seeks job. 4+ yrs UAE experience in sales & marketing. Excellent in English and business communication. Call 0502423935.

Aeronautical engineer seeks job in aviation or mechanical industry. 1 yr experience. Proficient in Catia V5 and CAD. Email ajmalhamza@gmail.com / call 0529128495.

Arab, bachelor's degree holder seeks job in sales and marketing. 4 yrs experience. Good communication skills. Fluent in English. Holds UAE D/L. Call 0509263286/ email meryam.lechkar@gmail.com.

Qualified accountant seeks full-time job. 6 yrs experience in the same field. Visa transferable. Call 0557974708.

Driver seeks full-time job in a company located in Dubai. Fluent in English. On resident visa. Call 0502831244.

Electronics & Instrumentation Engineer seeks job. 4 yrs experience in testing and commissions, 1 yr experience in sales engineer. Call 0529304387.

Chinese, male, seeks full-time job in hospitality management/sales. 2 yrs experience in Dubai (DIFC). Good communication skills and service. Call 0529573826.

Indian female, MBA, HR & marketing graduate seeks job. On husband's visa. Email jincyjoseph1@gmail.com / call 0551517163.

Indian male seeks job as an admin assistant/customer care executive/team leader. 13 yrs experience in BPO. Call 0509413096/ email undaramgopiraj@yahoo.com.

Male seeks full-time job. Proficient in wedding videos/editing/photography/graphic design 3D art work. Call 0555731512.

Indian female, 36, seeks job. 10+ yrs experience in accounting/construction, manufacturing & trading companies. Call 0567419070/ email rosna_05@yahoo.com.

Male seeks full-time job in administration. Fluent in Russian, English, Turkish. 10 yrs experience in marketing, logistics and others. Computer literate. On visit visa. Call 0566422417/ jumboet@mail.ru / nurlan0012000@yahoo.com.

Indian male, MBA, seeks job in marketing. 2 yrs experience. Call 0555638579.

Indian male seek part-time job. Available in Al Qusais. Call 0529249655.

Indian, site supervisor, diploma holder seeks job. 4 yrs experience in interior fit-out works. Holds UAE D/L. Call 0507369172/ email jomon1971@gmail.com.

Freelance professional seeks part-time job. Have experience in academic writing, web content provision, writing articles, press releases, editing and proof reading. Call 0501968952/ email roopa.raveendran@hotmail.com.

MISCELLANEOUS

Fantastic offers on software from Proton International: Peachtree, QuickBooks, DacEasy, Simply Accounting, SAGE ACT. CRM, Point Of Sale, Quick-Peach, HRMS, etc. with warranty/free technical support. Call 0551502636/ www.protoninternational.me.

Medical centre/clinic management software available on special promotion price. SMS/Call 0552263516 or Email windubai@eim.ae.

Personal loan. Salary transfer loan, PDC loan, auto loan, (required salary 5K). Call 0558241991.

App development for all smartphones available. Interested parties call 0552757453. Special discount for the first 5 callers.

Personal loan available. Salary transfer loan, PDC loan, auto loan (required salary 5K). Call 0558241991.

Great offer on website design. For only Dh375. Free domain/free hosting. Call 0508864342.

AUTO

Wanted: Nissan/Toyota 1-ton, single cabin pick-up, model 2000-2005. Serious sellers. Call 0556796008.

Nissan Xtrail, 4WD, 2002 model for sale. Lady driven. In excellent condition. Pearl white colour. Comes with power windows and central locking system. Price for Dh22,000. Can be negotiable. Call 0507393190.

Mercedes C 280, model 1995 for sale. Black colour. Fully automatic. In good condition. Dh12,000. Call 0552070428.

Toyota Corolla, 2002 model for sale. In good condition. For Dh18,000. White colour. Engine well maintained. No history of accidents. In Sharjah, Al Nahda area. Call 0567954822/ email antoniomarkj@yahoo.com.

ITEMS

Used Apple Macbook uni-body available for sale. Still under warranty. Comes with all its accessories. Price for Dh2,000. Call 0567790702.

LG TV 42" available for sale. Urgent sale. Un-opened pack. Price for Dh1,900. Call 0558180836.

For sale: Four chairs, dining table, double cot bed , two-door cupboard. All items for Dh350. In Hor Al Anz, near Abu Baker Al Siddique metro station and Dubai Municipality. Call 0561481747.

