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MARCH 24-30, 2013 | Issue 93

Read.



A BITTER PILL

The latest Hollywood psychological thriller features a long list of big name stars tackling a very big issue



NICE AND EASY



CASTING A STYLE SPELL

They sport some stunning outfits on the big screen, but Mila Kunis and James Franco look just as cool on the red carpet



ENTER A NEW AGE

While we may be unable to prevent ageing, there are certain things that could be making you appear older than you are

Gadget generation

How education is changing shape to fit the future of technology

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.

✉ METEOROLOGICAL METRO

Thanks to the Metro for taking us safely—and on time—to our workplaces in adverse weather conditions such as heavy fog or rain in the winter.

✉ LADIES FIRST

At present, one carriage is allotted for ladies on the Metro. But it seems inadequate and we often see too many women rushing to get in and out of this carriage. A minimum of 10 seats should be provided to ladies in all the carriages. Also, many ladies find it difficult to stand as the holding rods are just a little too high to catch. With so many ladies choosing to use all the available carriages an adjustment of the rods would be desirable.

George

WORKPLACE WOES



✉ THE HARDEST JOB

I always pick up a copy of *Read.* when I can. However, your 'careers' page often doesn't address the vulnerable condition of the naïve worker. As a general worker, I spent 22 years in different companies and countries. During this period I have seen that being a breadwinner is the hardest job. The outlook of the management towards general workers everywhere is the same. Long hours and low salary is a universal disease, while verbal abuse and the threat of being fired makes the worker's life insipid. This is a hidden truth of society.

K.B. Basnet

Read. Poll

If you lost your wallet or purse would a kind finder be able to contact you?

- Yes, I carry my contact details
- No, I do not carry my contact details

Cast your vote online at www.readme.ae

LAST READ. POLL RESULTS

How often do you take sick leave on average?

Every month	14%
Every 3-6 months	37%
Every 7-12 months	15%
Never	34%

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NELSON LOBO



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RENUITH KRISHNAKRIPA

What's happening this week on **readme.ae?**

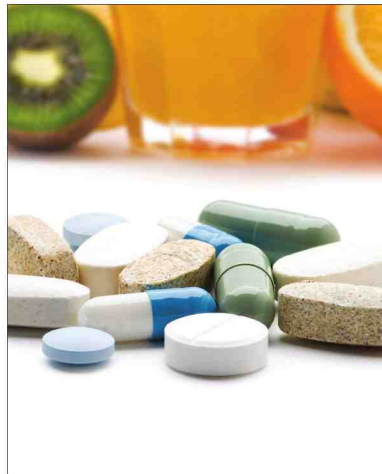
Make sure you check out our website for these daily specials, which appear online every afternoon. 'Like' us on Facebook so that we can keep you up to date with our latest online features and fun.

Coming up this week



TODAY

A few weeks back we reported on the buzz surrounding Samsung's much-awaited Galaxy S4 and now that it has been officially launched, we take a more detailed look at this latest smartphone which allows you to control its 5-inch screen using only your eye movements and further utilises your eyes and wrist to scroll through emails and other content.



MONDAY

Health-conscious people may swear by it but there are studies that show that taking multivitamins can do more harm than good. We take a look at whether multivitamins can promote health or are a waste of money.



TUESDAY

According to a recent study, tea and coffee may help lower your risk of having a stroke, especially when both are a regular part of your diet. We take a look at how these drinks can add a positive impact to your lifestyle.



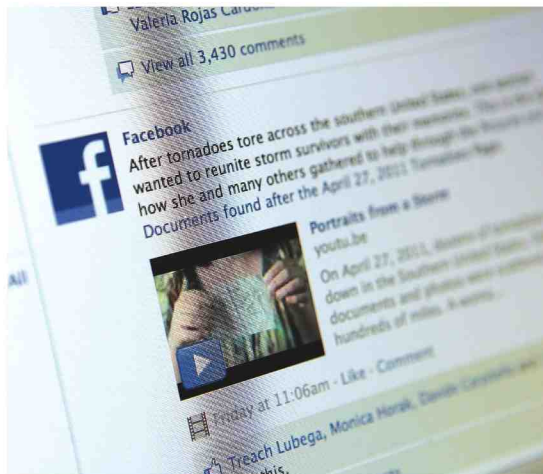
WEDNESDAY

Thanks to the advent of low-cost airlines, travelling has become easier than ever. But, despite reduced prices, there are other costs of flying cheap. We take a look at the pros and cons.



THURSDAY

If you think you're keeping away from all addictions, you might still fall victim to one addictive substance in large quantities—sugar. Why it is so hard to avoid the sweet stuff?



FRIDAY

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)

Who is your top sporting star?

Hashim Amla is without a doubt one of the best batsmen of this decade. He has proved that he is a legend in the making without any media frenzy. His calm and composed nature reminds us of some of the great gutsy cricketers of yesteryear's who played cricket out of their love and passion for the game.

— **Nouman Owaize**

Rafael Nadal himself. A thorough gentleman and a great sports personality. Almost a year back, when he thrashed out of the Wimbledon preliminary rounds to Rusol. On win-

ning the final point of that match, Rusol threw his tennis racket in jubilation, which struck the net and Great Rafael Nadal helped him pick up his racket...!! That's the greatness of a man who just got beaten and did something a Great man could do...!!

— **Farrukh Askari Naqvi**

What adventure would you most like to experience in your lifetime?

I like water and swimming is my passion so want to do something ex-



ARE YOU THE ADVENTUROUS TYPE?

cited in the sea. Maybe water rafting from Dubai to India with couple of my courageous friend also to cross the English Channel once in my life time inshallah.

— **Tabish Jamal**

I want to jump, from Burj Khalifa, more than the height from where Tom Cruise jumped...hahahaha.

— **Arman Hossen**

The UAE is ranked 17th happiest country in the world. What makes you happy about living in Dubai?

As Dubai is hub for all nationality equal rights are given every day. Equal rights to celebrate Religious culture and occasion for every nationality. Families feel secure to walk around and go for shopping and women are respected whatever nationality they are.

— **Azmat Lodhi**



A HAPPY NATION

Dubai is such a safe place compared to the rest of the world there are no shortages of any sort. There is equality between people of all walks of life. I love it because it's my city.

— **Eman Qadeer**

Peace of mind. Peace of life. A better place to live. UAE laws, rules and regulations are so much the better.

— **Murtaza Ametwala**

Arabian Center is 4 years old

Mall hosts exclusive meet and greet session for customers with international football stars from Al Ahli Club.

EVENT

Arabian Center recently celebrated its fourth anniversary with a visit from the international football stars of Al Ahli Club, Dubai. In addition to the players who won the Gulf Cup Championship, the guests included international superstars who play for the UAE national team.

Some of the stars who were present included Fabio Cannavaro, Ricardo Quaresma, Grafite, Abdulaziz AlBallooshi, Abdelaziz Sanqour, Basheer Alhammedi, Majed Naser and Majed Hassan.

The celebration included a cake cutting ceremony with the management team of Arabian Center and the Al Ahli Club players. A road show was also organised by Al Rabia FM where RJ Salim El Halabi 'Omar' kept the audience entertained.

Commenting on the occasion,



ALL SMILES AT ARABIAN CENTER

Tim Jones, Chief Operating Officer, Arabian Center, said, "We are pleased to announce the completion of four years for Arabian Center. Over these four years we have received a remarkable response from our customers who have kept their faith and

trust in us. We have been obliged to service our customers with the best brands and best services."

He added, "The idea behind inviting the Al Ahli football team for the celebration was to treat our customers in the best possible way. We have

always ensured to provide an exciting platform for family entertainment and make sure that our customers have the best shopping experience they can at Arabian Center. We look forward to many more years to deliver the best to our valued customers."

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Among the big name pop stars heading over to Dubai in the next few months, there are a few—perhaps less well-known—artists who will also be gracing various venues across the city.

One such artist is Catrin Finch, who is getting set to perform at The Madinat Theatre on March 25 as part of The Score classical series. Playing for the first time ever in Dubai, the Welsh harpist will be showing audiences here exactly why she was awarded the esteemed accolade of Royal Harpist to HRH the Prince of Wales from 2000 to 2004.

When asked about her years spent in this highly-regarded position, Finch recalls, "It was a huge privilege and honour for me. My predecessor last held the position for Queen Victoria in 1874, so it had been dormant for a quite some time. It meant performing regularly in incredible places such as Buckingham Palace and Windsor Castle, and events ranged from official dinners, corporate events, or even sometimes intimate, private events and dinners that Prince Charles would hold at Highgrove or Sandringham. These were always very much a special, personal experience for me."

But, with connotations of regality and an intellectual audience, many people consider the harp to be an exclusive instrument. This, however, is not the case. With artists such as Finch bringing the instrument to a new generation, the harp is being considered by more and more young people. Finch explains, "The harp is quite an unknown instrument and somewhat of a mystery to many people. I often find audiences are intrigued to know more and love learning about its capabilities. I never get tired of hearing how surprised people are during my concerts



at how much sound the harp can produce and what it can do."

Finch's commitment to share her love of the harp and classical music to communities across the world is evident in the programmes that run alongside many of her performances. She will be conducting a master-class for school students and adults in Dubai, which has seen people signing up from across the GCC.

To encourage the next generation, Finch will also be giving a morning concert for schools, where three junior harpists based in Dubai

will perform on stage with her—an exciting opportunity not only for the children but for the musician herself to engage with fans of different ages, abilities and backgrounds. She explains, "I am especially excited about the opportunity to work with junior and adult harpists in the region as part of The Score's Outreach programme. It is such a great privilege for me to perform with The Score and to the diverse audiences here."

It's thanks to programmes such as this that audiences can enjoy what may be considered more cultured events without feeling alienated.

With accessible concerts from classical artists becoming more commonplace, music aficionados and novices are able to enjoy a diverse range of music right here in the city.

Perhaps there may even be a whole new breed of harpists emerging from Dubai soon. As Finch says, "If you feel a particular bond to the instrument, don't hesitate any further. You're never too old to start. It takes a little love and dedication, then you will be amazed at how you can produce a variety of music genres on the harp. You can be sure to find one to your taste." ●

UNCOVERING THE MAJESTIC INSTRUMENT TO THE MASSES

Soothing sounds

Dubai's classical music fans are in for a treat as **Catrin Finch** gets ready to take the stage.



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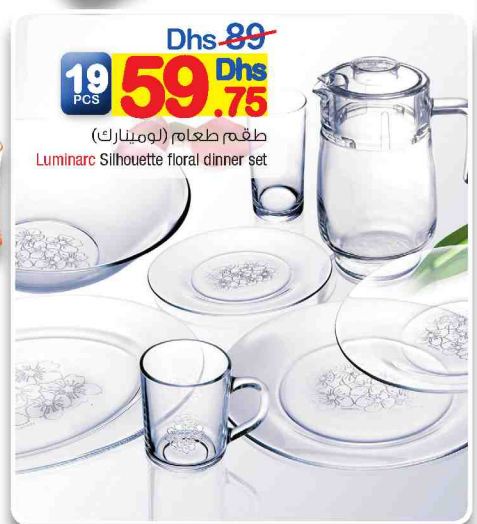
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The healthy way

According to findings at the third Dubai International Physical Activity Forum, the city is well and truly on the road to healthy living.



A better awareness and an increase in exercise related activity are among the main factors contributing to many residents adopting a better lifestyle within Dubai.

As per the latest figures released by Dubai Sports Council, the involvement of Dubai residents in some sort of physical activity is up six per cent from the 36 per cent recorded in 2011-2012.

Dr Ahmed Al Sharif, Secretary General of Dubai Sports Council said, "One of our primary goals is to motivate and move the residents of Dubai in achieving a healthy lifestyle. Over a period of time we have implemented several projects to achieve this goal. But, by far, our Dubai Pulse Programme has gone a long way in reaching out to people and making them aware of the two most basic ills that plague any developing society—diabetes and obesity."

The figures released by the Dubai Sports Council are based on a study jointly conducted by the council and the Dubai Statistics Centre, and have since been submitted as baseline data to the World Health Organisation (WHO).

According to WHO estimations, physical inactivity is thought to be the main cause for approximately 21-25 per cent of breast and colon cancers, 27 per cent of diabetes cases and approximately 30 per cent

of ischaemia cases (reduced blood supply to the heart). With this in mind, Nasser Aman Al Rahma, Director of Social Activities Affairs at the Dubai Sports Council, has pursued a vigorous health awareness programme during the past few months in an attempt to make physical activity a part of social lifestyle among residents.

