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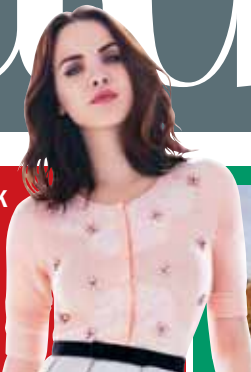


INTO THE BLUE

If the thought of taking a swim without your mobile or your mp3 player brings on a panic, take a plunge into the world of these underwater gadgets

PRETTY IN PINK

Soft and delicate yet still funky and fashionable, pastel colours and candy-coloured hues are all the rage on the spring/summer catwalks



A CAPITAL DESTINATION



MAN OF ACTION

The latest big screen biopic about the life of Alfred Hitchcock attempts to uncover the man behind the masterpieces



Deep heat

Why fitness fans are falling for hot yoga



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

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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.

✉ SUPERSTAR STAFF

I recently bought some new trainers, which I had wanted for a long time. Unfortunately, I left the carrier bag containing my new purchase in Dubai Internet City Metro Station. I told the Metro staff, who immediately informed Dubai Police to try and trace my lost bag and they told me they would be in touch if they found it. Losing hope, I started to walk towards my home, when a member of the Metro staff called to say they had located my missing bag. Metro staff and Dubai Police—you guys rock! Thank you very much.

Narayan Padmanabha

✉ PLATFORM PANIC

In peak hours, many people are in a hurry to reach their desired destination and—especially at



junction Metro stations—they run from one platform to the other. This creates a problem for older people and those with special needs. I would like to suggest that the train announcements are confined to the respective platform, rather than announcing it to the whole station. As the announcements are made for the arrival and departure of trains it causes people to rush, which may cause accidents.

Mayank Sharma

Read. Poll

Are women better than men in spellings?

- Yes
- No

Cast your vote online at www.readme.ae

LAST READ. POLL RESULTS

Are weather forecasts accurate in general?

Sometimes yes, sometimes not	55%
Can be relied on	35%
Cannot be relied on	10%

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MAHMOOD VK

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

Let's face it—it's fun to follow a leader. A leader who can get you excited about a vision and the means to achieve it. It's a common human instinct. But while leaders can be effective without being charismatic, possessing charisma can be a huge asset. We look at some of the most charismatic leaders in history—the good, the bad and the ugly.



MONDAY

Sometimes the ideas get a little crazy in the race to find clean and inexpensive energy, like tying solar energy to hydrogen production in a palm-sized device. Yet, sometimes, those crazy ideas actually work.



TUESDAY

Motorcycle gangs have been around for more than 50 years. But only about one per cent of known gangs are considered criminal and dangerous in the eyes of the law. Take a look at 10 of the most notorious.



WEDNESDAY

When you think of maps, you don't usually think of them as fluid objects. However, since 1960, cities have been popping up and cluttering atlases as important cogs of economic growth.



THURSDAY

Football is probably the most popular sport in the world and, as such, is able to generate a great amount of money. We introduce you to the 10 footballers who cost their clubs the most cash.



FRIDAY

Once again the *Read.* Facebook page has been full of your opinions on our daily 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 secure do you feel online, and what would make you feel safer?

Using secured websites with https, making our pc's free from virus and with social media give access to apps only with care can keep our data secured to some extent but that too not 100%.

— Nidhesh Pillai

How aware are you of events in Egypt, and what would be the best course of action moving forward?

Egypt needs a politician with history, experience and patriotism. Someone who loves the country, who works for people not for

himself or to whichever group he belongs to.

— Sara Ameer

Egypt should learn how to get contented on what they have. Whoever they put as president, definitely there will be some people who



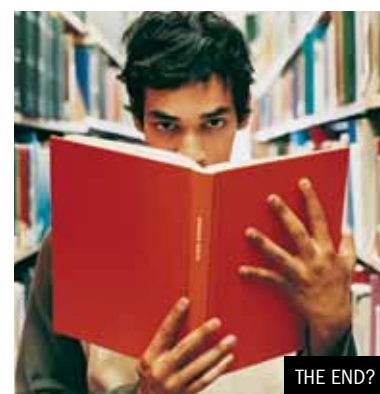
STAY SAFE ONLINE

will be against it for they also need power to govern Egypt. Remember, Politics means MONEY and POWER. Its the civilians (Egyptians) who suffer not those who are in the position. Instead of protesting against their new government, why don't they just unite and build a new Egypt. This kind situation doesn't help them to progress. "One Dream, One Egypt".

— Robert Bong Barrameda

Do you think the internet has slowed the reading of books, or are e-readers to blame? What are the benefits of reading books?

The fact is that electronically available books can never replace the physically printed version of books. But due to the easy availability of e-books, the trend of people buying books is declining drastically. However, printed books have their



THE END?

own charm. The scent of fresh ink, the texture of pages and the physical presence of the book is what gives it an edge over those available to readers online. It is a good habit to read books and possess books as they enhance our knowledge and vocabulary, and last as our best companion for the lifetime.

— Fatima Suhail

A Week in Winter

Maeve Binchy

BOOKS

On the west coast of Ireland lies Stoneybridge, a small town where everyone knows each other—and each other's business. When Chicky Starr decides to turn an old, decrepit mansion into a holiday retreat, the town's residents are quick to claim she must be crazy. But, with the help of her business-savvy niece Orla, and handyman Rigger, it's not long before Chicky is ready to welcome the first guests into her abode.

The problem with letting total strangers

into your home, however, is that you never know who may turn up. Among Chicky's first batch of guests, there's a movie star attempting to get away from the public eye, a critical

ex-schoolteacher, a nervous psychic and a husband and wife taking a reluctant holiday.

With such a muddled bunch living under the same roof for a week, Chicky must use all her charms as a host to ensure that everyone enjoys their stay. Unfortunately, to much amusement, this is not as easy as it sounds.



If you like this, you could try...

The Storyteller by Jodi Picoult

Baker Sage Singer uses her job to try and escape a lonely existence, bad memories and the death of her mother. However, when she strikes up an unlikely friendship with an elderly customer, they uncover hidden scars within each other and realise that sharing is better than suffering alone.

All That Echoes

Artist Josh Groban Label Reprise ★★☆☆☆

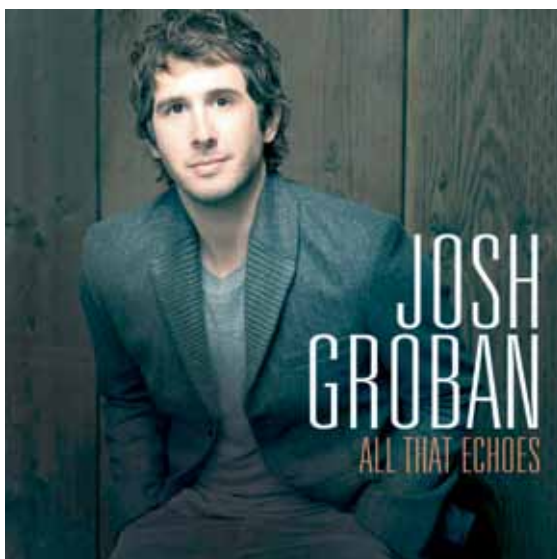
ALBUM

Just in time for the most romantic time of the year, silky-voiced crooner Josh Groban has unleashed his sixth studio album upon the music-buying public. Known around the world for his classically-influenced pop style, Groban has clearly decided to stick to the formula he knows best.

A mixture of both covers and original tracks (Groban co-wrote seven of the 12 tracks) display the operatic baritone stylings that Groban's fans have come to love, yet there's definitely an edgier touch of Coldplay or Goo Goo Dolls peeking through in the orchestral arrangements. Whether this has anything to do with the fact that former Goo Goo Dolls producer, Rob Cavallo, also

produced Groban's latest effort is, of course, open to discussion.

While Groban may not spring to mind as a pop idol when compared to the Biebers and the One Directions of today's industry, his talent shines through, with an element of class and sophistication that ensures all his albums become huge sellers. And we're sure this one will be no different.



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Great
DEALS

Pen to paper

A varied and interesting group exhibition in Dubai is taking modern art back to basics.

Art can present itself in many forms. Whether it's through the medium of video, watercolour, installation, sculpture or photography, there would seem to be no end to the formats through which artists are now able to convey their message and turn the artistic visions in their mind into reality.

However, in a world of multimedia and digital manipulation, many artists are now rediscovering some of the more simple and 'original' mediums through which they can express their thoughts and feelings. One group of artists who have been doing exactly this are now taking

over the XVA gallery, DIFC, in a bid to celebrate the often underrated medium of paper.

Paper is a group exhibition featuring internationally-renowned sculptor Anish Kapoor, known by most people for his piece *Orbit*, which was created especially for the London 2012 Olympic Park. Alongside Kapoor, artists Walid Siti, Imran Channa, Debjani Bhattacharya, and Mohsen Ahmadvand bring their own unique ideas to the forefront, creating an amalgamation of different perspectives and interpretations..

Accessible to everyone from art experts to novices, the exhibition comprises a selection of pieces that examine and portray the ways in



ONE OF KAPOOR'S WORKS

which the artists use paper, and the diversity of the art forms that the medium can create. As gallery director Meagan Kelly-Horsman explains, "Through this exhibition we are encouraging our clients to explore paper as an underrated artistic medium. We hope that by showcasing works from both well-established and emerging artists, we will underline the diversity of its numerous applications and help redefine the limits of this seemingly simple form of expression."

While the medium of paper may be considered outdated, irrelevant or redundant in today's modern art world by many, the artists taking

part in this new group show prove that it is, in fact, the opposite. Indian artists Kapoor and Bhattacharya present their intriguing works alongside the emerging ideas of Iraqi artist Siti, Pakistani visual artist Channa and Iranian artist Ahmadvand, proving that not only are the more traditional mediums fashionable once again, but that they have a global resonance and can provide a way of uniting different parts of the globe through an idea as simple as paper.