NLP (Neuro Linguistic Programming) course/study material CDs available for

sale. Price Dh250. Interested parties can call 0552757453.

Brand new Macbook available for sale. White 2012, core 2 duo. Comes with box. For only Dh2,700. Price negotiable. Call 0552683258.

Used mobile (Nokia) available for sale. In good condition. Located near Talal supermarket, Hor Al Anz, Dubai. Call 0556796008.

Items for sale: Commercial kitchen equipments, used computers all in good condition, available for sale. Call 0552070428.

Used Dell 15.1in laptop available for sale. Core 2duo 1GB Ram & 80GB HD. In good condition. Price for Dh799. Call 0556789741.

SERVICES

Mobile app development services available. We work on any smartphone including iPhone, iPad, Galaxy and Blackberry. Email cwis@eim.ae / call 043325126.

Full-time babysitting / daycare services available in Karama, near LuLu Center. Experienced Indian lady. Starting from 07:30am to 06:00pm. (Sunday to Thursday). Call 0559039701.

Event photography available. For corporate and private events including birthdays, weddings, etc. Call 0558806900.

Financial counseling and advising services available. Help in managing credit cards or loans/debts or general finances. Call 0552757453 and get a free 30-minutes assessment session.

Training lessons in computers, languages, accounting management available. Located near Union, Al Fahidi and Al Nahda metro stations. Call 042213399/043524700/042617877.

Tutoring lessons available in Al Qusais, Sheikh Rashid Colony. For CBSE students of all ages. Call 0503027090.

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

Cleaning services available. Pro Cleaners is a company for residential cleaning in Dubai Marina, Palm, JBR, JLT, Gardens. Dh30. Call 0503007797/044308840.

ACCOMMODATION

Room/executive accommodation available for rent in Al Qusais. 3 minutes walking distance to Dubai Airport Free Zone metro station. Call 0567939749.

Executive room available for rent. Located in Deira, Naif road, near West Hotel, facing Naif intersection. Walking distance to bus stop , supermarkets, and mosque. Tamil Muslim preferred. Rent Dh2,000 (negotiable) + DEWA. Call 0508512234.

Fully furnished flat available for rent. Keralite families only. Starting August 1st to September 30th. Located near Malabar supermarket, Nakheel Centre. Call 0505340675, 0551255805.

Furnished bed space available for rent. Filipinos only. Gender not specific. Clean and quiet flat. Near bus stop, in Hor Al Anz, Deira. Partition and internet also available. Rent for Dh600 including DEWA. Call 0559158292/0508851108.

Bed space available for rent . Filipinos only. Located facing Emirates Towers metro station. Spacious and convenient. Walking distance to metro station and adjacent to SZR. Affordable. Call 0551158605.

Spacious room available for rent in a 3-bedroom flat. Comes with separate bath/balcony. Kitchen is shared. Working couple/single ladies only. Rent for Dh2,000 including DEWA. Near Baniyas metro station, Deira. Call 0561574769.

2 semi-furnished rooms available for rent. In Bur Dubai, behind Palm Beach Hotel. Indian couple/working ladies only. Rent for Dh1,600 & Dh1,700. Call 0561498330.

Bed space available for rent. Single Keralite Christians only. Located near fish roundabout. Comes with bedroom hall, kitchen, internet, etc. Call 0567782324.

Wanted: Executive looking for small single room in Al Qusais area. Rent should not exceed Dh1,000. Call 0501694358.

Bed spaces available for rent. Kabayans only. Near Al Rigga metro station, restaurant and malls. Rent for Dh500 or Dh600 (upper or lower deck) as well as a partition for Dh1,100. Call 0556808404.

Furnished bed space available for rent. Executive bachelors only. Starting from July 1st . Located near Bank Street, Bur Dubai. Walking distance to Khalid Bin Waleed metro and bus station. Internet facility also available. Call 0502867570.

Sharing accommodation available for rent in the OPC area, Bur Dubai. Walking distance to metro station. For Indian couples only. Rent for 2 months only, starting July 1st till August 31st. Call 0507981219.

3 bed spaces and partition available for rent. Filipinos only. Facing Dubai nursery. Rent for Dh450-Dh1,200 including W/E and internet. Call 0508460879/0504372947.