"We have had substantial success in raising awareness about physical activity among the people of Dubai. But we still have a lot more to do as we seek to reach 45 per cent by 2015," explained Al Rahma.

Last year, the Dubai Sports Council launched a map containing sporting venues all over the emirate aimed at providing the closest destination to residents. The map also promoted Dubai's public

“As per the latest figures released by Dubai Sports Council, the involvement of Dubai residents in some sort of physical activity is up six per cent from the 36 per cent recorded in 2011-2012.”

ADVOCATE AN ACTIVE LIFESTYLE

and private sporting facilities, so that everyone can have an equal opportunity to pursue a healthy lifestyle.

Professor Fiona Bull, chair of the Global Advocacy for Physical Activity Council (GAPA), praised Dubai for the way the city has found solutions to suit its culture, climate and geography and that it has done so within a short period of time.

"Provision of sporting and recreation facilities is as important as access and proximity. Dubai has done well in this regard, however it still has a long way to go to promote active living in safe and sustainable environments," said Bull.

Dr Faten Bin Abdul Aziz, Regional Adviser for Health Promotion and Education, WHO, stressed that increasing the level of Dubai residents' fitness depends on the government's commitment and policies in the sector.

"The promotion of physical activity requires collaboration of various sectors and involvement of communities. Physical activity necessarily needs to include any form of exercise and activity that will increase mobility, like walking or cycling, and we need to raise the awareness and provide infrastructure," she said.

Dr Faten added that Dubai has gone a long way in reversing the trends in adult and children obesity and diabetes by increasing physical activity. ●

Tell us your thoughts: letters@readme.ae





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LuLu by Metro



Air Arabia recently touched down at Mattala Rajapaksa International Airport in Sri Lanka and in so doing became the first international carrier to arrive at the new airport. The low-cost carrier's maiden flight was welcomed by Sri Lankan dignitaries.

"Since inception about a decade ago, Air Arabia has prided itself on being an airline of firsts. We are extremely delighted to have become the first international carrier to arrive in Mattala, further reinforcing our commitment to expand our presence in Sri Lanka," said, Adel Ali, Group CEO Air Arabia.



"We target through our new regular service to develop the tourism traffic between Mattala, the UAE and the wider region. We are confident that the launch of Mattala will bring great benefits to the tourism ties between the UAE and Sri Lanka, and will support Air Arabia's rapidly expanding network in the Indian Subcontinent," he added.

Air Arabia currently operates two weekly services between Sharjah and Mattala, to be increased to four times weekly starting from May 19, 2013. On Thursdays and Sundays, flights depart from Sharjah International Airport at 9.30pm and arrive in Mattala Rajapaksa International Airport at 3.50am. Return flights on the sector depart the next day from Mattala at 4.30am and arrive in Sharjah at 7.40am.

Aimed at meeting the increasing travel demands between the two countries, the launch of Mattala marks Air Arabia's second route in Sri Lanka after Colombo, which is currently being operated seven times a week.



Did you know?

- Nice has the second busiest airport in France.
- The city receives millions of tourists from all over the world every year.
- The city is located just 20 miles from the Italian border.

Flight of fancy

Referred to as the treasure of the Côte d'Azur, **Nice** possesses rich heritage and stunning, scenic beauty.

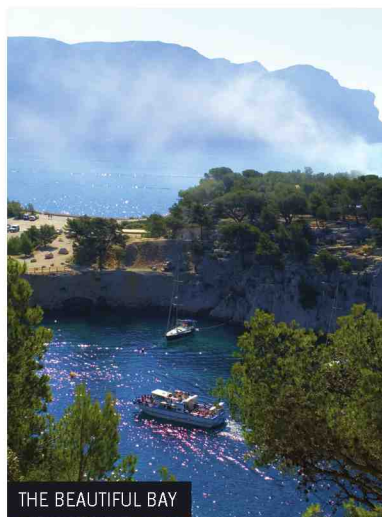
With sunshine most of the year round and a fabulous combination of enchanting history, delectable food and diverse culture, Nice is a city that will attract you time and again.

France's fifth-largest city has countless things to see and do, whether in the heart of town or in the hills. It is also home to one of the largest annual carnivals in France.

Situated in the middle of the French Riviera, it's a paradise for sun seekers. Spend your time relaxing on one of the loungers lining its polished pebbled shores, or take a cruise along the curved Promenade des Anglais—also known as the Bay of Angels—and soak in the azure beauty against a backdrop of fairy-lit palm trees nearby.

But the city is much more than just a place for fun in the sun. Art lovers shouldn't miss out on the many museums in town and should also stop by the ruins of the ancient Roman city of Cemenelum.

To admire all of Nice's beauty, try out secret passages leading to narrow pedestrian laneways, which will



bring you closer to the sights and scents of the colourful flower and fresh produce markets, where you can also trawl the stalls for antiques. The Cours Selaya Flower Market is also a popular neighbourhood for dining, with restaurants lining the streets of the outdoor market and offering distinctive local cuisine.

Vieux Nice (or "old town") is right next to the market, where you can wander the narrow streets and discover great shopping and dining options, all with an old world ambience.

Up in the hills is Nice Cimiez, just a 15-minute bus ride from the city centre and featuring a selection of museums and attractions such as the archaeology museum and ruins of the Roman amphitheatre, public baths and paved streets.

The 5km long Promenade des Anglais is a must-see, and, while you're there, visit one of the seaside restaurants at least once. The beaches here are pebbly and clean and you can dine in restaurants that are located just a few metres from the water.

The pedestrian zone is a lovely area for a walk, as cars are forbidden except for during the early morning hours. There are several great clothing store chains in the area and it is an ideal spot to sip a coffee and watch the world go by.

The city is one of the oldest settled areas in the world, founded around 350 BC and named after Nike, the Greek goddess of victory. Today, the city retains its unique atmosphere and is certainly one of the most popular French holiday destinations.

The city was also home to several famous artists such as Marc Chagall and Henri Matisse (who spent years here) and the Matisse Museum in the hills above the city is another must-do, housing many of his works.

From a diverse culture, vibrant street life, great shopping and dining options, Nice has everything, and all set against a backdrop of blue skies, sparkling sea and lush greenery. From quaint narrow streets to green parks and fountains on the square, Nice certainly lives up to its name. ●

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TECH NEWS

Fujifilm launches X100S camera

Fujifilm has launched the world's fastest autofocus camera, the X100S, the successor to the X100. The X100S inherits its predecessor's elegant design and high-performance lens, while evolving with the introduction of a higher-definition hybrid viewfinder, a new sensor and processor.

"With improvements covering every aspect of the camera's design and operation, the new X100S has captivated photography enthusiasts. People who loved the retro-styled X100 will find the X100S to be a worthy successor," said Keitaro So, General Manager, Fujifilm Electronics Imaging Division, MENA.



The X100S features Fujifilm's 16.3 million pixels APS-C X-Trans CMOS II sensor with a highly randomised, colour filter arrangement. With built-in phase detection, the X100S also offers the world's fastest AF speed of just 0.08 seconds. The intelligent hybrid AF can switch to contrast AF, dependent on the demands of subject or scene, to ensure that the camera always auto-focuses quickly and with precision.

The camera's processor delivers processing speeds twice that of the previous generation processor. The fast responses result in an impressive start-up time of only 0.5 seconds and a shooting interval of 0.5 seconds. The X100S is the world's first camera to offer a digital split image feature which displays dual images on the left and right to be lined up for manual focusing.

Offering users freedom when composing photos and adaptability for a range of shooting conditions, the X100S's hybrid viewfinder combines both an optical and an electronic viewfinder.



Smart learning for all

Portable classrooms and wireless advancements have made teaching and learning a more enjoyable task.

Gone are the days of textbooks and chalk—the new age classroom is all about interactive whiteboards and engaging interactions that bring the classroom to life. Smart classrooms enable students to understand the concept of the topic in an easy way with the aid of various devices.

Modern classroom teaching technologies are not a thing of the future anymore and are an integral part of any classroom these days. ICT (information, communication and technology) integration is a pioneering practice that contributes to significant efficiency for both the teacher and the student.

These smart technologies offer an interactive learning centre and a chance for collaborative learning.

A smart classroom should ideally comprise personal computer terminals, a projector, DVD player and an audio system. A touch panel

to control screens should be located at the teacher's desk and an intelligent podium in the room should include a PC or tablet computer with audio-visual controls. And, of course, it should also include Wi-Fi connectivity to enable easy internet access for everyone in the class.

With more of these new technologies, teachers are taking the call to

implement the devices effectively and create life long learners.

Companies such as Microsoft have introduced some state-of-the-art classroom solutions such as Windows MultiPoint Server, which enables access to 20 terminals from one PC, the Microsoft Interactive Classroom, which bridges lessons delivered in PowerPoint to students in large lec-

ture environments, and the Microsoft Mouse Mischief, which lets teachers insert questions, polls and drawing activity slides into their lessons to make study time more interesting.

A new device called the Document Camera allows you to go beyond the whiteboard. It allows teachers to



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New age classroom

Enhances learning: Presenting things in real-time within a classroom can enable students to remember the concepts for a longer time when compared to what they hear in lectures.

Eagerness: Students love to explore and learn about new things, but not through rigid, boring lessons. Through smart classrooms, teachers can create a more dynamic learning environment, which makes lessons fun.

Saves time: Classroom solutions can help in saving a teacher's time when it comes to checking results or processing data compared to the time-consuming paperwork that they contend with.

create more visual impact and allows students to experience the whole look and feel of an object while making the classroom environment more dynamic. Interactive whiteboards turn your computers and projectors into a powerful tool of teaching and presenting

and with an image projected on to the board, you can simply press on the touch-sensitive surface to access and control any application.

One added advantage of the various modern classroom solutions available is that they take a holistic approach to supporting education, working with teachers and students to offer quality education and improve outcomes.

Some devices further allow teachers to rapidly create interactive content and offer instant individual feedback that is supported through a range of learner response devices.

For instance, the benefits of tablets for educational purposes are many. Children, including those with special needs, can easily use tablets to play or learn. These devices are also becoming essential in developing countries where there are a limited amount of teachers and little access to textbooks.

“One added advantage of the various classroom solutions available is that they take a holistic approach to supporting education.”



TEACHING THE FUTURE

Here, tablets come to the rescue and offer education at your fingertips with websites that offer access to free online courses and students on a budget can further access free digital textbooks on these.

These tools alone don't change the classroom, however, as real transformation starts when educators are able to use them to deliver the right content to improve engagement and academic achievement. It's vital to remember that however important technology is, it is not a replacement for teachers. Digital methods won't

meet their objective if not carried out by a teacher. Teachers will remain at the centre of the learning process, while the child's understanding of curriculum concepts depends on their ability to imagine, although these gadgets can help facilitate it.

The many options for creating digital presentations and projects—at any stage of education—also make learning more student-centered as students can choose what they want to learn or create. ●

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NEWS ON WHEELS

Fastest MINI drives into the UAE market

MINI fans in the UAE are in for a treat following the arrival of the all-new MINI John Cooper Works GP, the sportiest and fastest production model ever built by the British premium brand. With a 1.6-litre turbo engine, bespoke suspension and race car looks, this nifty model is limited to 2,000 units worldwide, with a limited number available at MINI showrooms in the UAE.

Featuring MINI John Cooper Works motor sport technology, this two-seater MINI boasts outstanding performance to match its sporty looks. Powered by an extensively modified four-cylinder turbo engine capable of developing 218hp, with adjustable coilover suspension and an extra-powerful sports brake system, this model is set to impress.



The 'GP' in the model's title stands for Grand Prix, and with a record-breaking acceleration from 0-100kmph in 6.3 seconds, the new MINI John Cooper Works GP certainly lives up to its name. Its responsive power and excellent revving ability with its 1.6-litre four-cylinder engine are reflected by dazzling racetrack performance figures. The exciting race car feel of the MINI John Cooper Works GP is enhanced by the interior ambience which is focused entirely on the needs of the driver and a passenger.

According to Sarah Klippert, MINI Manager, BMW Group Middle East, "This [MINI John Cooper Works GP] is the most extreme MINI yet – more focused and aggressive than even the original MINI John Cooper Works GP of 2006."

Do it yourself?