While there is no denying that art—in all its forms—can pass on a powerful message to the viewing public, there is something about stripping it all back to basics that makes *Paper* so unique—perhaps even poignant. As Channa explains, "I think paper is the most important object in our lives. It has a very nostalgic quality, like in our childhood we used to make toy objects with it, we wrote our homework, and sometimes we drew images on our notebook. It has kept many personal associations with it. These associations make it more powerful as a medium of transferring and preserving the intellectual ideas." ●

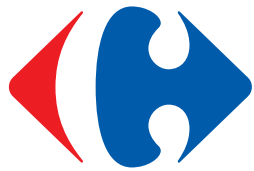


ANISH KAPOOR



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Turn up the heat

The reasons why a certain discipline of yoga has become one of the hottest workouts in town.

The latest craze to hit Dubai—hot yoga—has transformed the city's fitness scene. Despite the high temperatures, this ancient practice with a twist has been lapped up by the city's residents and is now being offered in numerous gyms and fitness studios in the city.

This form of yoga is practised inside a heated studio kept at a constant temperature of 37-40 degrees Celsius, which heats the body, allowing for deeper stretches and greater results. It's a great way to detox the body by sweating out all the toxins.

Hot yoga helps the body improve its efficiency to function better with more strength, cardiovascular endurance and flexibility. It also has many weight loss benefits as warming the muscles makes the body burn fat more readily.

When your body is detoxified, the circulatory system improves and your rate of metabolism can increase. Overall, this means you feel fitter, look better, and feel more energised in daily life.

There are many different styles of hot yoga but the most popular form, the form practised by celebrities such as Madonna and David Beckham, is Bikram hot yoga, which is a slower style with 26 postures, performed twice in a hot room of 43-45 degrees Celsius. Another popular form is freestyle hot yoga, a dynamic style that uses a variety of postures in a room heated to 37-40 degrees.

The room is intentionally heated to warm up the body and assist with circulation, promote detoxification and boost the body's functions. The heat may sound unbearable, but it actually provides a stimulating environment, which increases your attention and strength.

The heat allows the muscles and tendons to be warmed and stretched specifically. Hot yoga also enables blood to flow into every part of the body more easily—rejuvenating and energising the entire body.

Andrea Martin, a hot yoga enthusiast says, "It's really for people who want a more intense workout, those who want to develop strength and flexibility. It's a great cardio-

vascular workout. Working in heat helps the body relax and improves breathing. It has helped me achieve better mental concentration."

If you're up for the challenge and want to try a hot yoga class, be sure to drink plenty of water, and stop if you feel dizzy. Otherwise, turn up the heat and get set to stretch for a surefire way to a healthier lifestyle. ●

Hot yoga benefits

1. Detoxification

The heat of the room produces heavy sweating that helps flush toxins from the skin and helps in the detoxifying process.

2. Strength and flexibility

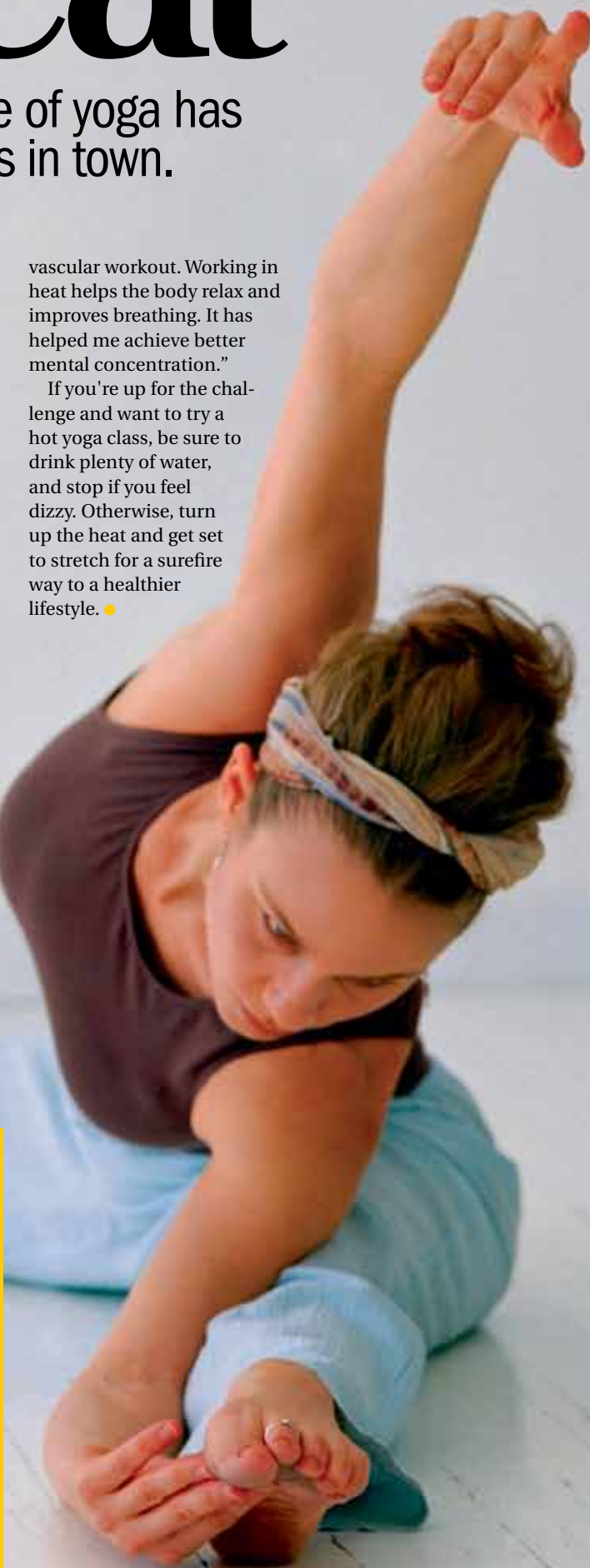
The heated room during hot yoga allows you to move more deeply into postures, warming up the muscles. The poses involved also help strengthen core muscles, helping with prevention of back problems. These movements also claim to lead to greater self-confidence.

3. Relaxes the mind

Heat helps the body relax and aids in focusing the mind, which helps to develop better mental concentration. The deep breathing involved in hot yoga also helps relieve mental stress and anxiety.

4. Stimulates metabolism

Increased blood circulation during a hot yoga workout helps in improving metabolism and bowel function.





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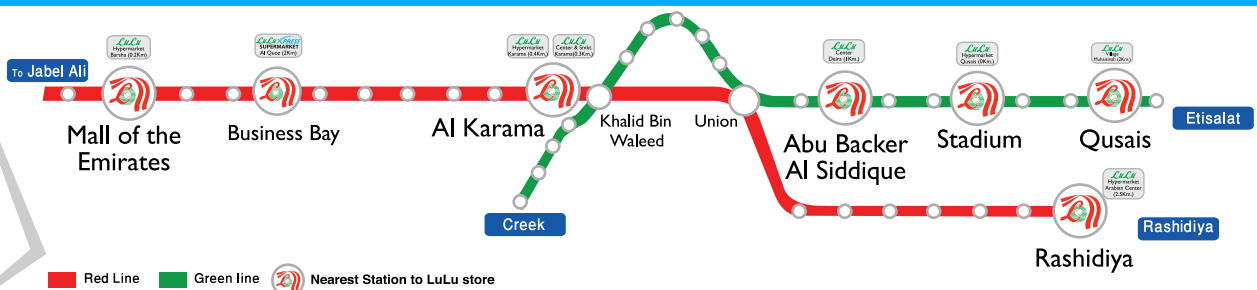


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LuLu by Metro



TRAVEL NEWS

Mövenpick opens in Al Mamzar

Mövenpick Hotels & Resorts has opened its fifth property in Dubai, becoming the first international hotel company in the city's Al Mamzar area of Deira. Mövenpick Hotel Apartments The Square opened with 180 superior and deluxe rooms, as well as one- and two-bedroom hotel apartment suites.

The property is situated close to the Al Mamzar Beach Park and other landmarks within Deira. Each of the rooms and apartments at Mövenpick Hotel Apartments The Square are appointed with a kitchenette, making it homely while still providing all the comfort and services of a hotel. The Spices, a contemporary all day dining restaurant, has a culinary repertoire that includes exotic Asian creations and classic international dishes.



At the rooftop swimming pool, cocktails, light snacks and shisha can be enjoyed. On the sixth floor, a fully-equipped fitness centre is available while executive guests can benefit from four meeting venues with natural daylight and garden views.

"In addition to being the only international hotel company in Al Mamzar, we look forward to differentiate the hotel by providing the Swiss quality, value and five-star service which Mövenpick is renowned for," said Chadi Gedeon, General Manager of Mövenpick Hotel Apartments The Square.

"Our hotel is ideal for families, executive travellers and long-stay guests. I believe our stylish and contemporary-design hotel apartments, coupled with our friendly approach, will provide guests with a memorable stay," he added.

Considering Canberra



Often overlooked, **Canberra** is a hidden beauty amidst the inland hills of Australia.

The Australian Capital Territory (ACT) was born of a dispute between Sydney and Melbourne, each competing to become the capital of the newly independent and federated Australia. Neither could bear for the other to triumph, so when a compromise was reached, a small chunk was carved out of New South Wales' Limestone Plains 280km southwest of Sydney. This became Canberra, the country's smallest self-governing territory.

The city of Canberra is a monument to the young country's aspirations, its urban landscape expertly designed to show off the nation's democratic and cultural institutions.