2 bed spaces available for rent. Located behind Al Fardan Exchange, Bur Dubai. Call 0558401498.

2 shared bed spaces available for rent. Filipinos only. Located near Al Futtaim mosque Naif/Fridj Murar area. Affordable . Wi-Fi and DEWA including rent. Call 0508176557/0559649840.

2 bed spaces available for rent. Bachelors only. Near Satwa bus stop. Rent for Dh600, W/E included. Call 0556932581/0557359396.

Wanted: Studio flat or 1 BHK for 5 bachelors in Deira or Bur Dubai. Should have attached bathroom. Call 0502813273.

Bed space available for rent. To shared with 3 bachelors only. Located in Satwa, near bus stop. Comes with attached bath/kitchen. Rent for D 600, D/W included. Call 0556932581/0557359396.

Bed space available for rent. Located near Al Noor Hotel. Rent for Dh300 + DEWA & internet. Call 0552150179.

Al Tayer meets Australian Consul

RTA benefits from Australian companies' expertise in rail, roads, transportation and varied licensing activities.

COOPERATION

Mattar Al Tayer, Chairman of the Board and Executive Director of the RTA, recently received H.E. Gerard Seeber, Australian Consul General in Dubai, in the context of RTA efforts to foster cooperative relations at the local, regional and global levels. The meeting discussed ways and means of boosting mutual cooperation, and exchanging expertise between the RTA and Australian firms operating in the fields of rail, roads, transportation, and the licensing of drivers and vehicles, besides reviewing the future road and infrastructure projects in Dubai.

Al Tayer welcomed the Australian Consul General and hailed the excellent relationships linking the UAE and Australia, particularly in the economic and tourism aspects,



AL TAYER RECEIVES THE AUSTRALIAN CONSUL GENERAL IN DUBAI

resulting in an increase in the volume of trade exchange between the two countries, the launch of several direct flights between the UAE and Australian cities, and a rise in the number of tourists visiting both countries

Al Tayer briefed Seeber on the key projects undertaken by the RTA to improve the road infrastructure

networks and various types of transit means in order to accommodate the rising population numbers, increasing projects and urban expansion.

"We have already established good working relationships with Australian agencies and businesses operating in the field of the licensing and registration of vehicles, testing, licensing and

"We have already established good working relationships."

management of heavy plants, and conducting theoretical and practical training of drivers. Besides that, we have also established relationships with Australian companies specialised in road safety and traffic safety systems. The RTA has benefited immensely from the Australian expertise in operating marine transit means where delegations from the RTA visited a host of Australian cities to familiarise themselves with the Australian experiments and the best practices of marine transportation industry," said Al Tayer.

Taxi booking system revamped

DUBAI TAXIS

The RTA is always keen on using the latest technologies in delivering a diverse package of services, as well as upgrading them to bring them on par with the best international standards adopted in advanced countries, out of its firm commitment to deliver smooth, speedy and transparent services to meet the needs of community members and advance the transport sector to excellent standards.

In keeping with this drive, the Public Transport Agency and Dubai Taxi Corporation (DTC) at the RTA have launched the next generation of the booking and dispatch system for taxicabs, known as Dispatcher 8. The system has been upgraded in all taxicabs affiliated to DTC, totalling 3,100 vehicles, excluding the airport taxi fleet, which comprises 400 cabs.

A statement to this effect was made at a press conference held recently at the head office of the Public Transport Agency and DTC in the presence of Ahmed Al Hamadi, Acting CEO of the Public Transport



THE ANNOUNCEMENT BEING MADE AT THE PUBLIC TRANSPORT AGENCY'S HEAD OFFICE

"The system has been upgraded in all taxicabs affiliated to DTC."

Agency, and Mansoor R. Al Falasi, Acting CEO of Dubai Taxi Corporation, in addition to Adel Shakeri, Director of Transport Systems at the Public Transport Agency.

"The new generation will play a vital role in uplifting and enhancing the booking dispatch service through adding extra values and features to the work mechanism in order to streamline the booking and dispatch process for users of taxi booking services in Dubai," said Al Hamadi.