Basic car maintenance should be something every driver understands, but do you know what you need to do?

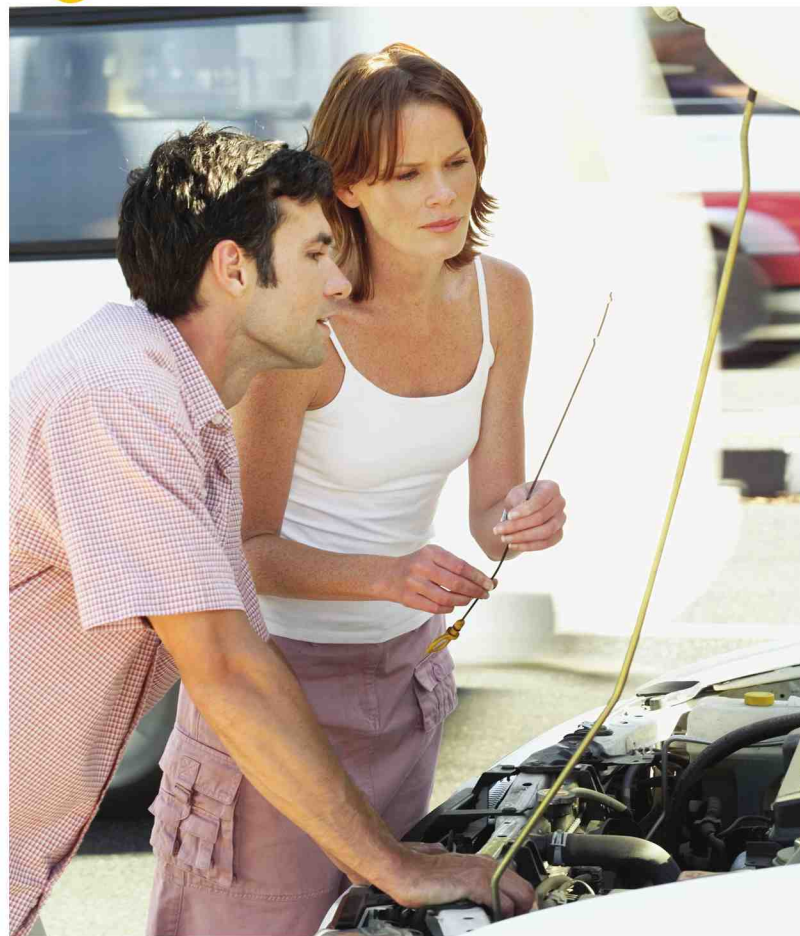
There is a big difference between paying a garage to service your car regularly, and knowing what you could and should be doing yourself. It's fine to get the garage to carry out the major items and deal with the mechanical issues as they arise, but there is an essential list of regular daily, weekly and monthly checks that you, as a car owner and driver, really should be doing to make sure your car is road-worthy. But what?

Mostly it is common sense. The essentials you should check are air and fluids, consumables which can drop in level and if they do, cause you problems on the road. So, first things first—air.

Tyres in this part of the world suffer from a shortened lifespan due to the heat, which is why they should be replaced after every three years as a matter of course. However, there are two things you should do to get the best out of your tyres. First, correct inflation. The recommended pressures are listed in your owner's handbook, and for a 4x4 or crossover with 4WD, all four tyres should be inflated to exactly the same pressure.

Some sports cars have wider tyres on the back, and these can sometimes require lower pressure than the smaller front tyres. Your manual will tell you the correct numbers. And while you're at it, check the pressure in the spare as well. There's nothing worse than changing a wheel in the heat only to discover that your spare tyre has gone flat while you weren't paying attention.

Second, it is a good idea to walk around your car next time it is being filled with

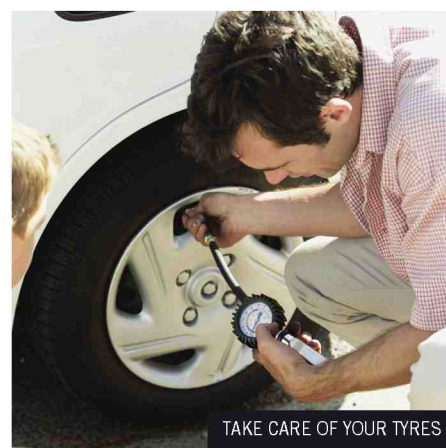


petrol, just to give your tyres a quick visual check. Are there any cuts or bulges in the sidewalls? Anything stuck in the tread? Any unusual or uneven wear? All of these need immediate attention, and it is much better that you find out when you are stationary, rather than when travelling at high speed on the motorway.

Once a week, check your oil level. This is

done by removing the dipstick—do you

know where that is?—and making sure the oil level is between the Hi and Lo marks. If it is getting low, top it up with the recommended grade of oil, but don't over fill. That



TAKE CARE OF YOUR TYRES

can end up causing problems, too. What about your windscreen washer bottle? This is normally under the bonnet in front of the windscreen, and you should always keep it topped up with clean water and a proper screen wash. This not only helps get the bugs and sand off your windscreen, but also lubricates and protects your wiper blades. Screen still streaked and smeary? Maybe it's time to change the wiper blades too. This is an easy job—simply buy the correct length from your dealer or a motor spares retailer, and they normally take one click to replace.

By keeping a close eye on your car, you can enjoy a safe and trouble-free summer out on the road. ●



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Beyond your years

Ageing is an inevitable part of life but how you age depends on many factors. Aside from genetics, there are certain things that could be adding years on you.

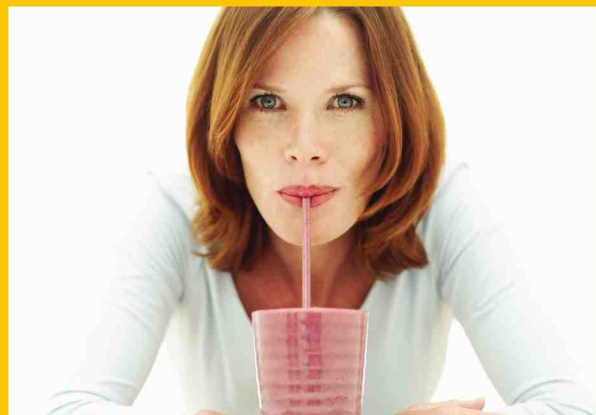
Yellow or stained teeth

Teeth discolouring can be a tell-tale sign of your age, but perhaps the colour of your teeth is making you look older than you are due to smoking or caffeine intake. Use a home whitening kit or take a trip to the dentist to clean and whiten your teeth. Pearly whites can make you look younger than you are.



Drinking through straws and bottles

Most people will be surprised that simply drinking from a bottle or a straw can affect your skin. The sucking action that comes with drinking from a straw or a bottle has the same effect as smoking and can cause wrinkles around your mouth. Therefore, opt to drink from a glass whenever you can to decrease the chance of wrinkles.



Wearing baggy clothes

Wearing baggy clothes can also make you appear older than you actually are. Don't use oversized clothes to hide your figure. Switch to more fitted and tailored clothing if you want to look fresh and trendy.



Haggard hands and feet

A person's hands and feet can reveal a lot about their age. Years of walking in high heels, tight footwear and unsupportive shoes can cause bunions and other problems. Keep your feet youthful by having a pedicure every once in a while and choosing your footwear wisely. The same applies to your hands, use a nourishing hand cream daily to keep the skin youthful and to prevent wrinkles. Manicures—for men and women—will stave away calluses and ragged nails.



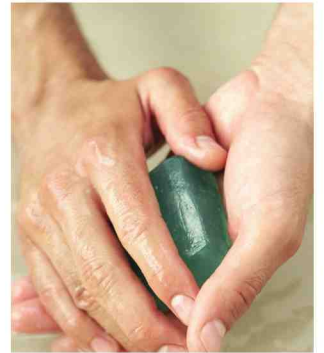
Wearing dull colours

Clothing in pale and dull colours or grey hues can make you look washed-out and older. Pale grey, lavender and taupe in particular tend to make people look older than they are. For a youthful look, choose brighter hues and patterns, and avoid wearing pale colours close to your face.



Unflattering spectacles

While everyone has their own personal style and the right to dress as they wish, there are certain styles of glasses that could be making you look older. If you've had a pair of glasses for more than 10 years, chances are they are outdated. Grab a new pair of glasses for a fashionable look to suit your age.



Using soap

While using soap is hygienic, it can also cause skin to look aged and dry. Your skin has an acid mantle which protects itself and, when you wash with soap, it can remove this protective layer of oils and dry out the skin, leading to wrinkles over time. Rather than stop the use of soap altogether, choose a soap which is PH-neutral.

Sun safe

Living in a sunny climate can cause damage to your skin and make you look older if you're not careful. Unprotected skin that is exposed to the sun becomes blotchier and can look leathery in appearance, not to mention the risk of skin cancer. Sun damage can be avoided by wearing sunscreen that protects against both UVA and UVB rays.



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Spotting the bad manager

No matter how much they love the job, working with a bad boss could make any employee want to walk away.



WORKPLACE

It is often said that people don't leave jobs, they leave managers. If employees can't get along with their managers or don't like them on a personal level, they will leave a company despite the high income or the benefits. A bad manager can affect employee performance and bring down the moral of his or her team. On the other hand, a good manager—no matter the salary—will inspire loyalty, productivity and

trustworthiness. While the perfect manager doesn't exist, it's important that employees understand that a manager can have a bad day, too. A bad manager can be spotted if you

“While it's unlikely that you will ever find the perfect boss, learning how to spot a bad boss is highly essential for your career success.”

know what to look for. Akhtaboot reveals a number of tips to help you spot a bad manager.

THEY HAVE UNREALISTIC EXPECTATIONS

Bad bosses believe that their team members should be completely committed to their jobs, available 24/7 for the company, and reaching high levels of performance. The problem occurs when the boss does nothing to build employee dedication, and rarely shows appreciation—be it

monetary or verbal—for employees' extraordinary efforts.

THEY NEVER OWN UP TO THEIR MISTAKES

Bad bosses have a narcissistic personality. They always fail to own up to their own weaknesses or the mistakes that they make. If something goes wrong, they know exactly how to find an excuse. They also know how to fix the blame on someone else within their department.

THEY ARE NEVER FREE

Bad managers are never free to talk to anyone. They are too busy to answer questions, resolve issues, or even track the progress of their departmental goals. Bad managers exhibit a lack of being able to apply time management skills to their own work as well as the team's work.

THEY PLAY DIRTY OFFICE POLITICS

Bad managers know how to make allies while pitting colleagues against one another. They don't stand up for their team members when confronted by upper management and leave junior employees on their own to take the blame. They justify their behaviours by saying that they are just making an example of that person in an effort to keep everyone in line.

THEY ARE UNETHICAL AND FULL OF SECRETS

Bad bosses advocate secrets and keeping information. They are always hesitant to share personal and business information, and don't allow people to get to know them. If a boss who lies is a disaster, then a two-faced boss can be just as bad. Some of the most despised bosses can appear honest, trustworthy, and fair, but will never hesitate to stab you in the back without any warning.

Working with a great manager can be 10 times better for your career and professional development, but, for every great manager, there are many mediocre ones and lots of bad ones. While it's unlikely that you will ever find the perfect boss, learning how to spot a bad boss is highly essential for your career success. If you find yourself working under a boss who is performing badly, then you don't have to be the victim of his or her own weaknesses. If calling out your boss's bad behaviours doesn't work, consider switching jobs. ●

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

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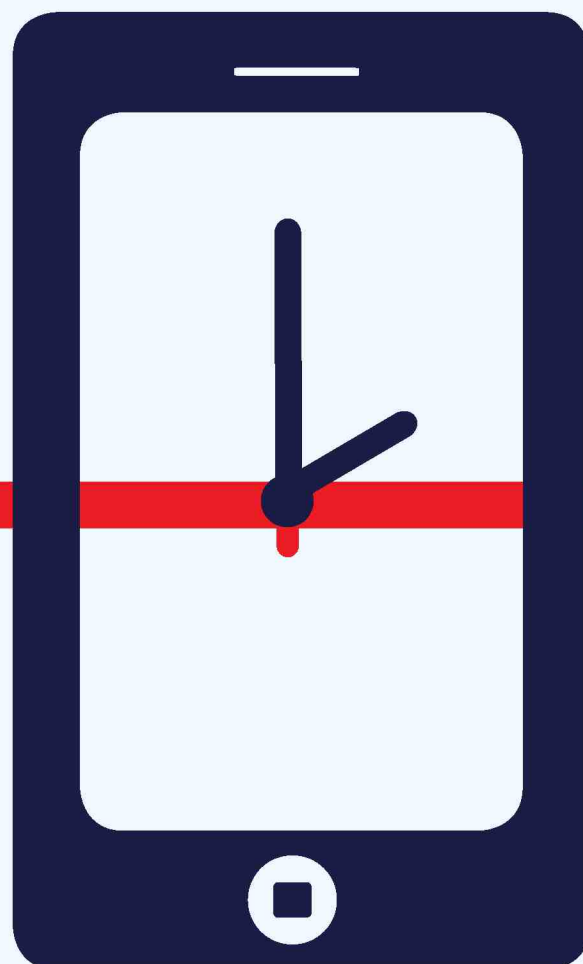
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Star Style

The two stars of *Oz the Great and Powerful* look just as stunning in real life as they do on-screen.