The city is an excellent destination for museum addicts, with wonderful fine art and historical collections. Canberra is also the nation's political heart—its restaurants buzz with power-lunchers hammering out strategy, while political reporters hang about hoping for gossip or indiscretion. The ACT is, in fact, known for its liberal politics, becoming the first jurisdiction to vote a woman its head of government and enacting progressive legislation.

Australia's almost-too-tidy capital is cradled by mountain ranges and hills covered in bushland. Half of the territory is protected as national park or reserve, with plenty to attract hikers, campers and nature-lovers of all kinds.

The National Museum of Australia takes a wry approach to explaining Australia's identity, so that visitors can come up with their own theories as they meander past displays of everything from possum-skin cloaks to a Hills Hoist clothesline.

The nearby National Film and Sound Archive boasts a delight-

ful courtyard cafe, a cinema showing art-house films and a tiny 1920s theatre that has old home videos, newsreel, ads and other archive on a loop, offering a nostalgia-fest both moving and hilarious.

For those keen to explore the great outdoors, the National Botanic Gardens are filled with lovely walks, and the nearby Namadgi National Park is packed with grey kangaroos and some worthwhile Aboriginal rock art.

Some capital cities almost define the country they represent. What would France be without Paris or England without London?

Canberra, on the other hand, is so obscure that many overseas visitors have never heard of it. The capital is a meticulously designed, made-to-

order metropolis that suffers from some of the same flaws that other purpose-built capitals possess: an over-supply of bureaucrats and students, and a slight under-supply of urban chic. But, a closer look at the capital reveals that Canberra's quirks are, in fact, a fitting testament to Australia's history and culture. ●

Places to visit in Canberra

1. Australian War Memorial
2. National Gallery of Australia
3. Questacon
4. Parliament House
5. Mount Ainslie Lookout
6. Booroomba Rocks Walk
7. Floriade
8. Namadgi National Park
9. Batemans Bay
10. Black Mountain Nature Park



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THE LAUNCH

Techlink opens virtual store on Dubai Metro

Dubai-based Techlink Systems has launched its first virtual store in the UAE, with select display areas in a key Dubai Metro station featuring high resolution images of life-size store shelves stacked with popular consumer electronics such as laptops, tablets, smart phones, music systems and accessories, from leading international brands including HP, Dell, Samsung, Apple, Lenovo, Toshiba, Acer, and Norton.

Mohammed Shameer, Managing Director of Techlink Systems, said the company's inaugural virtual store opened at the Mall of the Emirates Metro Station (exit 1) on the Red Line.



Explaining the functioning of the virtual store, Shameer said each product image has a unique QR code (Quick Response code) next to it. After downloading a free QR code reader from the internet onto their smart phone shoppers can scan the QR code with their smart phone and purchase the product of their choice.

As soon as a customer scans the relevant QR code, the virtual product automatically lands into his online cart. When the online purchase transaction is confirmed, the physical product gets delivered to the customer's doorstep anywhere in the UAE within 24-48 hours.

"The Techlink virtual store is a very unique and innovative concept which will change the way people shop; it's the future of retail in the true sense. People will get to shop with their smart phone or tablet just by pointing the camera and purchasing and with the ease of multiple payment options such as cash on delivery, credit card or credit card at the doorstep," said Shiraz Ali, General Manager, Retail Operations, Techlink Systems.

Submerging technology

Once upon a time, cameras and gadgets could only be used on dry land alone, but new water-resistant technology is bringing us deeper into the blue.

Underwater headphones

Swimming isn't exactly the most exciting activity in the world, but it is good for you—especially if you can manage your 30 minutes of exercise each day splashing about. If you want to add a little excitement to your morning swim you can start wearing underwater headphones and set yourself a soundtrack to make that 30 minutes pass much quicker.



Diving mask with built-in camera

If you ever wanted a gadget that could record anything underwater then this could be just what you've been looking for. You don't need to carry anything in your hands as a built-in camera in the mask frees your hands to concentrate on buoyancy. With an ability to capture still photographs, as well as video, it can be used off the coast of Fujairah, or just playing in the pool.



Lifeproof iPhone case

If you want a case that can protect your iPhone from nearly everything then you will be in safe hands with this offering from LifeProof. There's not too many times you'll need to go swimming with your phone, although it's always handy to have if you're on a boat or heading to the water park. You never know when you might fall in and the last thing you want is a ruined phone losing all your contacts.



The Seajet Scooter

If you're planning on scuba diving or snorkelling anytime soon, check out the BladeFish Seajet scooter. When you're amongst friends who are flapping their way through the water, you'll be gracefully gliding at speeds of up to around 4km an hour for 40 minutes at a time. Agreed, you won't be winning any Olympic Gold medals, but you'll make swimming look cool.



Nuud iPad case

If you don't need such serious protection, you may well prefer a slimmer, lighter, less robust case. If, however, you regularly expose your iPad to the same elements that the Nuud is built to protect against—such as swimming at depths of up to two metres—it's a great option. The innovation of leaving the screen exposed means that, of course, the screen behaves flawlessly, with the tight seal of the rest of the case protecting your iPad's internals.





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NEWS ON WHEELS

Perfect time to buy a Volkswagen

Al Nabooda Automobiles has launched a new promotion on all Volkswagen models. The Celebrate deal sees some of the most admired Volkswagen cars available at reduced rates and with several benefits. The Touareg (pictured) is now available for Dh159,900, while a Polo Sedan goes for Dh55,900. The Jetta and Passat are being sold for Dh69,900 and Dh84,500 respectively.

New Volkswagen buyers are also being offered five years extended warranty, five years roadside assistance, three years or 45,000km free service, a 90-day deferred payment option and free registration. The offer is available at the Volkswagen Dubai showroom on Sheikh Zayed Road.

On top of the benefits, the exclusive dealer for Volkswagen in Dubai and the Northern Emirates will give every new VW customer an Emaar gift card, worth 3,500, which can be used at The Dubai Mall, Dubai Marina Mall as well as in all hotel facilities related to Emaar Properties.



"We wanted to get the new year off to a great start and keep the celebrations going a little longer than normal, so we thought this new promotion would be a welcome surprise for our existing and potential customers," said Thierry Seys, Volkswagen General Manager at Al Nabooda Automobiles.

Volkswagen Dubai cars sold exceptionally well throughout 2012. The Touareg continues to be the most popular Das Auto vehicle in Dubai and the Northern Emirates, while the new sedan category, featuring the Jetta, Passat and Polo, has been overwhelmingly well received by Al Nabooda Automobiles customers.

Arachnophilia



The new McLaren 12C Spider brings Formula One dynamics to the open road.

When McLaren decided to make the leap from Formula One to a city-capable, high performance sports car, they did so with the intention of being 100 per cent McLaren. No parts could be from another manufacturer. Every nut and bolt was to come from the McLaren Technology Centre in England. It's that pedanticism that ensures the machines McLaren release onto the roads are every bit as perfect as the machines they let loose on grand prix circuits.

With a roof that disappears within 17 seconds, the 12C Spider has all the looks of a dream sports car, and—as it's only the second model from the McLaren stable—it has still very much got an exclusivity air to it.

This is a car for the true petrol head, albeit with very deep pockets. Far from a gas-guzzler adorned with pretty gadgets and excessive dials, the interior is as minimalist as a drag-racer might hope for.

Saying that, however, the comfort inside the 12C Spider is a welcome bonus, with its deep-set leather racing seats, ergonomic flow and push to start ignition. The central console is uncluttered, allowing you to get straight to what matters most—driving quickly and effortlessly.

Squeezing down on the accelerator gives a feeling more akin to an aircraft powering down the runway before take-off, only faster. Your biggest problem will be running out of road.

Taking corners is a breeze. Even though there's a lightness to the ProActive Chassis Control, with suspension based on the double wishbones and coil springs most often seen in Formula One cars, traction on turns gives the 12C Spider a much weightier feel, making

traditional metal anti-roll bars completely unnecessary.

Although it may be launched with the intention of being an "everyday" supercar, this is not an engine that wants to go slow. Even cruising along at 100km/h, the drive feels sluggish, however that could be down to the innovative Intake Sound Generator (ISG)

confusing your ears. The system works by controlling the engine intake noise within the cabin at differing levels, depending on the powertrain mode selected for the car. Moving up through normal, sport and track powertrain modes enhances the aural drama and driving experience of the 12C, allowing more of the natural sound of the V8 engine noise to enter the cabin.

By the middle of this decade, McLaren will be producing a range of premium, carbon-based, high performance, highly efficient sports cars—the next of which is widely believed to be the US\$1 million P1, expected to be launched at the upcoming Geneva Motor Show in March. And, if the 12C Spider is setting the benchmark for what the P1 will be exceeding, car lovers may find it hard to fathom just how much more perfect a sports car can get. ●

SPECS
(as tested)
Engine: 3.8-litre V8
0-100km/h: 3.1seconds
Power: 616bhp@7,500rpm
Torque: 600Nm@7,000rpm
Top speed: 328km/h
Price: Dh1million



SPORTING PERFECTION



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How to get headhunted

Simple ways that can keep you ahead of the competition, as well as firmly on potential headhunters' radars.



HANDPICKED FOR POTENTIAL

RECRUITMENT

Have you ever wondered why some people get so many calls from headhunters, but you never seem to be considered for any position? It's not all about how good you are on the job, it has a lot to do with being on the headhunter's radar. With more and more companies depending on headhunters for filling specific, hard-to-find positions, it's highly recommended that you make yourself visible so you don't miss out on the best career opportunities out there. Akhtaboot reveals a number of tips that can help you raise your profile and make sure you're firmly on the headhunter's radar.

STAY ON TOP OF YOUR GAME

The best time to get in contact with a headhunter is when you are actually employed. While there are many good candidates who are unemployed, companies still prefer candidates that are employed and on top of their game. That's why it is highly recommended that you never quit your job until you find a new one. When receiving a call from

a headhunter about a role that you don't find interesting, try to provide another candidate's name. That way, you'll be making a future ally of someone who may be professionally useful in the long term.