"The project brings about the introduction of value-added features such as verbal notice about speed control, and using an advanced technology for dispatching taxis

orders more effectively in order to reduce wasted kilometres. It also features an advanced technology for dispatching taxi orders with the aim of reducing the time taken by the vehicle to reach the client, besides directing the driver via the map to the client's destination, and adding Dh20 as a surcharge that will be automatically applied upon entering the boundaries of Sharjah emirate, rather than adding it manually, as is the case at the present time," Al Hamadi added.

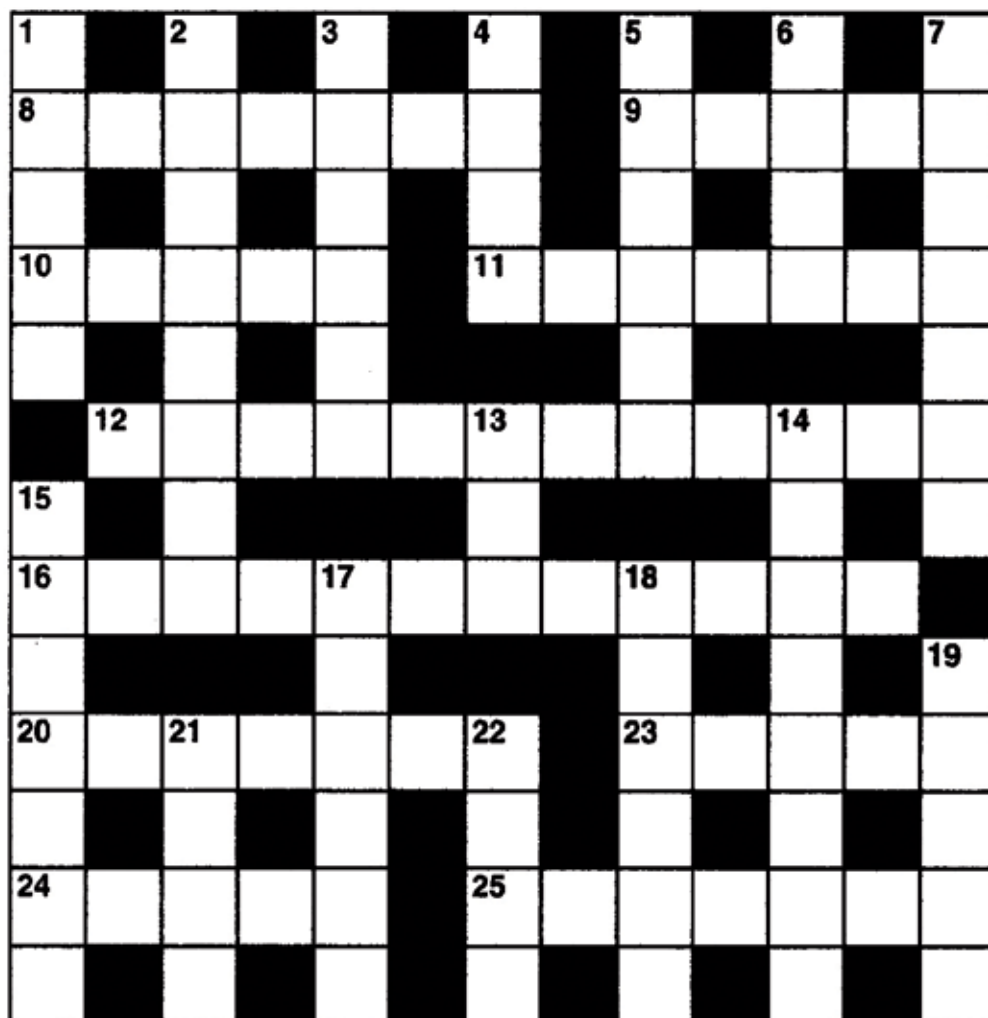
لن أكف عن تنبيه أبي حتى يتوقف عن المراسلة



أتعهد بتحمل المسؤولية

Taking your time

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



Crossword

Across

8 Low voices (7) 9 Singing group (5) 10 Covered with ceramic squares (5) 11 Welling up (7) 12 In a posture of entreaty (2,6,4) 16 See-through copying sheet (7,5) 20 Hindmost part (4,3) 23 First name of US actress Ms Seigny (5) 24 Drive out (5) 25 Micro-organisms (7)

Down

1 Excludes (5) 2 Island country south of India (3,5) 3 Fruit cake named after a Scottish city (6) 4 Invites (4) 5 Alarmed (6) 6 ___ & Guy, UK-based international chain of hair salons (4) 7 Sturdy shoes with ornamental perforations (7) 13 Excavated (3) 14 Avoidable (8) 15 Representations of people or animals, usually carved or cast (7) 17 Values, principles (6) 18 Grant (6) 19 Finish (5) 21 Mischievous kids (4) 22 Pigeon-like bird (4)

ANSWERS



Recipe

Eton mess

This quaint and classic British pudding makes the perfect summertime treat.