James Franco

With his rugged good looks and dishevelled style, James Franco is also known for his leading roles in *Spiderman* and *The Rise of the Planet of the Apes*. When it comes to the red carpet, the actor often mixes his laid-back, casual style with more formal attire.



Teaming a salmon pink shirt and dark jeans with bulky shoes doesn't seem like a winning fashion combination on paper, but somehow the stylish star makes it work.



When donning a trouser suit, James Franco doesn't play by the rules. The star often chooses to wear a tailored suit with an open-collared shirt, rather than going with the traditional suit and tie combo.

Mila Kunis

Mila Kunis found fame at the tender age of 14 on the TV sitcom, *That '70s Show* but the actress transformed into a fully-fledged movie star after starring in several Hollywood blockbusters, such as *Black Swan* in 2010. The actress is known for her signature fitted styles on the red carpet, opting for cute ballerina cocktail dresses, figure-hugging little black dresses and elegant gowns.



Mila donned a Dior dusty-pink lace dress and white cashmere coat at the Christian Dior autumn/winter show at Paris Fashion Week earlier this month. As the former face of Dior, the petite star looked super chic in the Fifties-style ensemble.



Pairing a conservative blazer and skinny jeans, Mila Kunis is the epitome of casual chic. Proving that you don't always have to don a full length gown on the red carpet to look good, Kunis works a simple black T-shirt with jeans and round-toe pumps.



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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...



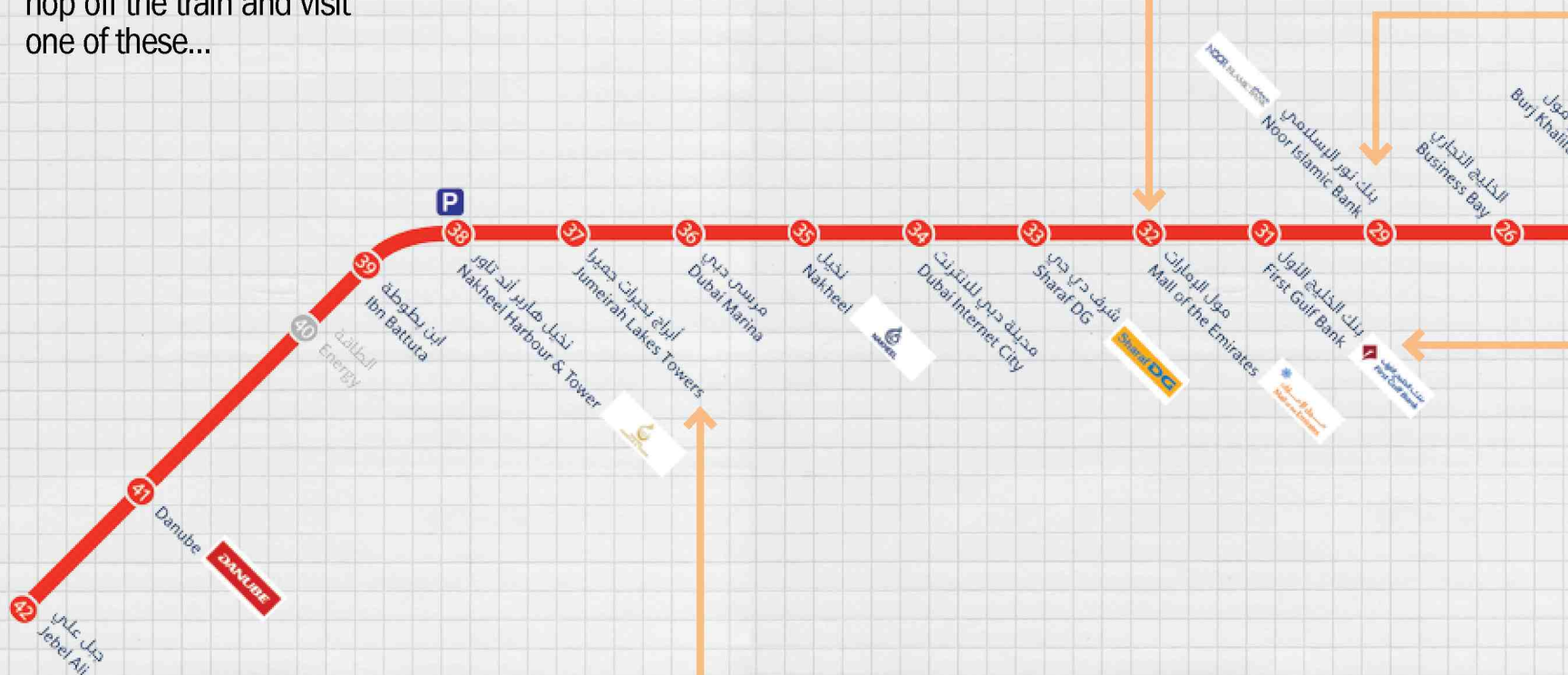
Eric Carle exhibition

MARCH 23 - 28

SEASHELLS NURSERY, AL BARSHA 2

Literacy meets art during this week-long event, where children can walk through the children's classic, *The Very Hungry Caterpillar*, recreating the colourful world of Eric Carle, while parents bid at a silent auction

to benefit a children's charity. The event includes Eric Carle story time, creative workshops from The Jamjar, a book sale and the caterpillar's menu to fill hungry tumms. A percentage of the proceeds from the event will be donated to charity.



Bird, Lock, Freedom and Hou Hagh

UNTIL APRIL 5

ARSH ART GALLERY, INDIGO ICON TOWER, JLT

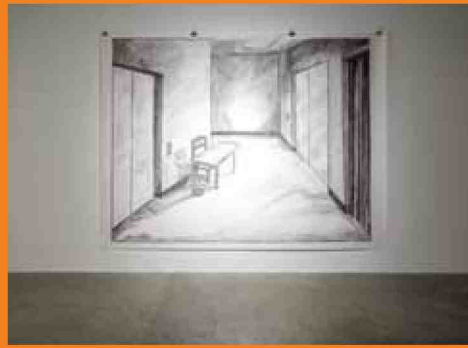
Master Taha Behbahani, painter, sculptor, set designer, TV and theatre director and university professor, has displayed his works under the title *The Birds of Taha* since 1971, not only in his native Iran, but across the world. This exhibition features a selection of his authentic bronze sculptures alongside an eclectic and diverse collection of artworks from a group of renowned artists, gathered to capture one common goal.

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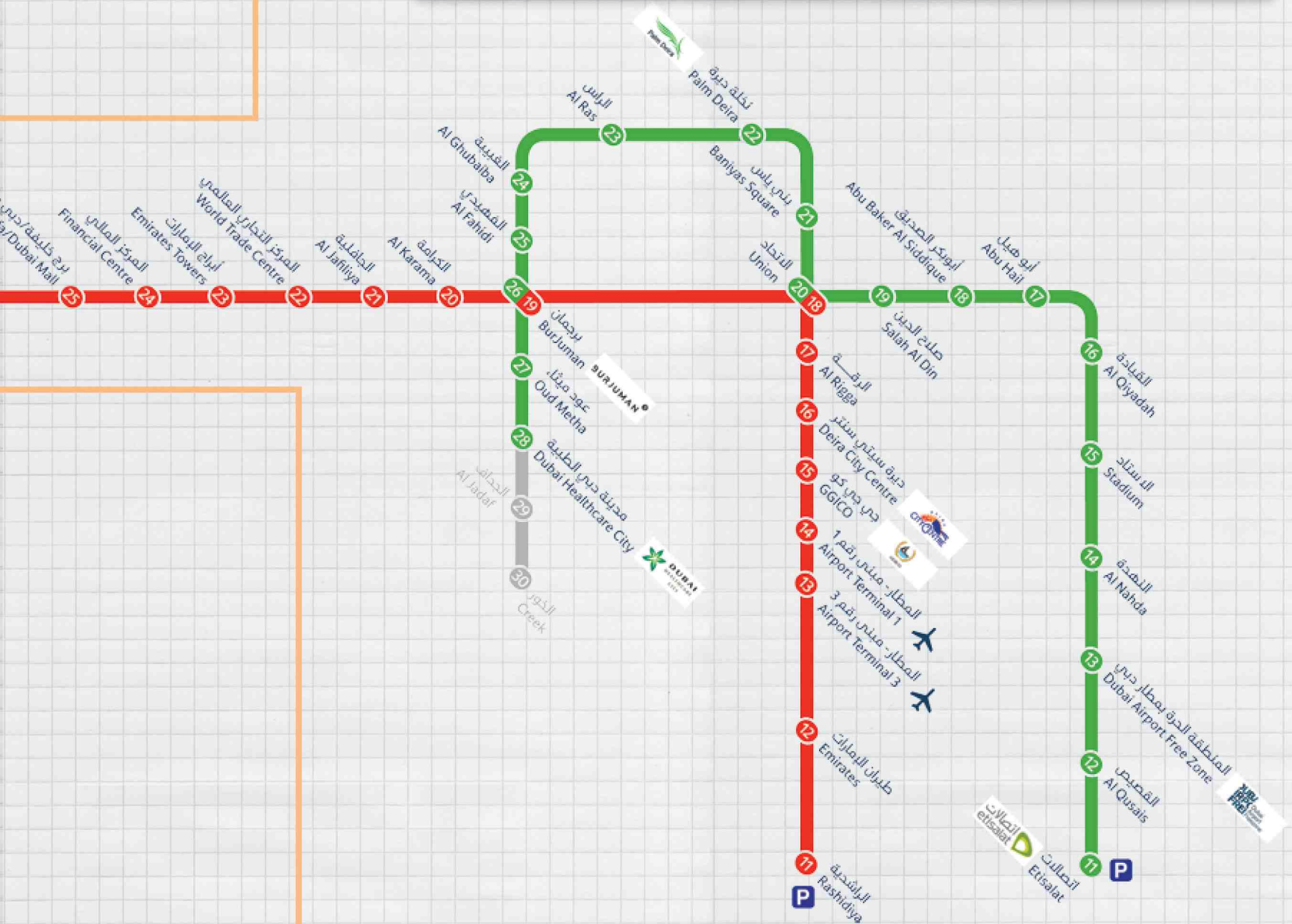


Evacuated Containers

UNTIL MAY 5

GREEN ART GALLERY, ALSERKAL AVENUE, AL QUOZ 1, STREET 8

New York-based artist Shadi Habib Allah's solo exhibition, *Evacuated Containers*, traverses installation, video and sculpture in order to examine the structural and material operations of objects, people, histories and economy. Habib Allah's practice is not so much about the object or the artefact itself, instead it's about the reconstruction of existing objects, questioning our ideas of their use and value.



Monir Farmanfarmaian 2004-2013

UNTIL APRIL 19

THE THIRD LINE, AL QUOZ 3

This exhibition from Iranian artist Monir Shahrudy Farmanfarmaian reflects upon the past decade of her artistic journey, showcasing works from 2004 until now and including some pieces that are being displayed for the first time. The collection follows the evolution of her signature style aineh-kari mirror mosaics and her investigation into divine cosmology—a must-see for all art lovers out there.

On the edge

Side Effects is the final movie from the much-admired filmmaker Steven Soderbergh, and is a masterful way for him to bow out.



NEW RELEASE

Touted as prolific director Steven Soderbergh's (*Magic Mike*) last film, this psychological thriller is based in Manhattan and shows the struggles faced by many in married life.