TAKE CONTROL OF YOUR ONLINE IMAGE

Many headhunters regularly check professional networking websites to identify potential candidates. What this means for you is that you need to manage your professional image even on social networking websites.



GET AHEAD OF THE GAME

If you want to be searchable, keep your profile open. But keep it clean and interesting. Use neutral pictures that don't show details of your personal life. Be careful what you write in your status updates, tweets and blog posts. Publishing inappropriate content about yourself or your current employer may be harmful when seen by a potential headhunter.

MAKE THE MOST OF ANY NETWORKING EVENTS

You don't just manage your online presence; you need to get yourself

known personally. The most effective way to get noticed by headhunters is to regularly attend networking events. Headhunters go for one important reason; they want to get hold of the attendee lists as sources for potential candidates. Network, give out business cards, and grow your circle of influence.

KEEP IN TOUCH WITH THE HEADHUNTERS

Many employees don't understand the fact that headhunters are not only useful when changing jobs, but also when you are perfectly happy within your position. While you may feel uneasy about keeping in touch with them for no apparent reason, headhunters prefer strong candidates who maintain good relationships with them—even when they are not looking for a job at the time. Over time, your relationships with good headhunters will prove to be mutually beneficial when nurtured the right way.

BEING HELPFUL IS A TWO-WAY EXCHANGE

Giving out recommendations about colleagues and people you know in other companies is up to you. But doing so is very much appreciated by headhunters as they will most probably return the favour when the time comes. Just make sure to agree that this exchange of information stays strictly confidential. ●

By Akhtaboot—the career network (www.akhtaboot.com).

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Beating bad behaviour

Has your child been acting up lately? Do you feel you need help on how to handle the situation? It can be a difficult situation for parents when their child misbehaves or has episodes of bad behaviour, especially in social settings.

A recent study, published in the International Journal of Psychology, revealed that most parents in the United States and China tell lies to their children as a tactic to change their behaviour. The most frequent example was parents threatening to leave children alone in public unless they behaved.

Rather than be left red-faced in a public venue however, it's important to try and take control of the situation when your child starts acting up and handle it calmly. The key is not to get frustrated and to show the child that you will not accept unruly behaviour.

Every child needs a few essential things to grow up strong, healthy, and happy. It is crucial that a child feels loved by their parents and family. A child that grows up in this environment will be secure and more able to adapt to the normal transitions and situations in everyday life.

Your child may misbehave for all kinds of reasons. Some perceived misbehaviours are accidental, such as a child not paying attention when they break something in the house. Or perhaps they are experimenting and testing the limits

of what they can get away with. However, quite often there are times when a parent feels like they are giving as much positive attention and warmth to a child as they possibly can, yet the child still behaves badly.

TEARS AND TANTRUMS CAN TAKE THEIR TOLL

“A child that grows up in a loving environment will be secure and more able to adapt to situations.”



WHAT SHOULD YOU DO IF YOUR CHILD MISBEHAVES?

1. Find the trigger

Start off with exactly when your child started behaving badly. Did something happen? Was there any kind of change that happened in the house? There was a reason your child started to behave in a way that is not normal, and, as a parent, it's up to you to find out what the trigger was.

2. Ignore attention-seeking

If your child is acting foolishly, fighting with siblings or being rude simply to get attention, the best thing to do is ignore it. Misbehaviour is simply an expression of the child wanting to be in charge, to run the show, to become the parent, and to get you to follow their programme. Try and set aside one-on-one time each day with your child so you can give them your undivided attention. Play a game, read a book or take a walk to get away from the distractions of everyday life. Attention-seeking behaviours often subside quickly if the child knows that he or she has your full attention for some time every day.

3. Explain the consequences

Consequences are not just punishments. They are ways to help children think and learn about their behaviour and how it affects their relationships. Time-out is an effective way to discipline a child and allow them to cool off and make a choice to change their behaviour. The amount of time for the time-out should equal one minute for each year of the child's age. Although a few minutes may not seem adequate to you, a child's perception of time is not the same as an adult's. A child under five can cool off and regain control in four or five minutes. Longer periods may encourage your child to start daydreaming about other topics, or simply serve to build resentment and anger instead of addressing the problem.

4. Be consistent

Any time you say something to your child regarding discipline, it is

imperative that you follow through with it. If you say you're going to take something away or put the child in time-out, then you need to follow through with it or your child will know it's an idle threat that they don't have to worry about.

5. Praise good behaviour

For good behaviour, you can reward a child with praise, a hug, some special

time together or whatever feels appropriate. Reward jars are a positive way of reinforcing acceptable behaviour. Place a jar in a visible location and add a marble or decorative stone each time the child exhibits a desired behaviour. Drop a marble or stone into the jar immediately when appropriate behaviour occurs to provide reinforcement for the new behaviour. Agree ahead of time on a special reward once the jar is filled. Start with a small jar to encourage the child to work toward a goal.

6. Relax and let it slide

Sometimes parents can try to be too strict and fight with their kids about every little thing. Stop and take a moment to think about this. Do you really want to be constantly at war with your child? You have to draw the line somewhere, and if you are constantly arguing with your child, this has a negative effect on their development. Pick and choose your battles appropriately and just accept that you should let some things slide so your energy is focused on the really big behavioural issues that need to be worked out. ●



IS IT JUST ATTENTION-SEEKING?



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If you can wrap like a pro, this competition is the way to go!

Do you work in a department or luxury store, and are you naturally good at wrapping gifts artistically? Then enter the Paperworld Middle East Gift Wrapping Competition. It's an opportunity to showcase your skills and creativity to key retail professionals, and a chance to prove you're the "Paperworld Middle East 2013 Wrap Star".

Let your fingers do the talking, as you snip, fold and paste your way to first place!



Enter the competition!



Sugar and spice

Pastels dominated the spring/summer runways in 2012 and this year is no different. Mint green, watermelon, baby pink, lemon and powder blue shades are hotter than ever.

Layer it

Wearing sugar coloured hues head-to-toe can look chic if worn correctly. Opt for an outfit with clean lines and mix the powdery hues. Adding a neutral colour to an ensemble helps to balance out the girly pastel shades, while grey and khaki elements will make an outfit look more laid-back. The pastel trend can also be balanced by chic summer whites. Instead of wearing an all-white ensemble, consider adding a touch of pastel as a fun dash of colour.



RIVER ISLAND

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DOROTHY PERKINS

ASOS



ASOS

Sweet in the heat

Look sweet despite the desert heat in pretty, pastel hues. Try a pair of floral pastel shorts or a mint green sweater accessorised with edgy rose gold jewellery for an on-trend look. Take your cue from the sorbet-like shades seen at Oscar de la Renta for an ultra-feminine look. Opt for a pair of high-waisted shorts in a peach hue and mix with a bright pink blouse. Mixing lighter shades of pink with darker pink hues is a great combination. Go for a 'Twenties-inspired salmon pink lace dress worn with an embroidered blazer for an elegant look.



DOROTHY PERKINS

OSCAR DE LA RENTA

Her

Candy shop

Embrace the season's sweetest candy colours with sleek neutral separates and stylish accessories. Pair a pastel-hued cardigan with a baby blue poodle skirt and a black skinny belt at the waist. Make a bold colour statement by accessorising an all-black ensemble with a minty green clutch or citron satchel. We love the idea of layering a baby pink pencil skirt with a lavender turtleneck, skinny belt and heels for a stylish and feminine retro look.



MISS SELFIDGE

Him

TOPMAN

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Subtle shades

With last year's rise in pastel colours for menswear, it's time to embrace rainbow shades. Whether you're a guy who likes formal attire or casual fashion, pastel colours are versatile and can be implemented into any style. If you still have reservations about wearing pink, then try wearing a softer pastel shade teamed with neutral colours. Pairing a subtle pastel coloured blazer with your staple white shirt and khaki chinos is a great way to hit this trend on the head. A pastel blazer is one item that would work just as well with your suit separates as it would with casual chinos or denim.

Make a statement

Pastels can also be used to make a statement. Opt for a printed or patterned shirt and pair it with a pair of pale pink shorts for a fun, modern look. For those wishing to make more of a statement—or who feel a bit braver when it comes to colour—going bold won't do you any harm. Wearing a pastel blazer with chinos and a tie is a great way to channel your inner preppy guy.

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Station by station guide

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



Cirque du Soleil Dralion

FEBRUARY 6 - 17
DUBAI WORLD TRADE CENTRE

The circus company that has taken the world by storm in recent years arrives here in Dubai, presenting a unique experience that blends the 3,000-year-old tradition of Chinese acrobatic arts with the multidisciplinary approach of Cirque du Soleil. With a multi-talented cast of performers, *Dralion* looks set to hypnotise audiences.



A Handful of Keys

FEBRUARY 7 - 9

MADINAT THEATRE, SOUK MADINAT JUMEIRAH

This multi award-winning show features the talents of Ian Von Memerty and Jonothan Roxmouth. With songs from Elton John, Billy Joel, The Beatles, Stevie Wonder and many more, this eclectic mixture of music, comedy and costumes has been a hit on three continents, now it's back on the Dubai stage to tickle both the ivories and the audience's funny bone. Tickets available from the Madinat Theatre box office, show starts 8pm on Thursday and Friday, 7pm on Saturday.

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Metal Ballroom

FEBRUARY 8, 9PM - 3AM

THE MUSIC ROOM, THE MAJESTIC HOTEL,
MANKHOOL ROAD

Underground metal band, Coat of Arms, is back with the release of their new album *Sun and Satellites*, and what better way to unleash it on Dubai's metalheads than with a live and loud gig at Metal Asylum's Metal Ballroom? Supporting them on the night will be local progressive rock/metal bands Sigma and Vin Sinners.