Ingredients

800g ripe strawberries
1-2 tbsp icing sugar
200ml double cream
200ml crème fraîche or thick Greek-style yoghurt
6 ready-made meringue shells
Handful of blueberries or other berries of your choice

Method

1. Remove the stems and cut the strawberries into halves or quarters.
2. Set aside roughly a quarter of the strawberries for garnish and place the rest into a large bowl.

3. Add one to two tablespoons of icing sugar to sweeten according to your own personal taste.

4. Lightly crush the strawberries with a large fork or potato masher. Cover with cling film and place into the fridge to chill for an hour.

5. Whip the cream lightly and fold in the crème fraîche or yoghurt, whichever you have chosen to use.

6. Using your hands, roughly break the meringues into bite-sized pieces over the bowl of cream mixture, then gently fold through the mixture with a spoon.

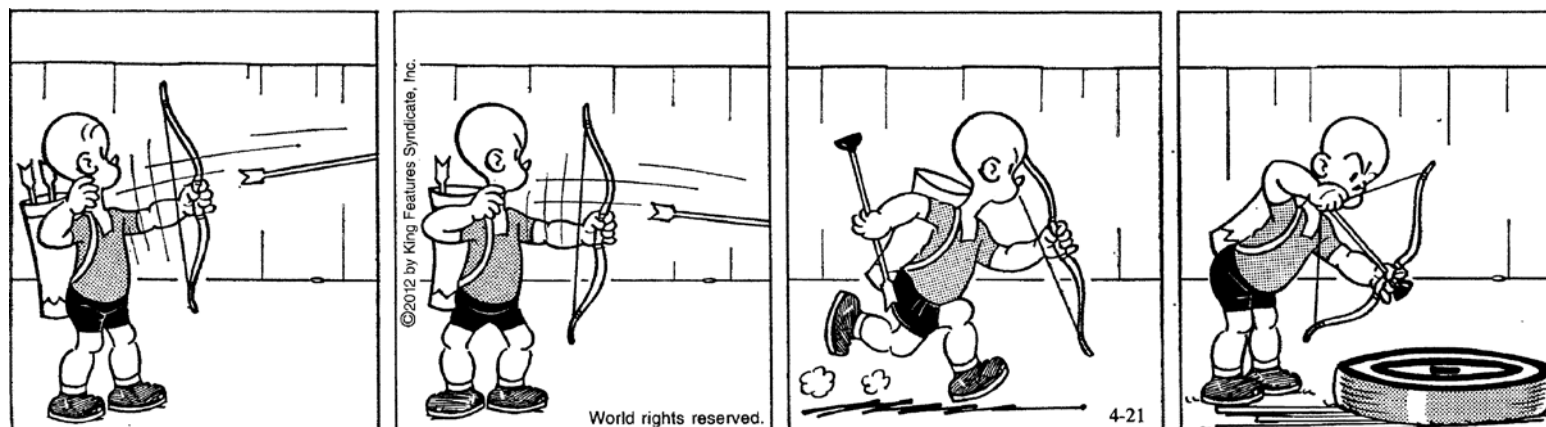
7. Gently fold in the crushed



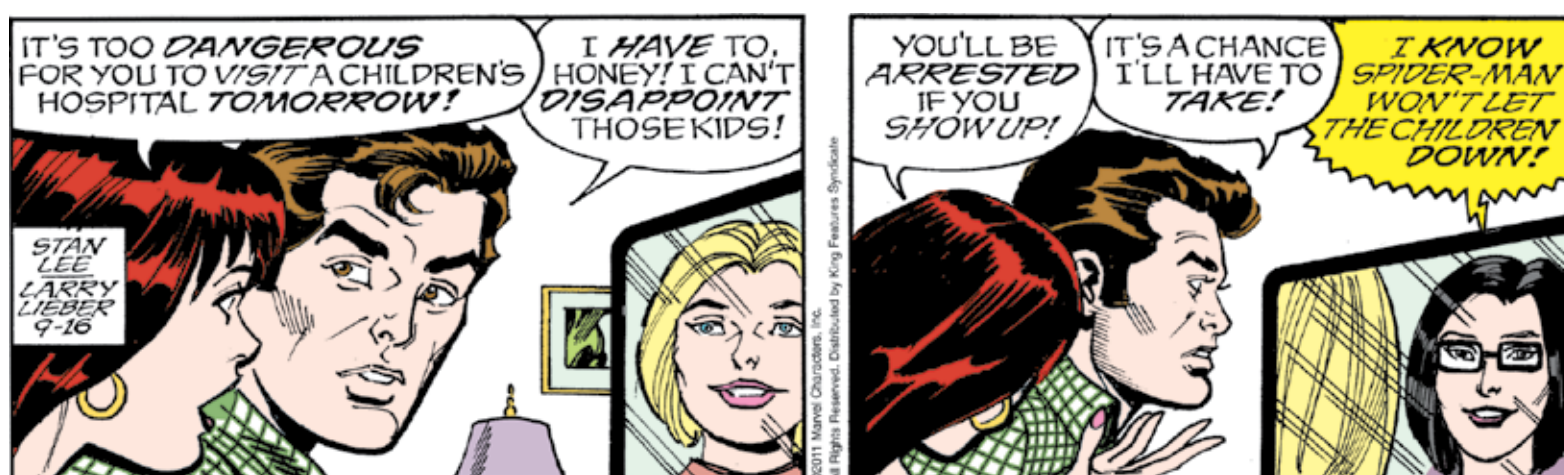
strawberries to create a rippled effect.

8. Spoon the strawberry, cream and meringue mixture into clear serving glasses and garnish with the reserved strawberries and other berries of your choice. Chill in the fridge until serving.

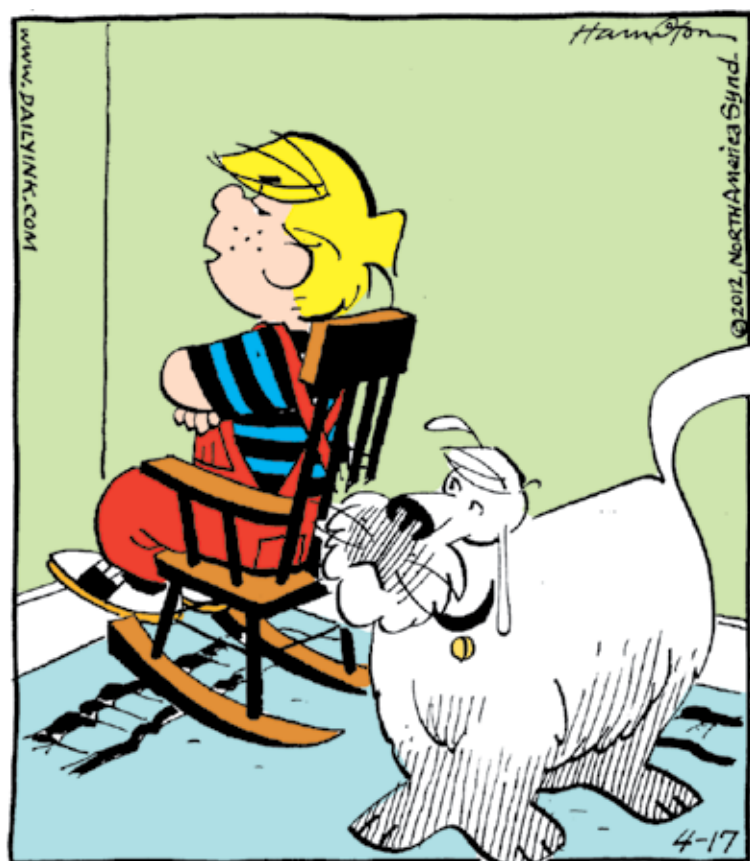
Henry



Spiderman



Dennis the menace



"MOM SAID I SHOULDN'T HIT MARGARET BACK. SHE DIDN'T SAY ANYTHING ABOUT KICKING."