The movie opens with a Hitchcock-like sequence of an apartment building in New York and moves to an empty, blood-stained apartment, beginning thus with an aftermath. The film then rewinds to three months back where a young woman, Emily (Rooney Mara), is a devoted wife visiting her husband Martin (Channing Tatum) in prison, and then meeting him outside the gates after his release. Martin is a broker and has been jailed for four years for insider trading. Emily puts on a brave face for his homecoming but there is trouble lurking under her cool exterior.

She tries to end it all when she impulsively crashes her car into a parking-garage wall and ends up meeting Dr Jonathan Banks (Jude Law), a psychologist who begins treating her in ways that are both empathetic and condescending. When Emily's former doctor, Victoria Siebert (Catherine Zeta-Jones), recommends a new untested medicine, things start getting odd.

Did you know?

- The film was originally going to be called *The Bitter Pill*.
- It was first screened during competition at the 63rd Berlin International Film Festival.
- The film currently has an 83 per cent rating on Rotten Tomatoes.



CONFLICTING ADVICE

These characters are not who they seem to be and the director relishes illustrating the varying layers of deception with each one.

Mara (*Girl With The Dragon Tattoo*) looks riveting as Emily with her thin, pale look and spends the first half hour etching a memorable portrait of a depressed person. The scene where she has a breakdown is terrifying as—for someone who has struggled to maintain her composure all along—her loss of control is striking.

Dr Banks, on the other hand, has problems of his own, such as financial issues that create tension between him and his wife. Law (*Contagion*) gets into the character neatly and gives a great performance as Dr Banks, who is initially likeable and trustworthy, then is revealed as an ambitious and unreliable person, before turning into an altogether more complicated person, fighting for his own survival.

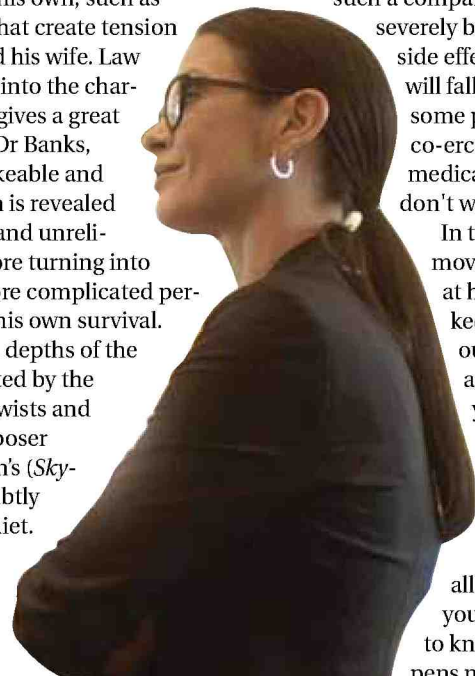
The emotional depths of the film are highlighted by the many shocking twists and turns. Also, composer Thomas Newman's (*Skyfall*) fine score subtly adds to the disquiet.

The film has its pitfalls and is a misdirection thriller as you think the

story is going one way, when actually it's going another. It traps you into making assumptions, and suddenly you have to abandon them all. And it resonates the fact that in today's age everybody is eager to try the latest cure, although trying to find the one that helps can have many side effects. Aside from all this, however, the real theme of the film is the ongoing battle between men and women.

The movie further shows that many drug companies are publicly listed and if a medicine provided by such a company leads to severely bad cases of side effects, the stocks will fall. This leads some patients to be coerced into taking medication that they don't want to take.

In the end, this movie is a thriller at heart that keeps you thoroughly hooked and also dupes you when you least expect it. The characters keep you on the edge and, all throughout, you will be eager to know what happens next. ●



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Listings

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



JACK THE GIANT SLAYER

MOVIE GUIDE

Grand Cineplex - Wafi

Aatma - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
The Croods - 18:00, 20:00, 22:00, 00:00
The Croods (3D) - 10:00, 12:00, 14:00, 16:00
Get Lucky - 20:00, 22:00, 00:00
Jack The Giant Slayer - 10:15, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Jolly LLB - 10:20, 12:00, 13:00, 14:40, 15:40, 16:20, 18:20, 19:00, 21:00, 21:40, 23:40, 00:20
Last Exorcism 2 - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Love And Honor - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Mere Dad Ki Maruti - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Olympus Has Fallen - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Oz The Great And Powerful - 10:00, 12:30, 15:00, 17:30
Rangrezz - 11:00, 13:40, 15:20, 18:00, 20:40, 23:20
Side Effects - 11:15, 13:20, 15:30, 17:40, 20:00, 22:10, 00:20

Grand Megaplex - Ibn Battuta

Aatma - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Celluloid - 11:00, 17:00, 23:00
The Croods - 10:30, 12:30, 14:30, 16:30, 18:30, 20:30, 22:30, 00:30
The Croods (3D) - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Get Lucky - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00

Identity Thief - 11:00, 13:30, 16:15, 19:00, 21:20, 23:45
Jack The Giant Slayer - 11:30, 13:50, 16:10, 18:40, 21:10, 23:30
Jolly LLB - 11:00, 13:40, 15:20, 18:00, 20:40, 23:20
Kai Po Che - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Last Exorcism 2 - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Love And Honor - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Lucky Star - 11:30, 14:30, 17:30, 20:30, 23:30
Mere Dad Ki Maruti - 10:30, 12:40, 14:50, 17:00, 19:10, 21:20, 23:30
Olympus Has Fallen - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Oz The Great And Powerful - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Oz The Great And Powerful (3D) - 11:15, 14:00, 16:30, 19:00, 21:30, 00:00
Paradesi - 14:00, 20:00
Parker - 11:20, 13:50, 16:20, 18:50, 21:50, 23:50
Rangrezz - 11:00, 13:40, 15:20, 18:00, 20:40, 23:20
Side Effects - 11:15, 13:45, 16:15, 18:45, 21:15, 23:45
Vehicle 19 - 10:40, 12:50, 15:00, 17:10, 19:20, 21:30, 23:40

Grand Cinemas - Festival City

Aatma - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
The Croods - 10:30, 12:30, 14:30, 16:30, 18:30, 20:30, 22:30, 00:30
The Croods (3D) - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Identity Thief - 11:30, 14:00, 16:30, 19:00, 21:30, 23:55
Jack The Giant Slayer - 10:15, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Last Exorcism 2 - 10:15, 12:15,

14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Love And Honor - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Olympus Has Fallen - 11:00, 12:00, 13:10, 14:10, 15:20, 16:20, 17:30, 18:30, 19:40, 20:40, 21:50, 22:50, 00:00
Oz The Great And Powerful (3D) - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Rangrezz - 11:00, 13:40, 15:20, 18:00, 20:40, 23:20
Side Effects - 11:15, 13:45, 16:15, 18:45, 21:15, 23:45

Grand Cinecity - Al Ghurair

Aatma - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
The Croods - 10:00, 14:00, 18:00, 22:00
The Croods (3D) - 12:00, 16:00, 20:00, 00:00
Jack The Giant Slayer - 10:15, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Jolly LLB - 10:00, 14:30, 19:00, 23:30
Last Exorcism 2 - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Lucky Star - 11:30, 14:30, 17:30, 20:30, 23:30
Mere Dad Ki Maruti - 12:30, 17:00, 21:30
Olympus Has Fallen - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Rangrezz - 11:00, 13:40, 16:20, 19:00, 21:40, 00:20

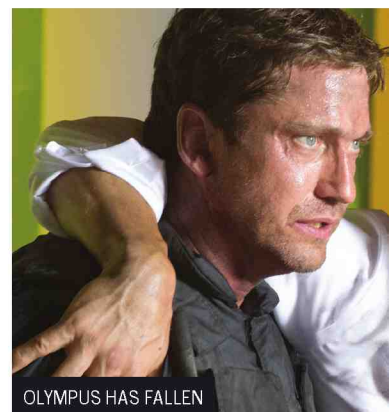
Reel Cinemas - Dubai Mall

A Good Day To Die Hard - 13:00, 15:10, 17:20, 19:30, 21:40, 23:50, 01:55
Aatma - 13:15, 15:20, 17:25, 19:30,

21:35, 23:40, 01:45
Ala Gothety - 11:50, 14:15, 16:40, 19:00, 21:25, 23:45, 02:05
The Croods - 13:05, 15:15, 17:25, 19:35, 21:45
The Croods (3D) - 10:30, 12:40, 14:00, 14:50, 16:20, 17:00, 18:40, 19:10, 21:00, 21:20, 23:20
Get Lucky - 16:00, 17:55, 19:45, 23:40, 01:35
Identity Thief - 11:10, 13:35, 23:55, 02:20
Jack The Giant Slayer - 11:05, 13:30, 15:55, 18:20, 20:45, 23:10, 01:35
Jack The Giant Slayer (3D) - 14:00, 16:30, 19:00, 21:35, 00:05, 01:35
Last Exorcism 2 - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30, 01:30
Love And Honor - 11:20, 13:25, 15:30, 17:35, 19:45, 21:50, 23:50, 01:55
Olympus Has Fallen - 11:00, 13:05, 15:15, 17:25, 19:35, 21:40, 23:55, 02:00
Oz The Great And Powerful - 11:15, 11:55, 14:00, 16:45, 19:30, 22:15, 01:00
Oz The Great And Powerful (3D) - 11:30, 02:15
Parker - 13:25, 15:50, 18:15, 20:40, 23:05, 01:30
Side Effects - 11:20, 13:35, 15:50, 18:05, 20:20, 22:35, 12:50
Snitch - 13:30, 15:55, 18:20, 20:45, 23:05, 01:30
Vehicle 19 - 13:20, 15:10, 17:00, 18:50, 20:40, 22:30, 00:20, 02:10

Reel Cinemas - Marina Mall

The Croods - 11:30, 13:40, 15:50
The Croods (3D) - 10:30, 12:40, 14:50, 17:00, 19:10
Jack The Giant Slayer - 12:05, 14:25, 16:50, 19:15, 21:40, 00:05
Jack The Giant Slayer (3D) - 22:05, 00:30



OLYMPUS HAS FALLEN

Love And Honor - 11:25, 13:30, 18:00, 20:05, 22:10, 00:15
Olympus Has Fallen - 11:40, 13:50, 16:00, 18:10, 20:20, 22:30, 00:40
Oz The Great And Powerful (3D) - 11:10, 13:50, 16:35, 19:20, 21:20, 00:05
Side Effects - 15:35, 17:50, 20:05, 22:20, 00:35

Vox Cinemas - Deira City Centre

Aatma - 12:15, 14:30, 16:45, 19:00, 19:30, 21:15, 21:45, 23:30, 00:00
The Croods (3D) - 09:30, 10:30, 11:45, 12:45, 14:00, 15:00, 16:15, 17:15, 18:30, 20:45, 23:00
Jack The Giant Slayer (3D) - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Jolly LLB - 12:20, 15:05, 17:50, 20:35, 23:20
Last Exorcism 2 - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Love And Honor - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30
Lucky Star - 11:15, 14:15, 17:15, 20:15, 23:15
Mere Dad Ki Maruti - 10:00, 12:15, 15:00, 17:45, 20:30, 23:15
Olympus Has Fallen - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Rangrezz - 11:45, 14:45, 17:45, 20:45, 23:45



JOLLY LLB



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



Vox Cinemas - Mall of the Emirates

A Good Day To Die Hard - 12:10, 17:00, 21:45

The Croods (3D) - 09:30, 10:30, 11:00, 11:45, 12:45, 13:15, 14:00, 15:00, 15:30, 16:15, 17:15, 18:30, 19:30, 20:45, 21:45, 23:00, 00:00
Identity Thief - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30

Jack The Giant Slayer (3D) - 10:45, 13:15, 15:45, 18:15, 20:45, 23:15
Last Exorcism 2 - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15

Love And Honor - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30

Olympus Has Fallen - 10:30, 12:45, 15:00, 17:15, 18:30, 19:30, 20:45, 21:45, 23:00, 00:00

Oz The Great And Powerful (3D) - 09:30, 12:15, 15:00, 17:45, 20:30, 23:15

Parker - 11:15, 13:45, 16:15, 18:45, 21:15, 23:45

Side Effects - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45

Snitch - 09:45, 14:30, 19:15, 00:00

Vox Cinemas - Mirdif City Centre

The Croods (3D) - 09:30, 10:30, 11:45, 12:45, 14:00, 15:00, 16:15, 17:15, 18:30, 19:30, 20:45, 23:00

Jack The Giant Slayer (3D) - 10:45, 13:15, 15:45, 18:15, 20:45, 23:15

Last Exorcism 2 - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15

Love And Honor - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30

Olympus Has Fallen - 09:45, 12:00, 14:15, 16:30, 18:45, 21:00, 23:15

Oz The Great And Powerful - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45

Side Effects - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45

What's happening this week in Dubai



SIKKA 2013

SIKKA's third edition is an artist-led fair of commissioned work in the heart of Dubai.