Aware

UNTIL MARCH 7

FARJAM COLLECTION GALLERY, GATE VILLAGE 4, DIFC

In collaboration with the United Nations World Food Programme (WFP), this exhibition not only presents the artworks of emerging and established Middle Eastern artists, but aims to raise awareness of starvation in the region at the same time by culminating in an auction, with all proceeds donated to WFP's projects to help refugees in Iran.



Taryn Simon exhibition

FEBRUARY 6 - MAY 6

THE PAVILION
DOWNTOWN DUBAI

This solo exhibition by American artist Taryn Simon features a selection of her two

previous bodies of work, *An American Index of the Hidden and Unfamiliar* (2007) and *Contraband* (2010). Examining the hidden elements that contribute to modern American culture, Simon uses her art to investigate and question sites, spaces and perceived hazardous commodities that have contributed to shaping national identity, fear and the economy in the United States.

NEW RELEASE

The credits for *Hitchcock* state that it is based on a book by Stephen Rebello. It isn't, not really, though details and true stories from the book have been slipped into the mix amid amusing performances and historical re-creations. The book, *Alfred Hitchcock and the Making of Psycho*, is a fast, diverting read that, true to its title, tracks how the master of suspense made his influential, perverse shocker. *Hitchcock*, by contrast, is rather like *Psycho*'s Norman Bates, that nervous pretty boy with mommy issues and a bobbing Adam's apple, in that it too takes extravagant liberties with the dead.

It does so largely by doing what some disreputable Hitchcock biographical books have done: It reads him through his work, as if his movies were a direct reflection of his mind, soul and deepest, darkest desires. To that end, it is 1959 and Hitchcock—a fine Anthony Hopkins buried in a fat suit and under distracting facial prosthetics—is casting for a new project. He's just come off one of his greatest films, *North by Northwest*, which delighted the public and critics after the disappointing reception of another of his supreme achievements, *Vertigo*.



At the premiere of *North by Northwest* a reporter asks Hitchcock, "You're the most famous director in the history of the medium, but you're 60 years old, shouldn't you just quit while you're ahead?" Thus challenged Hitchcock searches for, "Something

fresh, something different." What he finds is *Psycho*. Written by Robert Bloch, the 1959 novel was inspired by the macabre crimes of Ed Gein, the serial killer who decorated his home with human body parts and can be blamed for legions of horror films.

But Hitchcock isn't simply taken with *Psycho*, he also becomes possessed by it. As he tries and sometimes struggles to make the movie (the studio isn't keen on the material), the book and, increasingly, its inspiration take him over, disturbing his sleep and invading his dreams. At the same time he is having trouble with his wife, Alma (Helen Mirren), who's grown grievously unhappy with his fixation on the blondes who populate his work. She finds some refuge in a relationship with a sycophantic screenwriter, Whitfield Cook (Danny Huston), whose hovering attention contrasts sharply with Hitchcock's standoffishness. Hitchcock, though, is apparently a much smaller man without Alma, who is at once his

Distasteful psychosis

Billed as a fact-based biopic about the man who shaped a genre, *Hitchcock* clutches at straws to portray a complex individual in his true light.

Did you know?

- Anthony Hopkins actually met Alfred Hitchcock when he was younger. Hopkins was accompanied by his agent who introduced him to Hitchcock in a restaurant.
- Scarlett Johansson portrays Janet Leigh in this film. Johansson and Leigh's daughter (Jamie Lee Curtis) share the same birthday.

- Murderer Ed Gein inspired the character of Norman Bates in the original Robert Bloch novel *Psycho*. Gein also inspired the character of Jame Gumb (Buffalo Bill) in Thomas Harris' novel *The Silence of the Lambs* which featured Anthony Hopkins in the film version.
- The film was shot in only 36 days.

adviser, crutch and cinematic saviour. The fantasy vision of Alma and Hitchcock's marriage is one unfortunate element in a movie that doesn't merely give creative genius a bad name, but also pathologises it. Fearlessly unsubtle, director Sacha Gervasi crams the production with bird imagery and shows Hitchcock sneaking peeks at a blonde in a tight grey suit, a proxy for Kim Novak's character in *Vertigo*.

The filmmakers even bring Gein (Michael Wincott) into the picture, so that he can loom and lurk in the shadows of Hitchcock's imagination. Hitchcock, or so you are meant to believe, was himself a little bit psychotic and could only work from a place of inner madness. His stash of glamorous shots of his blondes are the equivalent of Gein's grisly human trophies.

The real Hitchcock's great flaw, apparently, was that he was at once a genius and a private man, a combination that has allowed some writers and filmmakers to have their insultingly imaginative way with him. The recent HBO exploitation flick, *The Girl*, for instance, about his relationship with the actress Tippi Hedren,

painted him as a pathetic predator. Although it tiptoes on the dark side, *Hitchcock* takes a lighter, more strenuously comic—if slightly patronising—approach to the director.

The movie has its diversions, including Scarlett Johansson's bodacious Janet Leigh and Michael Stuhlbarg's wheedling Lew Wasserman. But it's fluff. While its dim fantasies about Hitchcock and the association of genius with psychosis can be written off as silly, they also smack of spiteful jealousy. ●

“Hitchcock, or so you are meant to believe, was himself a little bit psychotic and could only work from a place of inner madness.”



STUNNING SCARLETT AS JANET LEIGH

THE ONE TO 100 OF MOVIES

Fourteen Hours



It's been said the rash of films about people having their 15 minutes of fame have already had their 15 minutes. If that's the case, then someone clearly forgot to inform John Herzfeld who wrote and directed *15 Minutes*, a film titled after Andy Warhol's proclamation and devoted to the pursuit and price of fame.

The film is both a parody and indictment of an American society obsessed with fame; a society whose moral compass is skewed more by money than by integrity.

15 Minutes attempts to convey its message by exaggerating situations sufficiently, but remaining close enough to reality

to make things uncomfortable. It's a fine line, but one that it only occasionally navigates successfully. The liberal and graphic violence is almost so cartoonish that you find yourself laughing more than wincing.

Eddie Fleming (Robert De Niro) is a celebrated cop who has deliberately cultivated his media profile, saying fame makes his job easier. He collaborates with the tabloid TV show *Top Story* and its unscrupulous host Robert Hawkins (Kelsey Grammer) in arranging to arrest people on camera. It's a ploy that has earned Fleming notoriety and the cover of *People* magazine.

Any country whose legal system rewards murderers and whose media's lust for violence and sensationalism supersedes its sense of social responsibility, is providing a target for ridicule. It's a target that *15 Minutes* hits accurately, and often.

“The film is both a parody and indictment of a society obsessed with fame”

Bollywood news

Winning the race

Abbas-Mustan's action thriller, *Race 2*, has proved to be a big hit with cinema-goers, taking a total of Rs15.12 crores worldwide on its day of release. The movie is a sequel to the 2008 hit *Race* and stars Saif Ali Khan, Deepika Padukone, John Abraham, Jacqueline Fernandez, Anil Kapoor and Ameesha Patel.



In the mood for dancing

Looks like Bollywood actor and filmmaker Farhan Akhtar is all set to get into the party spirit, as it's been revealed that he will be performing live at next week's Goa carnival. As well as singing and dancing live, Akhtar will ride along on one of the carnival floats to bring a true taste of Bollywood to the streets of Goa.

Bachchan in the clear

The recent hot water surrounding superstar Amitabh Bachchan is starting to cool down, following the dismissal of a legal case brought against the actor. And, to tie in with the good news, Big B celebrated by offering fans free tickets to the Global Sounds of Peace concert held in Mumbai last week.



Listings

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



HANSEL AND GRETEL: WITCH HUNTERS

MOVIE GUIDE

Grand Cineplex - Wafi

Ala Gothety - 11:00, 13:40, 16:20, 19:00, 21:40, 00:20
David - 10:30, 13:30, 16:30, 19:30, 22:30
Django Unchained - 11:20, 14:30, 17:40, 20:50, 00:00
Gangster Squad - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Hansel And Gretel - 10:50, 12:40, 14:30, 16:20, 18:10, 20:00, 21:50, 23:40, 01:30
Hansel And Gretel (3D) - 21:00, 22:50, 00:40
The Last Stand - 11:10, 13:20, 15:30, 17:40, 19:50, 22:00, 00:10
Lincoln - 10:00, 12:50, 15:40, 18:30, 21:20, 00:10
Race 2 - 11:20, 14:10, 17:00, 19:50, 22:40
Texas Chainsaw - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Two Days In New York - 11:10, 13:10, 15:10, 17:10, 19:10
Warm Bodies - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Zero Dark Thirty - 10:45, 13:45, 16:45, 19:45, 22:45

Grand Megaplex - Ibn Battuta

Ala Gothety - 11:00, 13:40, 16:20, 19:00, 21:40, 00:20
Argo - 21:00, 23:20
Chinese Zodiac - 17:20, 19:40, 22:00, 00:20
David - 10:30, 13:30, 16:30, 19:30, 22:30
Django Unchained - 11:20, 14:30, 17:40, 20:50, 00:00
Gangster Squad - 10:15, 12:30,