Who's this?

ANSWER ON PAGE 38



Puzzles

Arrowword

Warsaw's nation	Green with envy	Ski resort transport (5-3)	Yemeni seaport	Timid, reserved	Travel by air	List of food options
			More sanctimonious			
Non-stick coating	Conifer tree	East Anglian cathedral town		Speaks furiously	___ Winger, US actress	Search for water
			Emit (oil)	Window glass	Unexploded cartridge	
Man's neckwear item		Commercials, in short	Left over			Cat's cry
Killer whale genus			Swing (a camera)		German car manufacturer (inits)	
Pre-1917 Russian emperors	Exploits					
			___ Craven, <i>Scream</i> director		Fearful respect	

Sudoku 1

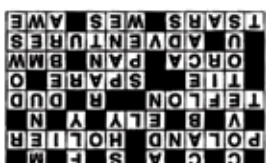
9		1	2					
5		4		3		2		1
3					7	4		
					4	5	8	
				9				
	4	5	6					
		3	5					4
2		9		7		6		8
					2	7		5

Sudoku 2

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

ANSWERS

ARROWWORD



SUDOKU 1

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

SUDOKU 2

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

WHO'S THIS? ANSWER - AMITABH BACHCHAN



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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)

As has been the case for some time, there is an accent on home and property matters. The beginnings of a deal could be struck this week, which could be marked by you paying a deposit or signing a contract. This is only the start of a long process, so be patient.



TAURUS

(APR 21 - MAY 21)

It may be that others are now willing to pay for expertise they have so far taken for granted. In some way you may find yourself acting as teacher. You don't have to be 'right' all the time though; it's probable that simply your guidance will be honoured and appreciated.



GEMINI

(MAY 22 - JUN 21)

By Thursday, respect for you grows. With that could come an invitation that, in turn, leads you to a network that really would advance your cause for the rest of the year. The trick, it seems, is to listen carefully first, sleep on your reactions, then speak quietly and firmly.



CANCER

(JUN 22 - JUL 23)

Other people are apparently changing their minds or coming up with what they perceive to be better ways of doing things. This could start to drive you crazy before long. By Thursday, however, they may well see you as being the calm at the centre of this storm.



LEO

(JUL 24 - AUG 23)

Events due to take place in August gather some momentum and you may be happily communicating with those who share your interests. It may feel like you're taking a financial risk, however, with the assistance of your friends, your early worries will dissipate.



VIRGO

(AUG 24 - SEP 23)

Take care to think very carefully before agreeing to specific deadlines—you don't want to leave yourself under pressure. With friends rallying around you, you should be able to deal with an initial chaos with ease. The art, though, is perhaps to pace yourself.



LIBRA

(SEP 24 - OCT 23)

It may be necessary to formally agree a way of working that gives you more responsibility. Other parties may be happy to do this—particularly if it is linked to a suggestion for next year. Discussions may require serious thought as to how things could affect domestic routine.



SCORPIO

(OCT 24 - NOV 22)

Tempting as it may be to leave things up to the professionals, you could benefit from your own health-check this week. Is it possible that you've overdone it over the last few weeks? It might be that your diet could benefit from some re-balancing.



SAGITTARIUS

(NOV 23 - DEC 21)

You won't have to look far to see that those closest to you are seizing new opportunities, and through them your world is also expanding. To an extent, you might even be responsible in some way. Perhaps you've offered essential support over the past year.



CAPRICORN

(DEC 22 - JAN 20)

Let's hope you feel OK about saying "bring it on" as it certainly seems plenty is headed your way. Certain colleagues, especially those born under the air signs of Gemini, Libra and Aquarius, might have an agenda full of exciting projects they'd like you to work on.



AQUARIUS

(JAN 21 - FEB 19)

Books, reading and expanding your world through knowledge appears high on the agenda. The interesting thing about this is that the subject may be chosen for you without you realising. Where you might normally rebel, on this occasion, you might not.



PISCES

(FEB 20 - MAR 20)

Contact increases this week with those who live and work far away. It will be interesting to see if something arrives by mail mid-week. It may be that this journey began in early January, and it's perhaps as well that there has been a delay as it may be that the time is now finally 'right'.