Date: March 24

Audience: Public

Category: Exhibition

Venue: Al Fahidi Historical Neighbourhood (formerly known as the Bastakiya), Bur Dubai, near the Ruler's Court and the British Embassy

Admission: Free

Telephone: 04 384 2000

Dubai Marina Street Festival 2013

The Dubai Marina Street Festival will showcase the world's best street



theatre artists.

Date: Until March 31

Timings: 4 - 10pm

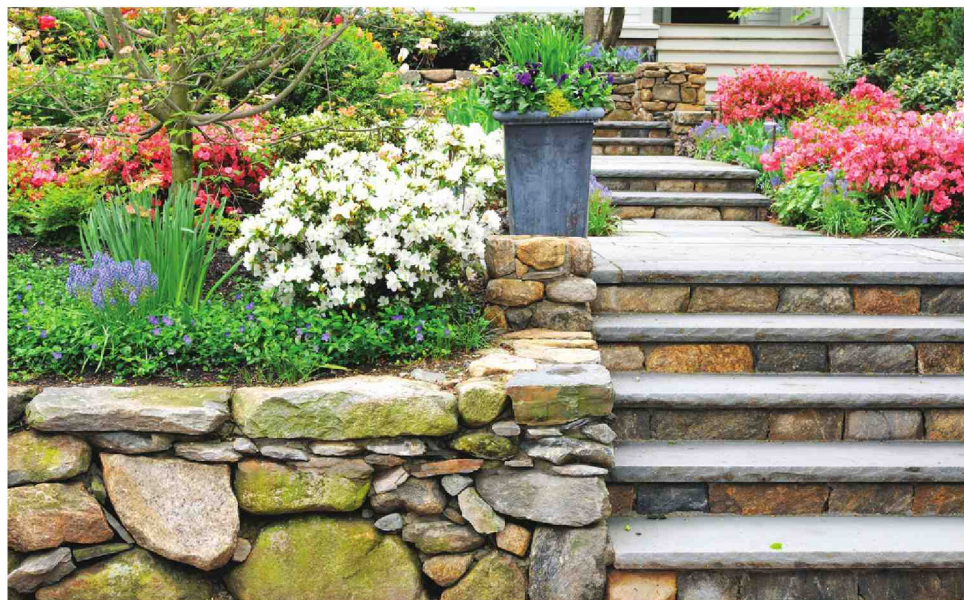
Audience: Public

Category: Festival

Venue: The Promenade, Dubai Marina Mall

Admission: Free

Telephone: 04 311 6536



The International Outdoor Design & Landscaping Show

The region's premier outdoor landscaping event

Date: March 25 - 27

Timings: 10am - 6pm

Audience: Public

Category: Exhibition

Venue: Dubai International Convention and Exhibition Centre

Admission: Free

Telephone: 04 447 5357

Dubai Fashion Awards 2013

This event finds, fosters and rewards fresh fashion talent.

Date: March 27

Timings: 9pm

Audience: Public

Category: Fashion

Venue: The H Hotel Dubai

Admission: Dh180

Telephone: 052 861 3249



Sunburn presents Tiesto

Sunburn steps into Dubai for the first time bringing along with it the one and only Tiesto.

Date: March 28

Timings: 10pm

Audience: Adults

Category: Entertainment

Venue: Dubai World Trade Centre

Admission: Regular (Dh250), VIP (Dh350)

Telephone: 04 343 4674, 055 333 5243



Dubai World Cup 2013

Join the fun and excitement at the Dubai World Cup 2013.

Date: March 30

Timings: 4.30pm

Audience: Public

Category: Sports

Venue: Meydan Grandstand and Racecourse, Nad Al Sheba

Admission: General admission (Dh25), packages start from Dh350 per person

Telephone: 04 327 2110



To list an upcoming event email editorial@readme.ae

To advertise email advertising@readme.ae

Metro Classifieds

JOBS AVAILABLE



Sales executive urgently required for a luxurious real estate company. Background knowledge in sales and leasing is a must with minimum 1-2 years UAE experience. Send CV with a recent photograph to recruiter, limesource@gmail.com.

Earn a part-time income (Dh5,000 to unlimited). No fee, age, qualification limit. Employed or unemployed. MNC company. For more details SMS alev13@gmail.com.

Female beauty parlour staff mani/padi and hairdresser required for a high-end salon in Dubai. Good salary. Call 0509580021.

Female/nurse/attendant/caretaker required to assist an old Indian lady, age 76, recovering from an illness. Salary negotiable. Call 0506252775.

F/M senior marketing executive required for an advertising company in Dubai. Attractive salary package. Visit visa no need to apply. Send CV to salmanin@eim.ae.

Tele-sale female required for a company in Dubai. Experience in stationery is a must. Should be on husband's visa. Send CV to dxbgloba2012@gmail.com.

Tailor, Filipina, required for abayas and evening gowns. Call 0553301440.

Sales executive required for an advertising firm. Preferably female with a valid UAE D/L. Send CV to cv@brandtouchme.com.

Customs clearance and customs registration workers required. Should know mirsal-2/Hindi and English. Send CV to fax 043459893/mohib105@yahoo.com.

Tailor/Cutter/Designer, Filipina needed, for Arabic ladies dresses. Call 0553301440. firozbusiness@gmail.com.

Tailor, cutter needed for ladies dress, for an interview call 0553301440/www.Tailor-Supply.com.

Legal manager required for a company for Dubai. Must have a law degree with min of 7-10 years experience, of which 4 years must be in a corporate environment in Dubai. Excellent knowledge in UAE labour laws, corporate laws, new business setup, rent committee cases, etc. is a must. Salary Dh18,000 + car + benefits. Email mahesh@humanequationuae.com.

Delivery boys required for a courier service, must have a UAE motorcycle licence. Call 0505280953/send CV to yaqoob@godune.com.

Experienced light duty driver on visit visa, required for an office supply company. Preferably Keralite. English speaking is a must. Should be below 30. Call 0504251504.

A/C technician required for a company. COMET Technical Cont. Call 0553721445.

JOBS WANTED



Junior architect, top talented student seeks job. 2 years experience. Knowledgeable in Auto Cad, 3D Max, VRAY, Photoshop, Sketch Up. Call 0566529391/Email arch.sham86@hotmail.com.

Male, with marketing diploma from 5-star hotel, seeks full-time job. 2 years experience in banquets as supervisor sales, and IT. Call farhan@khan666@hotmail.com/call0528312712.

Experienced document controller seeks full-time job. Has excellent communication and administrative skills. Call 0567597751.

Experienced/dynamic immigration and customer service professional seeks job. With extensive experience. Call 0555575143.

North Indian male, MA with PGDCA computers seeks job in admin/HR/back office/clerical/computer operator. 7+ years experience. Call 0509661603/0567598014.

Indian female seeks job. 3 years experience as a cashier, also worked as promoter. Currently on husband's visa. Call 0502533467/email anurail23@yahoo.com.

Experienced hotel staff purchase & operation manager with F&B background seeks full-time position. Call 0553755653.

Experienced Indian female, MSc biotech grad seeks full-time job in the biotech field. On visit visa. Call 0529829873/email cdcaroldsouza@gmail.com.

Experienced Indian male multimedia expert seeks full-time job. Proficient in animation, 3D, video/graphic, mobile apps/print design. Call 0567627219/email max_lok@yahoo.com.

Professional Syrian designer (publications + newspapers). Bachelor of Arts degree. 9 years experience. On visit visa. Have been awarded international awards from SND. Call 0509629894.

CA finalist & BCom seeks job. 10 years experience. Expert in final a/c, bank loans, L/C, TR, import/export. Call 0561034637.

CSR seeks full-time job. 8 years experience in phone banking and admin. Good command of English and Spanish. Call 0528053929/email e99958@gmail.com.

AUTOS



Nissan Murano, 2006 model for sale. In good condition. Recent insurance/renewal. Price Dh46,000. Call 0502750919.

Toyota Yaris sedan, 2008 model for sale. In excellent condition. For only Dh24,000. Loan can be arranged. Call 0503022306.

Mitsubishi Lancer 2010 model for sale. In excellent condition. Fully automatic. Price for Dh24,000. Bank loan can be arranged. Call 0566234236.

Toyota Fortuner 2007 model for sale. 2.7L, 4WD, beige colour. In good condition. 190,000km done. Lady driven. For Dh58,000. Call 0506530972.

Volkswagen Touareg, 2009 model for sale. White colour, saffron inside. In excellent condition. Call 0506225880.

Urgently wanted: BMW, 316-318, from 1990 to 1994 model. Should be 4 doors, leather insides, and in good condition. Call 0555086481.

Land Rover LR3, 2008 model for sale. Full service history. In excellent condition. From Al Tayer. Call 0554952830.

Ssangyong, 2008 model for sale. Full option. In good condition. For Dh18,000. Call 0507395538.

Toyota Supra, 1998 model for sale. White colour. Full sport. Good condition. Starting from Dh90,000. Call 050636465.

Toyota Yaris 2008 model for sale. Excellent condition. For Dh24,500.

Bank loan can be arranged. Call 0558238415.

ITEMS



American brands/ladies handbags available for sale in wholesale. Call 0505865892.

Brand new Dell computers available for sale. Dell 3521, Core I3, 2GB, RAM, 500GB, hard drive, Windows. Call 0557126612.

3+2+1 sofa cum bed with storage under each one available for sale. In VGC. Call 0507689828.

Gold iPhone 5, BlackBerry Porsche Design available for sale. For more details, call 0503830299.

iPhone 4G available for sale, 1 year guarantee. In black or white. Good condition. For Dh2,499. Delivery also available. Call 0503508093.

SERVICES



Chinese tutoring courses available. For individual, small groups, adults and kids; beginners to business level. More than 10 years of teaching experience. Call 0551404335.

Door to door cargo services to Indonesia available. At low rates and no weight limit. Call 0555584817/0555584819.

Door to door cargo services available everywhere in India with Safe Move Express Cargo LLC. For enquires call Abdullah 0508435235/Abbas 0551614401/043592910.

Gulfam Movers & Packers LLC services available. Relocation door to door services for personal, offices and businesses. First class moving management & corporate solution. We provide 24/7 day/quick service. Email gulfammovers@gmail.com/visit www.gulfammovers.com/call 0552981072, 0557747641/043920233.

Saeed Al Mahry factory available for services. All kinds of aluminum and glass set up. Local management. With good prices. Call 0504944405.

Professional data recovery services available. We recover crashed hard drives, deleted formats, damaged HDD, and all types of mechanical problems. Call 0563685878.

Are you worried about your family's future, child education and your retirement? Don't worry; we offer free financial consultation services. Call 0529432878.

Agent mediator available for services in Yemen. Can work on real estate paperwork/all types of documents needed and public relations. Call 00967734927934.

JMJ Gulf Technical services available. We offer professional cleaning services for offices & homes. For Dh50 per 2 hours. Call 043709155.

Computer repair services available. Homes/offices software installation, data recovery, networking problem and any other IT service. Call 0501971245.

Website design services available. For static/dynamic/CMS website/free domain, hosting. One free year services at best price. Call 0528228687.

Treatment for physical, mental, emotional disorders with safe alternative therapies available. Call 0559904396.

ACCOMMODATION



Bed space available for rent. Indian

single males only. Near Vasantam hotel, Bur Dubai. Roommate with a Gujarati family. Rent for Dh1,350/monthly. Call 0504953128.

Partition accommodation available for rent. Filipinos only. Near Al Rashidiya metro station. Call 0502547664.

Accommodation available for rent. For females only. Near Zulekha & NMC Hospital, Al Nahda 2. Room + attached bath. Rent for Dh1,000, Dh1,500, Dh2,000, Dh2,500 per month. Call 0558308169/0507340519.