14:45, 17:00, 19:15, 21:30, 23:45
Hansel And Gretel - 10:50, 12:40, 14:30, 16:20, 18:10, 20:00, 21:50, 23:40
Hansel And Gretel (3D) - 10:00, 11:50, 13:40, 15:30, 17:20, 19:10, 21:00, 22:50, 00:40
The Hobbit - 10:15, 13:30, 16:45, 20:00
Kadal - 10:30, 13:45, 17:00, 20:15, 23:30
Kammath And Kammath - 11:00, 14:00, 17:00, 20:00, 23:00
Les Miserables - 10:30, 13:30, 16:30, 19:30, 22:30
Life Of Pi (3D) - 11:20, 13:50, 16:20, 18:50, 21:20, 23:50
Lincoln - 10:00, 12:50, 15:40, 18:30, 21:20, 00:10
Race 2 - 11:40, 14:30, 17:20, 20:10, 23:00
Skyfall - 23:15
Snowflake The White Gorilla - 10:00, 11:45, 13:30, 15:15
Standing Ovation - 10:30, 12:40, 14:50, 17:00, 19:10, 21:20, 23:30
Tad The Lost Explorer (3D) - 10:00, 11:50, 13:40, 15:30, 17:20, 19:10
Texas Chainsaw (3D) - 10:30, 12:30, 14:30, 16:30, 18:30, 20:30, 22:30, 00:30
Two Days In New York - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Warm Bodies - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Zero Dark Thirty - 11:00, 14:00, 17:00, 20:00, 23:00

Grand Cinemas - Festival City

Ala Gothety - 11:00, 13:40, 16:20, 19:00, 21:40, 00:20
Chinese Zodiac - 17:20, 22:00
David - 10:30, 13:30, 16:30, 19:30, 22:30
Django Unchained - 23:30
Gangster Squad - 19:40, 00:20
Hansel And Gretel (3D) - 10:00,

11:50, 13:40, 15:30, 17:20, 19:10, 21:00, 22:50, 00:40
Life Of Pi (3D) - 11:20, 13:50, 16:20, 18:50, 21:20, 23:50
Lincoln - 10:00, 12:50, 15:40, 18:30, 20:20, 21:20, 23:10, 00:10
Race 2 - 11:40, 14:30, 17:20, 20:10, 23:00
Snowflake The White Gorilla - 10:00, 11:45, 13:30, 15:15
Standing Ovation - 10:30, 12:40, 14:50, 17:00, 19:10, 21:20
Texas Chainsaw - 10:20, 12:20, 14:20, 16:20, 18:20
Two Days In New York - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Warm Bodies - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Zero Dark Thirty - 10:45, 13:45, 16:45, 19:45, 22:45

Grand Cinacity - Al Ghurair

David - 10:30, 13:30, 16:30, 19:30, 22:30
Deadfall - 10:00, 12:00, 14:00, 16:00, 18:00
Hansel And Gretel (3D) - 10:00, 11:50, 13:40, 15:30, 17:20, 19:10, 21:00, 22:50, 00:40
Kadal - 10:30, 13:45, 17:00, 20:15, 23:30
Kammath And Kammath - 11:00, 14:00, 17:00, 20:00, 23:00
Lincoln - 10:00, 12:50, 15:40, 18:30, 21:20, 00:10
Race 2 - 12:00, 14:50, 17:40, 20:30, 23:20
Warm Bodies - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Zero Dark Thirty - 20:00, 23:00

Reel Cinemas - Dubai Mall

Ala Gothety - 13:30, 15:55, 18:20, 20:45, 23:10, 01:30
Argo - 16:15, 21:30, 00:40

Chinese Zodiac - 11:30, 14:55, 17:25, 19:55, 01:00
David - 13:00, 16:05, 19:05, 22:05, 01:10
Django Unchained - 14:00, 17:10, 20:25, 23:40
Gangster Squad - 11:00, 13:25, 15:50, 18:15, 20:40, 23:05, 01:30
Hansel And Gretel - 11:15, 13:20, 15:25, 17:30, 19:35, 21:40, 23:40, 01:40
Hansel And Gretel (3D) - 14:15, 16:25, 18:35, 20:45, 22:55, 01:05
The Hobbit - 11:00, 16:20, 00:50
The Impossible - 11:05, 16:35, 22:15
Jack Reacher - 13:40, 19:40, 22:15, 00:55
Les Miserables - 13:25, 19:00, 00:25, 00:40
Life Of Pi (3D) - 13:15, 17:55, 22:25, 00:40
Lincoln - 11:10, 13:00, 14:10, 16:00, 17:10, 19:00, 20:10, 22:00, 23:10, 01:00
Snowflake The White Gorilla - 11:05, 13:20, 15:15, 17:10, 19:05, 21:00, 22:55
Standing Ovation - 11:10, 13:25, 15:40, 17:55, 20:10, 22:25
Tad The Lost Explorer (3D) - 11:00, 12:55
Texas Chainsaw (3D) - 15:50, 20:30, 22:35
This Is 40 - 13:30, 18:45, 00:05
Two Days In New York - 14:00, 16:05, 18:10, 20:15, 22:20
Warm Bodies - 14:15, 16:25, 18:35, 20:45, 22:55, 01:00
Zero Dark Thirty - 11:50, 15:00, 18:10, 21:20, 00:30

Reel Cinemas - Marina Mall

Django Unchained - 11:20, 14:35, 17:50, 21:05, 00:20
Gangster Squad - 15:30, 17:55, 20:20, 22:40, 01:00
Hansel And Gretel (3D) - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00, 00:55
The Impossible - 11:15, 00:35



Life of Pi - 11:05, 13:40, 22:00
Lincoln - 12:55, 15:55, 18:55, 21:55, 00:50
Snowflake The White Gorilla - 11:00, 13:35, 16:15, 18:10, 20:05
Zero Dark Thirty - 11:50, 15:00, 18:10, 21:20, 00:25

Vox Cinemas - Deira City Centre

Ala Gothety - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
David - 12:00, 15:00, 18:00, 21:00, 00:00
Hansel And Gretel (3D) - 09:45, 11:45, 13:45, 15:45, 17:45, 19:45, 21:45, 23:45
Kadal - 09:00, 12:15, 15:30, 18:45, 22:00, 01:15
Kammath And Kammath - 11:30, 14:30, 17:30, 20:30, 23:30
Life of Pi (3D) - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45
Lincoln - 11:15, 14:15, 17:15, 20:15, 23:15
Race 2 - 11:15, 14:15, 17:15, 20:15, 23:15
Warm Bodies - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45

Vox Cinemas - Mall of the Emirates

Ala Gothety - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Chinese Zodiac (3D) - 10:45, 13:15,



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Bed space available for rent. Kabayans only. Near Snowwhite, fish r/a area, Deira. Walking distance to Union metro and bus station. Rent for Dh600 & Dh550 with DEWA + Wi-Fi. Call 0553378489.

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The February 10-16, 2013 edition of *Read.* will feature a special Valentine's Day 2013 section. This is an ideal opportunity for retailers planning special offers and deals for Valentine's Day 2013.

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Superbrand status for RTA

Superbrand status honour for the second year running is testimony to enhancement of corporate identity.

ACHIEVEMENT

The Superbrands Council has honoured the Roads and Transport Authority (RTA) with Superbrand status for the second year running, in recognition of its efforts and achievements to enhance its corporate identity in a way compatible with the scope and quality of services offered to public transport users in Dubai.

Dr Aysha Al-Busmait, Director of RTA Marketing and Corporate Communication, expressed her delight with the RTA being honoured with the Superbrand status, signalling the RTA's commitment to the UAE populace, particularly in serving commuters of Dubai public transport means, spanning the Metro, public buses, water transport and other related services including e-services, with

“The diversity and quality of RTA services delivered to the public were—and still are—two critical benchmarks.”



MATTAR AL TAYER AND SENIOR RTA OFFICIALS SEEN WITH THE SUPERBRAND CERTIFICATION

a view to ensuring prompt, smooth and transparent processing.

“The strength of a Superbrand is not only attributed to the quality of products, services and solutions

provided by an entity, but also goes down to the commitment of the entity to the noble and high values, remaining true to business ethics, continuous interaction with organi-

sations, events and social activities, and the readiness to lend unlimited support in the context of corporate social responsibility,” she stated.

“Famous brands are often well known to many people, even though they are unaware of their products or services. The diversity and top quality of RTA services delivered to the public at world-class standards were—and are still—two critical benchmarks in identifying its corporate identity, and establishing it as a reliable name in the public transport sector, not only at the UAE level, but across the entire region as well, thanks to the competency demonstrated in undertaking mega and vital projects, and launching strategic initiatives paving the way for the delivery of classy, flexible, transparent and sound services,” she added.

Since its inception in 2005, the RTA has attached paramount attention to showcasing its corporate identity within the UAE community in general and Dubai in particular, covering all spectrums of the community, be it citizens, residents or visitors hailing from all corners of the globe.

Metro awarded for best practices

The Dubai Metro project is recognised for its positive contribution towards improving the living environment.

AWARDS

The Roads and Transport Authority (RTA), has clinched the Dubai International Award for Best Practices (DIABP) in the category of improving the living environment, during the ninth edition of the award.

The DIABP is held under the patronage of His Highness Sheikh Mohammed Bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, and His Highness Sheikh Hamdan Bin Rashid Al Maktoum, Deputy Ruler of Dubai and Minister of Finance, to honour the practices which contribute positively to the living environment.

The Dubai Metro project emerged as the winner in recognition of its substantial implications in the fields



ADNAN AL HAMMADI

of public health, environment and the economy of Dubai inhabitants, thanks to its contribution in terms of easing mobility within Dubai, providing affordable public transport, improving traffic conditions in some key areas by 25 per cent, and appreciating



THE DIABPTROPHY

the value of properties neighbouring the Metro track by 20 per cent.

Adnan Al Hammadi, CEO of the RTA Rail Agency, said, “Winning this award is a testament to the RTA's commitment to the objectives of the UAE and Dubai in achieving sustainable development of human settlements and protecting the environment as well as public health.

“Winning the accolade underscores the RTA's keenness to broaden the scope of the Dubai Metro project from just a project to improve transit means, infrastructure and traffic flow, to enhancing the concept of using clean energy along with the associated environmental conservation efforts aligned with the highest global standards and other benefits adding to the improved living environment.”