This week's local weather

SUN



17th
SUNNY
HIGH 39C
LOW 32C
HUMIDITY 45%

MON



18th
SUNNY
HIGH 39C
LOW 32C
HUMIDITY 47%

TUE



19th
SUNNY
HIGH 39C
LOW 31C
HUMIDITY 45%

WED



20th
SUNNY
HIGH 40C
LOW 32C
HUMIDITY 48%

THU



21st
SUNNY
HIGH 40C
LOW 32C
HUMIDITY 48%

FRI



22nd
SUNNY
HIGH 39C
LOW 31C
HUMIDITY 46%

SAT



23rd
SUNNY
HIGH 40C
LOW 31C
HUMIDITY 44%

COOL GADGETS! COOL OFFERS!



BlackBerry

BlackBerry® Curve™ 9320 Smartphone

- BlackBerry® 7.1
- QWERTY Keyboard and Powerful Battery
- Built-in BBM™ Shortcut Key
- Socialise inside your apps with BBM™
- Built-in Camera & FM Radio
- 3G, Faster Web Browsing and Personal Wi-Fi® Hotspots

ETISALAT SIM CARD WORTH AED 40

SHARAF DG GIFT VOUCHER WORTH AED 50

AED 949

hp

Pavilion

SAVE AED 499

DV6-6C40SE LAPTOP

- Core i5 - 2450
- 6 GB RAM
- 750 GB HDD
- 1 GB Dedicated Graphics
- Win 7 Home Premium
- 15.6" Screen

OLD AED 2999

AED 2699

COUPLE WATCH + HEADSET + MOUSE + ANTIVIRUS WORTH AED 199

SONY

KDL32EX650 32" INTERNET LED TV

- Full HD, 50Hz
- Motion Flow XR 100
- Internet Browser, Wi-Fi & Skype Ready
- USB x 2, HDMI x 4

NEW LAUNCH

BLU RAY PLAYER BDPS380 WORTH AED 499

AED 2199

SAMSUNG GALAXY S III

GALAXY S III

- 4.8" HD Super AMOLED Screen
- Android 4.0 (Ice Cream Sandwich)
- 8 mp Camera + Flash/ 2mp Front Camera
- 1.4 GHz Quad Core Processor
- Dual Wifi Antenna, USB/HDMI Support
- 16/32 Gb Internal + Micro SD Support

ETISALAT SIM CARD WORTH AED 40

NEW LAUNCH

AED 2499

Apple

NEW IPAD 3RD GENERATION

- Wi-Fi + 4G
- Retina Display 9.7" Screen
- 5MP Camera / A5 X Processor
- HD Video
- 1.5 GHz

COUPLE WATCH

ASSORTED IPAD CASE WORTH AED 199

64 GB

SAVE AED 399

AED 3399

LG

42" 3D CINEMA LED TV

- Full HD 1080p
- 100 Hz, 2D to 3D converter
- Smart Energy Saver.

SAVE AED 100

42LW5400 3D Cinema LED TV

FAMILY PACK + TITLE + NAF

AED 2899

Canon

EOS 1100D DIGITAL SLR 18-55MM + 75-300MM LENS KIT

- 12 Megapixel
- 3.7 Jps
- ISO 100-6400 Sensitivity
- 1/4000 Shutter Speed

75-300MM LENS WORTH AED 1299

4 GB CARD + SMART CASE WORTH AED 300

ONLY @ SHARAF DG

SAVE AED 1599

AED 2699

SAMSUNG

RT45JSPN1 FRIDGE

- 450 Litres
- No Frost
- LED Lighting
- Tampered Glass Shelves
- platinum Inox Finish

PRICE BUSTER

OLD AED 1599

AED 1149

LG

F1056QDP5 FRONT LOAD WASHER

- 7 KG
- 1200 RPM
- Direct drive
- 13 programs
- Silver color

SAVE AED 400

OLD AED 1699

AED 1299

WD Western Digital

NEW LAUNCH

MY PASSPORT PORTABLE HARD DRIVE USB 3.0 & USB 2.0

- Mini Drive, Multi Colors
- Automatic Backup
- Password Protection

1 TB

AED 419

PS3

PS3 + GT5 GAME + EXTRA CONTROLLER

OLD AED 1379

AED 1299

Sharaf DG

Yes, Your Electronics Destination!

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