Fully furnished bed space available for rent in a 2-bedroom flat. Filipino females/Filipino males only. Near Karama metro/bus station. Comes with free DEWA, high-speed internet, TFC, gym, 24hrs security and parking space. Call/text 0504002998.

Bed space available for rent. Keralite Muslim bachelors only. Near Lals supermarket, Al Rigga. Rent for Dh335 + DEWA. Call 0507885489.

Bed space available for rent. Muslim bachelors only. Near Clock Tower, Dnata area. New flat, central A/C, attached bath, kitchen & internet. Call 0529878699/0505975471.

Villa available for sale. In Abu Dhabi, facing military club. At 7,154 Sq. Ft. From direct seller. Call 0507701599.

Family flat available for rent. 3 bedrooms, with big spaced room. Located at Al Rigga street. Rent for Dh120,000 yearly. Call Abu Majd 0555086481.

Unique offices available for rent. At The Black Square, Sheikh Khalifa Street, Ramada Ajman Compound. Offices from 900 to 13,000 Sq Ft. Call 0506337547.

Bed space available for rent. Kabayans only. Opposite Al Bustan Center, Al Nahda metro station. Rent for Dh400. Call 0554518125.

Accommodation available to let. Direct from owner 10,000Sqft. Commercial warehouse, Qusais. Call 0508888843.

Accommodation available for rent. Executive bachelor Keralites only. In Deira. Call 050659845.

Shared room available for rent. Executive female only. Located near Fortune Plaza hotel and Dafza metro station, Qusais. Rent for Dh800 plus one month in advance. Call 0558098027.

Executive bed space available for rent. Located in OPC area, near metro station, Bur Dubai. Bed space + DEWA + internet. Rent Dh1,200/person or Dh4,000/room. Max 4 persons per room. Call 0527126366.

Shared accommodation available for rent. Located near Union metro station, Deira. Executive bachelor only. Call 0507758735.

Bed space available for rent. Kabayans only. Near Zulekha Hospital and Al Shams supermarket, Al Nahda 2, Dubai. Free DEWA, internet, gas for Dh550. Call 0504696930.

Shared room available for rent. Family/working ladies only. Starting from March 15, 2013. Near DAFZA metro station, Al Qusais. Call 0501006367.

MISCELLANEOUS



Local Arab financial partner/investor required for a very profitable mfg & retail business in UAE (Dh2.5ml). For more details npais80@gmail.com.

Dubai visa package available at Anasia Travel and Tours. Filipinos only.

Call 0509837880/emailyeshah_12@yahoo.com.

We buy all type of used and scrap cars anywhere in the UAE. If you like to sell your used or scrap car, call 0505373425.

Wanted: Looking for a company to share my office in Jumeirah Lake Towers area. Call 0551887670.

Website design with unlimited pages available for Dh2,999. Call 0504656984.

Ayurvedic treatment/massage for only Dh125/1hr. Kairali Ayurvedic Centre, Deira. Call 042298046. Valid for gents & ladies.

Personal loan services available with no salary transfer required. Salary Dh4,500 plus variable income. Call 0556494782.

Personal loan and auto loan services, salary Dh4,500 plus variable income. Dh3,000 for auto loan. Fast approval and no salary transfer (can list small companies). Call 0501647611.

Get easy loan without salary transfer/no bank statement. Fast approval. Low profit rate minimum salary Dh5,000. Call 0504371523.

Call for quick personal loan (salary Dh4,000+) and auto loan (salary Dh3,000). Fast approvals, no salary transfer required. Call 0528830016.

Personal loan available with no bank statement and no salary transfer required. Minimum salary requirement Dh5,000 only. Fast approval and low interest. Call 0558808419.

Apply for free life credit card and be one of the lucky winners of 15 million Etisalat points or get up to 8,000 hours of free talk time and much more. Call 0554562424.

Establish your own business in Dubai mainland. Low cost trade licence facilitation, sponsorship, PRO, visa, etc. Free consultation. Call 0502999800/sales@ebsuae.com.

One call, one source, one solution! Take your dream car home! Auto loan services. With minimum salary of Dh3,000. Without bank statement. Call 0528289142.

Personal loan, salary Dh4,500 plus company accommodation and auto loan salary Dh3,000 available, no salary transfer required. Call 0567865862.

Quick loan. Speedy approval for personal loan salary Dh4,250 and company accommodation. Car loan salary Dh3,000 only. Call 0567460165.

Bombastic offer for website design. Starting from Dh399 with free hosting. Call Noor 0507647429.

Donation required to mosques or startup Quran tutorials. Hajj Khalid Dakhistan. Call 0079285953922.

Attention. Need personal loan, credit card and auto loan at low interest rate and fast approval. Call 0503752362.

Want to make money? Your present job is not fetching you much income? Just call 0529432878.

Personal finance and credit card with excellent features, salary requirement 5k for open market anyone can apply. Note, it's an Islamic product from an Islamic bank. Feel free to call 0502457891.

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School safety events in focus

Since the beginning of the academic year, 43 school awareness events have been carried out by the RTA.

SAFETY

The Roads and Transport Authority (RTA) has carried out 43 school awareness events since the start of the current school year, spanning educational lectures, training workshops, brochures and cartoon movies covering traffic behaviour.

Hussain Al Banna, Director of Traffic, RTA Traffic and Roads Agency, said, "Improving traffic attitudes of students is a top priority objective of the traffic awareness drive in the agency, with the aim of nurturing a generation well aware of traffic issues and committed to the implementation of traffic instructions and guidance." He added that schools in Dubai have witnessed no school-related accident fatalities over the last four years.

The agency has mapped out a host of programmes orientated to the educational environment of schools and universities. A 'Safety Friends' programme has been dedicated to students at nurseries and primary stage in order to educate this student bracket on how to board and alight from a bus, safely cross roads, high-



RAISING AWARENESS IN THE COMMUNITY

light traffic rules and signals, and how to use and benefit from them. Another programme, entitled 'School Events' is orientated to the intermediate and secondary stage as well as drivers of school buses. The programme focuses on the use of the safety belt, risks of excessive speed, the importance of complying with traffic rules, as well as raising the traffic awareness of par-

ents, teaching staff, drivers, and road users within school zones.

"The plans orientated to the educational environment are not based on old methods but on other means, including school websites, educational materials, and electronic/print materials including cartoon movies, radio spots, brochures, leaflets and posters," said Al Banna.

"The Traffic Department is keen on motivating and encouraging students to interact with traffic issues through the roll-out of nationwide innovative quizzes in conjunction with the Ministry of Education, for which several prizes were allocated," he added.

Al Banna referred to the technical procedures introduced by the agency in 250 schools covering directional signs, 36 pedestrian crossings, and over 160 traffic

calming devices. "The Traffic Department will continue running awareness initiatives orientated to the school environment and will be rolling out new initiatives to build further on the initiative of the Traffic Track, which has been opened in Al Aqsa School and where students have started acquainting themselves with various traffic elements," Al Banna concluded.

New Terhal Package unveiled

Package includes 2 silver Nol cards and offers discounts at outlets in Dubai.

MASS TRANSIT PROMOTION

The Roads and Transport Authority (RTA), has launched, for the second time running, the Terhal Integrated Package, distributed in Metro stations, business outlets and money exchange shops. The package, including purchase vouchers and discounts of up to Dh2,000, is sold for Dh65.

Mohammed Al Mudharreb, Director of Unified Fare Collection Card, RTA Corporate Technical Support Services Sector, said, "The launch of this package comes in the context of promoting the use of mass transit means among community members in general, and tourists in particular, by showing that Dubai is interconnected by a sprawling transit network comprising the Metro, buses, and



MOHAMMED AL MUDHARREB

marine transport services, allowing commuters to easily move to various destinations, besides enabling them to conveniently pay for paid car parking zones in Dubai."

"We opted to launch the Terhal Package, including two silver Nol cards with an initial balance of Dh14 apiece and various purchase vouchers and discounts, at recreational and tourist outlets, restaurants, and malls in Dubai. The package also contains a map, which serves as a guide for various destinations, in addition to information such as telephone numbers of key entities such as emergency services, police, embassies and ambulance services," he added.

"In the near future, the Terhal Package will be launched periodically by upgrading its content to measure up to the aspirations of customers. We will also seek to engage a series of key outlets and destinations to attract the attention of a large segment of the public," concluded Al Mudharreb.

Payment made easy

SERVICES



ABDULLA ALI AL MADANI

The Roads and Transport Authority (RTA) has made doing business even easier

for corporate Dubai with its

latest online service, RTA eWallet.

Abdulla Ali Al Madani, RTA CEO, Corporate Technical Support Services Sector, said, "A company establishes an eWallet account online with the RTA. This is a debit account within the Nol website (www.nol.ae) that a company can load any value into.

"They can then use their account to pay for RTA services. In the long term, companies will be able to pay for any RTA service, but, for now, the account can only be used for Licensing Agency services, such as renewing company vehicle registrations."



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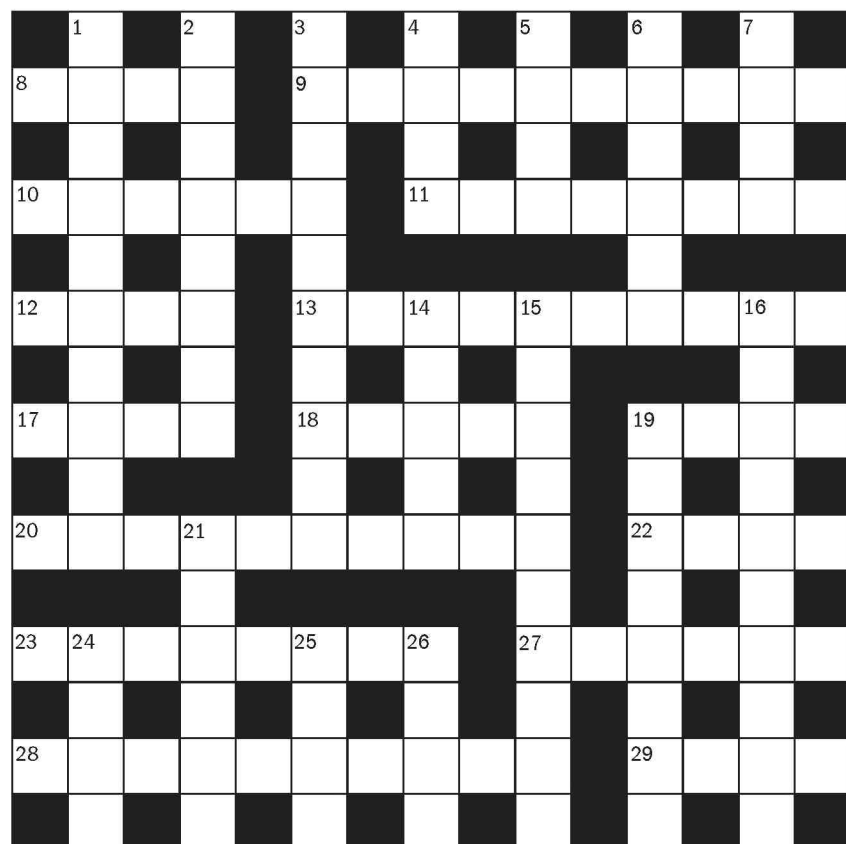
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Crossword

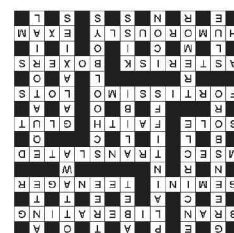
Across

8 Roughage (4) **9** Freeing (10) **10** Zodiacal twins (6) **11** Adolescent (8) **12** Millisecond (4) **13** Interpreted (10) **17** Bottom of one's shoe (4) **18** Trust (5) **19** Overindulge (4) **20** Very loudly (10) **22** Parcels of land (4) **23** A star-shaped character (8) **27** Fighters (6) **28** In a funny manner (10) **29** Test (4)

Down

1 A city in North Carolina (10) **2** Gird (8) **3** Complainants (10) **4** Assist (4) **5** Tall woody plant (4) **6** Capital of Canada (6) **7** Initial wager (4) **14** Proof of innocence (5) **15** Male students (10) **16** Relating to the equator (10) **19** Collections of stars (8) **21** Earthquake (6) **24** Skid (4) **25** Symbol (4) **26** Smooch (4)

ANSWERS



Sudoku

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

ANSWERS

SUDOKU

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

Recipe

Honey cake

This easy, delicious cake is perfect with afternoon tea.