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Win



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twice or more a day throughout February 2013 and you could win.

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Nol Card, and will be announced on
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Dubai Metro



My City.
My Metro.

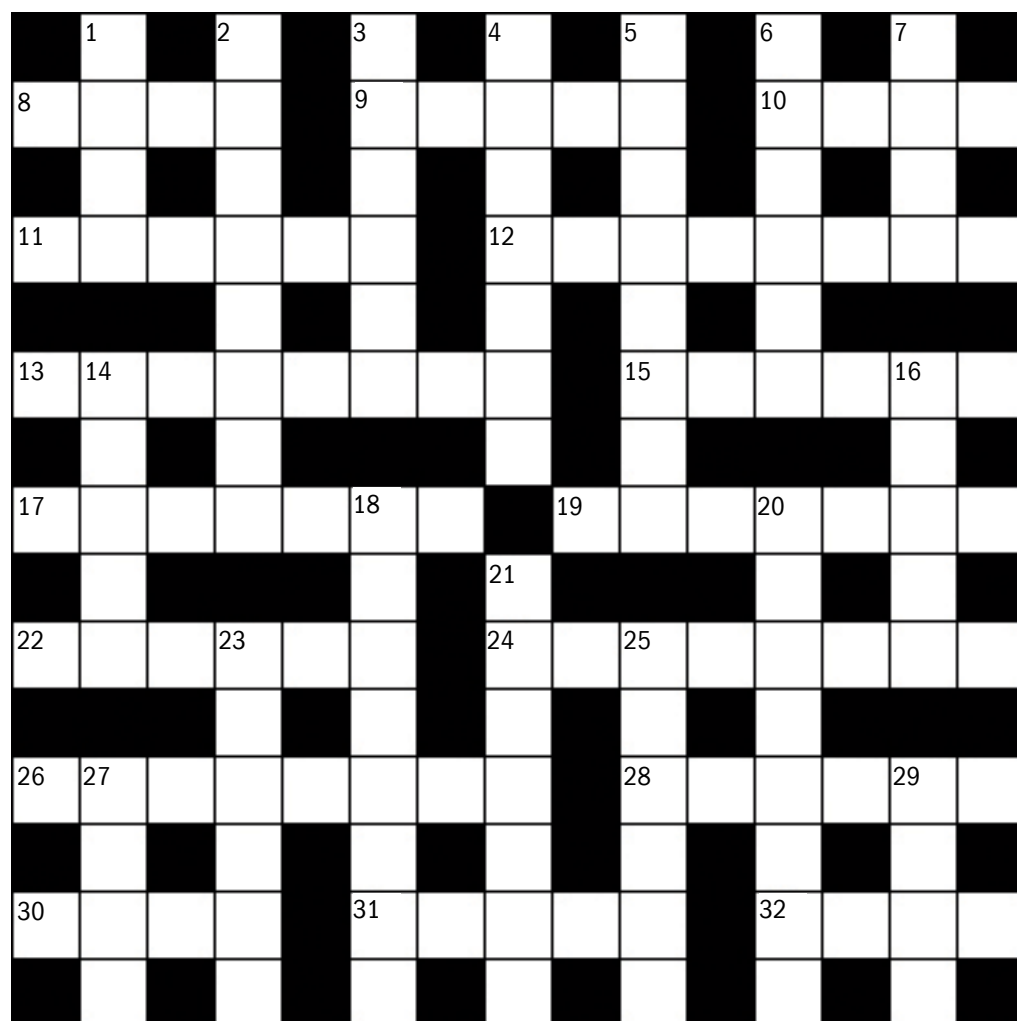
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Taking your time

Ponder over our puzzles, relish a new recipe and catch up with our cartoons.



Crossword

Across

8 Not sweet (4) **9** Rental agreement (5) **10** Test (4) **11** Name derived from the name of a person (6) **12** Early symptom of disease (8) **13** Ridicule (8) **15** Initiate into an office or position (6) **17** Craves (7) **19** Indigenous people (7) **22** Monkey-bread tree (6) **24** Limbo (8) **26** Envenom (8) **28** Take to be true (6) **30** Hike or journey (4) **31** Large serving spoon (5) **32** Current (4)

Down

1 Coil or circuit (4) **2** Alloting (8) **3** Graduates (6) **4** Bending or distorting (7) **5** Type of flour (8) **6** Charred (6) **7** Injury (4) **14** Mediterranean herbs (5) **16** System of beliefs (5) **18** In a strong manner (8) **20** Financially committed (8) **21** Twister (7) **23** Hinders (6) **25** Departs (6) **27** Being nothing more than specified (4) **29** Constructed (4)

ANSWERS



Recipe

Lebanese lentil soup

This soup provides healthy home comfort in a bowl.

Ingredients

6 cups chicken stock
400g red lentils
3 tbsp olive oil
1 tbsp minced garlic
1 large onion, chopped
1 tbsp ground cumin
1/2 tspn cayenne pepper
1/2 cup chopped coriander

Method

1. Bring the chicken stock and lentils to the boil in a large saucepan over a high heat. Once boiling, reduce the heat to medium and simmer gently for 20 minutes.
2. Meanwhile, heat the olive oil in a skillet over medium heat. Stir in the

garlic and onion and fry together for approximately three minutes until the onion has softened and turned translucent.

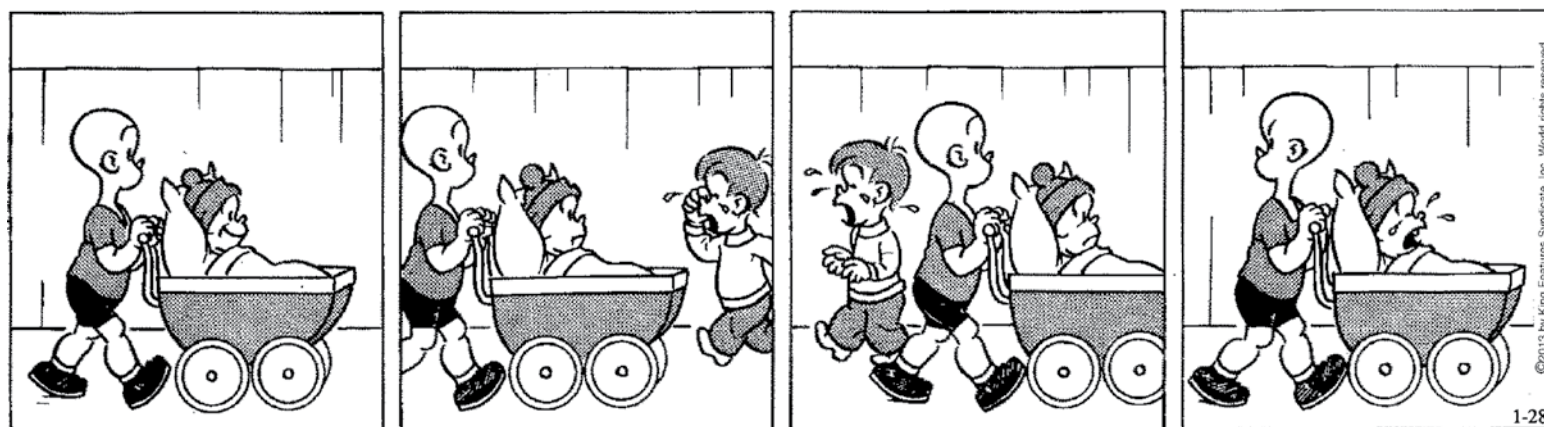
3. Stir the onion and garlic mixture into the lentils and season with the cumin and cayenne pepper. Leave to simmer gently on a medium heat for around 10 minutes until the lentils are tender.

4. Puree the soup in a standing blender—or with a handheld blender—until smooth but still relatively thick. Stir in the coriander and a squeeze of lemon juice before serving with bread of your choice.

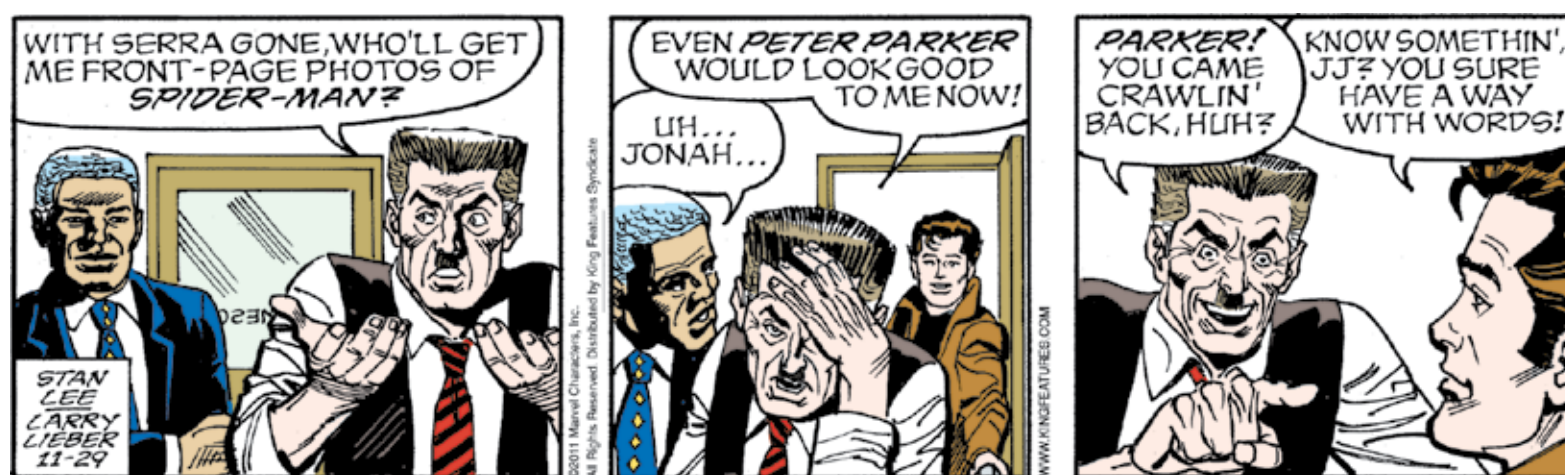
Serves
6



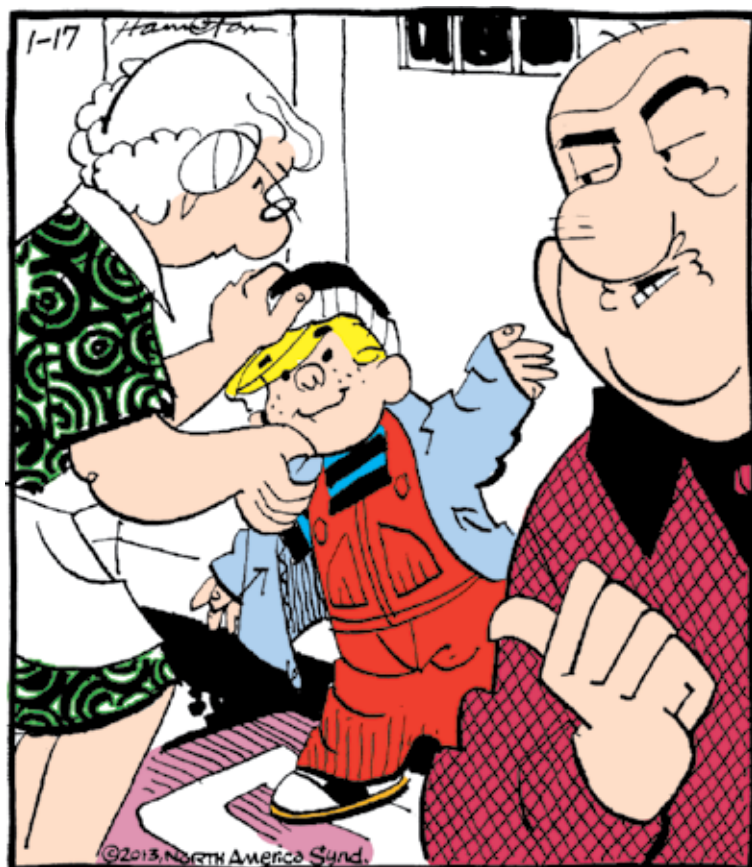
Henry



Spiderman



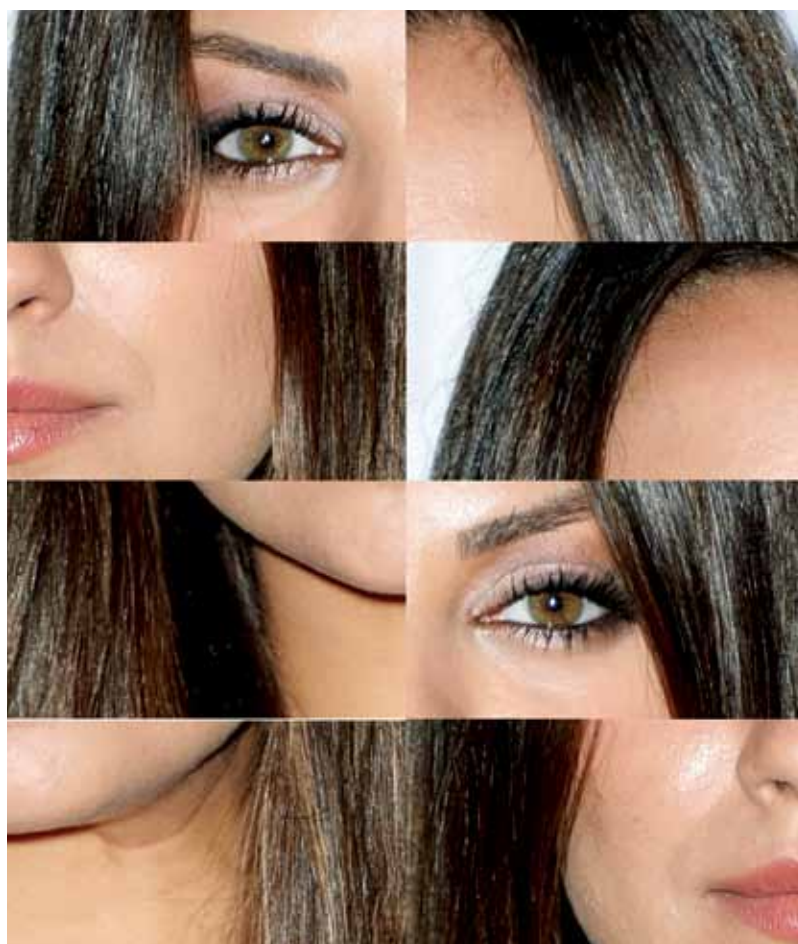
Dennis the menace



"IF HE'S SUCH A 'SWEET' LITTLE BOY, HOW COME HE GIVES ME A 'SOUR' STOMACH?"

Who's this?

ANSWER ON PAGE 34



Puzzles

Arrowword

Inflatable mattress		Abdominal crunches, eg (3-3)		___ hat, knitted cap		Reeded instrument		Disconnected		Colosseum's city		Movement of water to a place
				Silly fools, clumsy oafs								
Belittles		'Welcome' rug		Mick Jagger's alma mater (inits)		Salty oriental sauce		Is in possession of		Umberto ___, Italian author		Offspring
							Parts of the feet					
Buddies					In biology, eggs				Dove's soft cry			
Hard as a certain metal							Displayed					

Sudoku 1

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

Sudoku 2

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

ANSWERS

ARROWWORD

N	M	O	H	S		L	E	T	S
O	O	C	A	V	A	O	L	A	P
S	T	E	H	S	L	E	S	B	U
S	F	O	M	F	O	L	B	U	H
S	N	O	F	O	B	U	L	O	L
I	R	O	O	O	B	S			

SUDOKU 1

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

SUDOKU 2

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

WHO'S THIS? ANSWER - MILA KUNIS



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What's in your stars?

The Read. astrologer tells you what you can expect over the next seven days.

ARIES

(MAR 21 - APR 20)

You may receive some information about how to increase your income in a short period of time. This information may or may not be valid so be cautious. Check out the facts before committing, however, great opportunities should always be explored.



TAURUS

(APR 21 - MAY 21)

Relations might be somewhat strained this week. You may have been under a lot of stress recently and could find yourself snapping at loved ones. It might be a good idea to try to be cordial and cooperative, even if you don't always feel like it.



GEMINI

(MAY 22 - JUN 21)

Stress surrounding a new project at work might be causing your energy to flag somewhat. You may even be feeling under the weather, so take this time to stay at home and recover. Avoid stressful situations and stick to doing the things you enjoy most.



CANCER

(JUN 22 - JUL 23)

You may want to get together with a good friend, but other commitments are stopping you right now. Perhaps it's best to schedule a meeting of some kind. You will need the comfort and friendship if nothing else, so make the effort to meet up.



LEO

(JUL 24 - AUG 23)

Problems might arise with equipment that you use at home or is involved with the structure of the house. Appliances may break or certain things could require repairs. This might involve staying home to wait for help, which, though frustrating, must be done.



VIRGO

(AUG 24 - SEP 23)

News could arrive, that—although it doesn't concern you directly—could affect the situation around you. Whatever it is, check it out properly before accepting what you're told as the whole truth. The situation is probably more positive than it seems.



LIBRA

(SEP 24 - OCT 23)

There could be a transformation in your values, particularly where business is concerned. You could be opening up to the potential for prosperity, and this is definitely something to explore. Take care that you don't lose sight of what really matters, though.



SCORPIO

(OCT 24 - NOV 22)

Stress, strain, and a little conflict within a business, personal, or creative partnership could have you toying with the idea of ending it. Don't do anything rash right now. Wait a day or so and think about it carefully—if you break it off too soon you may regret it.



SAGITTARIUS

(NOV 23 - DEC 21)

You might feel insecure about your physical fitness, and may decide to make up for a lack of exercise over the past few weeks. This is fine, but take it slowly. Strained muscles and exhaustion could result from pushing yourself, and that won't do you any good.



CAPRICORN

(DEC 22 - JAN 20)

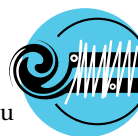
A friend is having a tough time and may need a sympathetic ear. The problem is, you might be a little stressed yourself and not feel much like hearing about their troubles. Try to be compassionate—you might need a shoulder to cry on at some point in the future.



AQUARIUS

(JAN 21 - FEB 19)

Demands placed on you by others could have you feeling stressed, and you might come close to losing your temper. That isn't necessary. All you have to do is learn to say no. It might not be easy, since you tend to want to please everyone, but you have to look out for yourself.



PISCES

(FEB 20 - MAR 20)

This week you might have thoughts of expanding your horizons, perhaps travelling or even moving away. Returning to school for further education could also be a possibility, as your mind focuses more on personal growth rather than financial gain.



This week's local weather

SUN



3rd

WARM
HIGH 23C
LOW 18C
HUMIDITY 51%

MON



4th

WARM
HIGH 22C
LOW 18C
HUMIDITY 56%

TUE



5th

WARM
HIGH 22C
LOW 17C
HUMIDITY 57%

WED



6th

WARM
HIGH 22C
LOW 18C
HUMIDITY 56%

THU



7th

SUNNY
HIGH 24C
LOW 20C
HUMIDITY 49%

FRI



8th

SUNNY
HIGH 24C
LOW 19C
HUMIDITY 53%

SAT



9th

WARM
HIGH 25C
LOW 19C
HUMIDITY 56%



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