Ingredients

4 eggs
3/4 cup caster sugar
1 tsp vanilla essence
1 cup plain flour, sifted
1 tsp lemon zest
50g melted butter
1 tbsp honey
125ml water
1 tin condensed milk
160g butter, softened
1 cup corn flakes for garnishing

Method

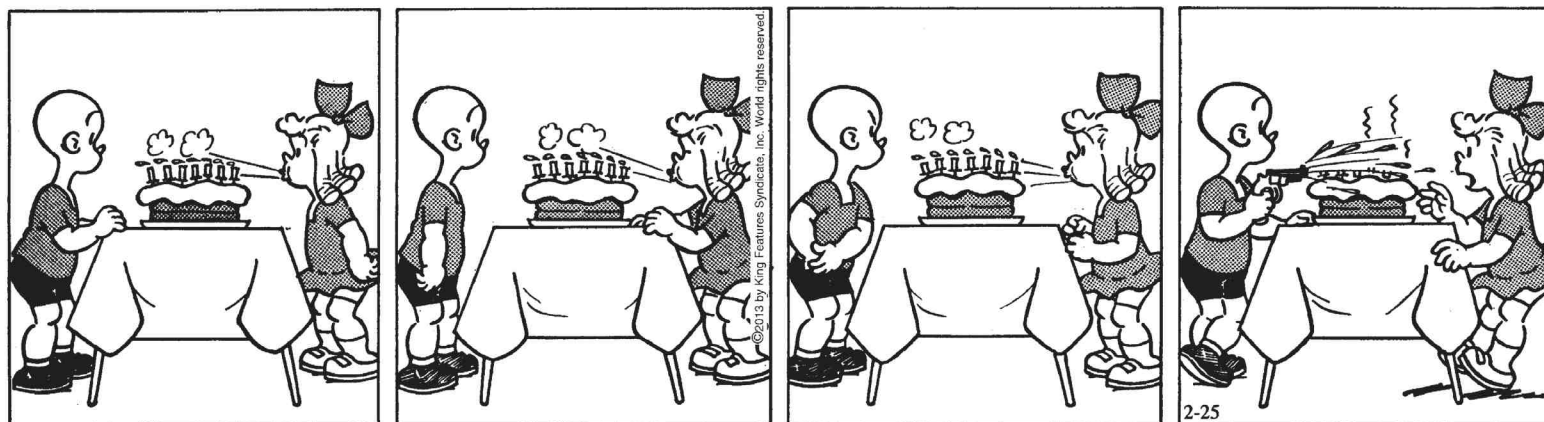
1. Whip the eggs and caster sugar together for six to eight minutes then add in the vanilla essence.
2. Sift the flour over the egg mixture in three batches with the grated lemon zest. Fold the mixture with a spoon and add in the melted butter.
3. Pour the mixture into a 22cm greased round tin and dust with flour. Bake in the oven at 175 degrees Celsius for 40 minutes. Take out and set aside to cool.



Serves
6

4. Combine the softened butter and condensed milk in a bowl and mix with a hand mixer until the ingredients are well combined and smooth in texture.
5. Put the cream mixture in the fridge for one hour to become stiffer.
6. Mix the honey with water and set to one side.
7. Slice the cake into 3 layers and spoon the honey mixture evenly over the layers.
8. Add the layers on top of each other, using half of the cream between the layers. Spread some of the cream on the top and sides of the cake as well.
9. Cover the cake with crumbled corn flakes and leave to settle for a few minutes before serving.

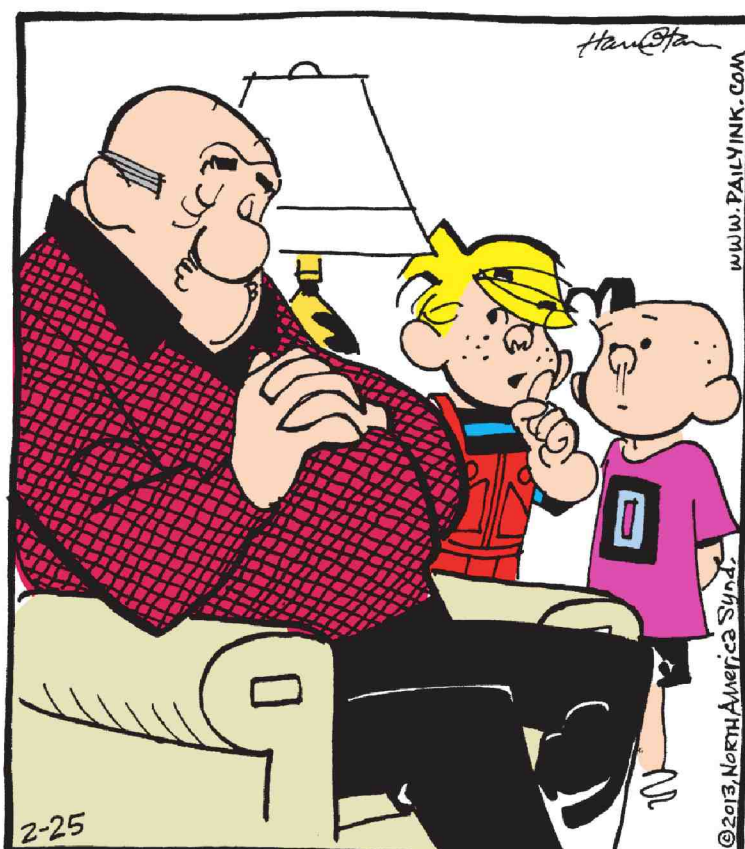
Henry



Spiderman



Dennis the menace



"MR. WILSON DOESN'T LIKE TO BE DISTURBED
WHEN HE'S DOIN' NOthin'!"

Who's this?



What's in your stars?

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

ARIES

(MAR 21 - APR 20)

This week involves lots of communication and excitement. Get clear on what you're doing and enjoy some physical activity as this can help you clear your mind and increase your energy levels. Find a quiet place to unwind and spend time with old friends.



TAURUS

(APR 21 - MAY 21)

Take caution before signing on any dotted lines this week and don't spend all your cash in one place. Your charisma will be at an all time high and this is a great time to mingle with others. This weekend, home certainly is where your heart is.



GEMINI

(MAY 22 - JUN 21)

Whether it's in a work or social setting, this is the time to meet new people. Revisit your personal budget and set some realistic financial goals this week. Capitalise on positive vibrations coming your way and lend a helpful hand to those in need.



CANCER

(JUN 22 - JUL 23)

You may be eager to visit an exotic destination, but count the cost before indulging in tickets or retail therapy. Try to live in the moment and get a little exercise before you give yourself a treat. Look for rejuvenating energy and inspirational ideas.



LEO

(JUL 24 - AUG 23)

Don't take things personally and ask for advice if you get stuck. You are confident and creative this week, so learn something new or study a subject that fascinates you to get a better understanding. Be there for your family and spend quality time with them.



VIRGO

(AUG 24 - SEP 23)

Communicating your thoughts can be difficult this week so think about what you really want to say before speaking. Be around people—whether this is working with a group or hanging out with friends, mixing with a crowd will charge you up again.



LIBRA

(SEP 24 - OCT 23)

Mind your own business as you could get in trouble if you meddle in someone's personal matters. A personal or work project could hit a roadblock but don't give up on it. You have got a great vibe with your friends and everyone wants to be by your side.



SCORPIO

(OCT 24 - NOV 22)

This week will see you make some smart moves. You may feel like splashing out but control the urge. Think before you make any promises as you could damage relationships if you don't keep your word. Also, it's time to discover the truth about a situation.



SAGITTARIUS

(NOV 23 - DEC 21)

Advance your personal goals and expand your outlook this week. Everything is likely to go your way and even the detours get solved because of your optimism and honesty. It might be wise to ask for assistance if things still don't work out smoothly.



CAPRICORN

(DEC 22 - JAN 20)

You may feel grass is greener on the other side this week. Make sure you take advantage of activities with a close friend to calm yourself. Take care with work-related relationships as you can really get things done. A flash of insight will help you tackle an issue.



AQUARIUS

(JAN 21 - FEB 19)

A new financial opportunity may come your way, which could prove to be lucrative. Revise your goal list and don't waste your time in pursuit of an old aspiration. Patience will be required, and you may want to delve deeper to begin an important transformation.



PISCES

(FEB 20 - MAR 20)

You might have a heated discussion with a friend this week, so take time out if the anger level starts to rise. Consider your options before you make a major life decision because if you choose incorrectly, you will regret it later. Try to have an open mind.



This week's local weather

SUN

24th

SUNNY
HIGH 30C
LOW 26C
HUMIDITY 41%

MON

25th

SUNNY
HIGH 31C
LOW 28C
HUMIDITY 50%

TUE

26th

SUNNY
HIGH 31C
LOW 26C
HUMIDITY 54%

WED

27th

SUNNY
HIGH 32C
LOW 24C
HUMIDITY 56%

THU

28th

SUNNY
HIGH 32C
LOW 27C
HUMIDITY 53%

FRI

29th

SUNNY
HIGH 29C
LOW 24C
HUMIDITY 39%

SAT

30th

SUNNY
HIGH 27C
LOW 23C
HUMIDITY 46%

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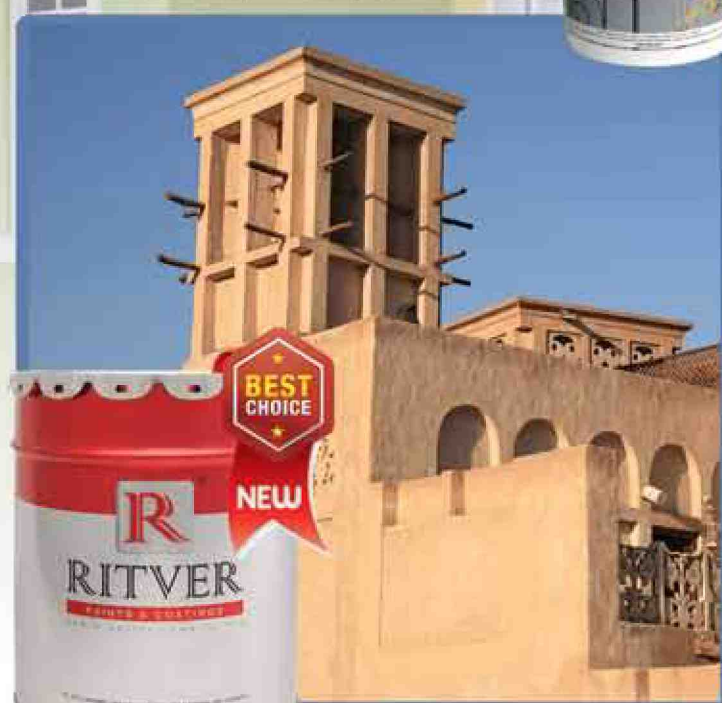
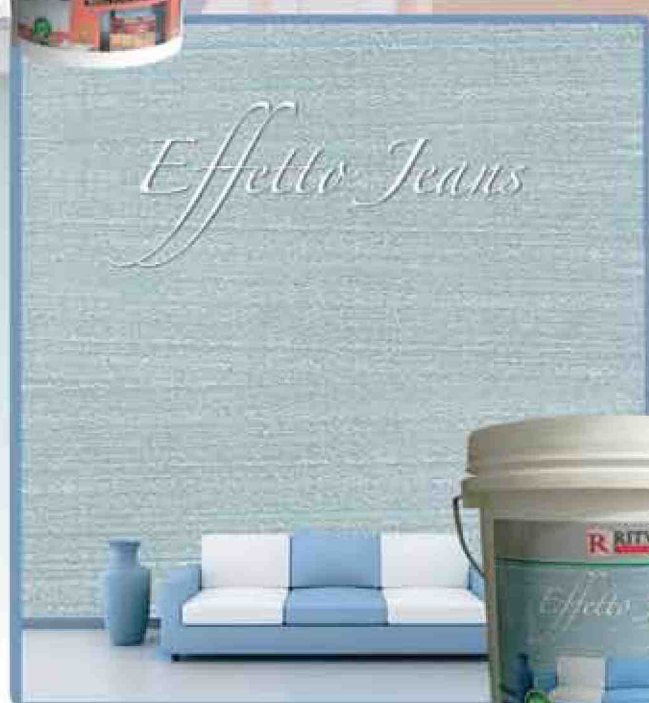


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