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JUNE 23-29, 2013 | Issue 106

Read.



THE DARK SIDE

With plenty of grit and action, *Man of Steel* has divided audiences and critics worldwide

LA DOLCE VITA



HEAD OF THE ESTATE

The new Audi RS4 Avant provides a practical yet glamorous choice of all-round vehicle



THE BIG BITE

The Apple Worldwide Developers Conference turned up some fruity surprises for all fans of the technological giant



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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.

✉ GREAT OUTDOORS

Most kids these days are isolating themselves from experiencing the wonders of the outdoors. Their immediate environment has become too 'synthetic', which is really sad in a way. Parents should make an effort to take their kids out into the natural world before our landscape turns into a sea of dirt, steel and concrete completely.

Rick Dawson

✉ HEALTHY FOCUS

Food seems to be of least importance to many people nowadays, as most of us are living a fast-paced life in the city with little time to keep our diet in check. We should all make an effort to go for a healthy option—after all, health is wealth.

Rosemary Collins



HEAD OUTSIDE

✉ COVER UP

The issue of immodest clothing isn't new, I know, but there is always a need for a reminder to those who tend to 'forget' and go on with their arrogant clothing preferences. Ladies, especially tourists, should be aware of the values of this country—show respect to yourself and others by clothing decently.

Mary Raleigh

Read. Poll

Have you visited all the 7 emirates in the UAE?

- Yes
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Cast your vote online at www.readme.ae

LAST READ. POLL RESULTS

Who can lead a team better?

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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

We would all like to go back in time and buy something worth millions today but, alas, this is not yet feasible. Until time travel becomes an everyday way to get around, there is always the option to invest in "future antiques".



MONDAY

It's been a family favourite for years, now mobile app versions are bringing the board game Scrabble to a whole new audience. But where did it come from and how can you squeeze the most out of a two-letter word?



TUESDAY

On the four-year anniversary of Michael Jackson's death, we take a brief look back at his life, career, music, and how this young, talented boy from Gary, Indiana went on to become the King of Pop.



WEDNESDAY

Learning to play a musical instrument can not only be a fun activity for a child, but the educational benefits and the influence on other areas of their development can often be great.



THURSDAY

The Volkswagen Beetle has provided motoring pleasure to generations of people with its fun and iconic image playing a major part in the appeal. But how did the Bug come to be?



FRIDAY

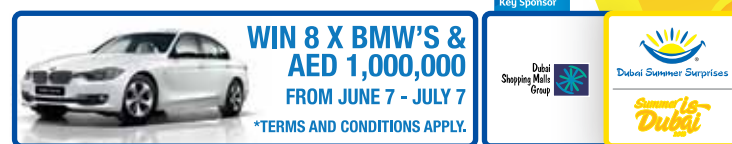
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Facebook chatter

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

(Responses only edited for length)

How often do you drink tea or coffee throughout the day?

I usually have coffee two to three times a day. I sometimes have coffee before I go to sleep! So, the not-being-alert and caffeine dependency issues work just fine for me!

— **Mohamad Emad Baghdadi**

Six sachets a day. So addicted to coffee. Can't live without it.

— **Jackie Almorado**

Have you ever had a close encounter with a wild animal?

Since I grew up in a tropical country, pythons are no strangers to us. One time, One really huge Python,



DO YOU ENJOY A CUP O' JOE?



DOTING DADS

went inside our outdoor kitchen, i just screamed and my father came flying down with a Huge Knife to kill it. It was insane.

— **Danz de Asis**

It was humorous when my friend and I saw cobra coming inside the lobby of the building. She even lift a big boulders to kill the snake and with those formal clothes with high heeled shoes lifting a big stone?? LOL. So scary but funny.

— **Josephine Cake Dela Cruz**

What makes a good father?

I have been a father for just 25 days now. For the father I have seen, who is my Hero and my role model, whose life is an inspiration for me. I wish to continue my fathers legacy and stand tall in front of my son.

— **Khaizer Ahmed**



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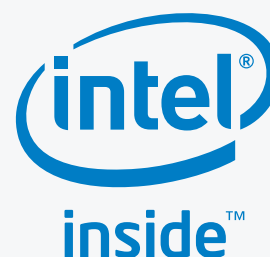
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Starting From

Aed: **999**

A time to care

This Ramadan, why not give a little help to those who built our city?

With Ramadan approaching, now is the time for many residents to start to think about ways they can make a difference to their community.

If that includes you, consider giving some assistance to Adopt-a-Camp, which serves as an initiative to “meaningfully improve the lives of the men who build the beautiful cities we live in, and through them, to reach out and aid the diverse communities from which they come”, according to Sahar Shaikh, Adopt-a-Camp organiser.

Alongside many

other societies, companies and organisations, Adopt-a-Camp compiles Ramadan care packages, and it is looking for help to put together and distribute 5,000 of these packs. Each one is meant for labourers and contains at least 40 items, including a new mattress, pillow, bed linen, enough toiletries for three months and energy food for one month. Others have items the men have personally requested, including towels, socks and plates.

Adopt-a-Camp has been working with Dubai’s labourers for over eight years and so far has contact with 49 labour camps and more than 43,200 of their residents.

“Feedback from the camps we’ve helped in the past has been extremely touching,” reveals Shaikh.

“Men say that the kindness they

experienced when we distributed packages changed their lives. They said that peaceful sleep, free from itching and scratching [because their new mattress is free of lice and bedbugs] was the best gift we’d given them. That and the knowledge that there are people out there who care.”

Adopt-a-Camp is not only active during Ramadan; it is a year-round vocation for Shaikh. On top of the care packages, the initiative runs free English classes for labourers with the AIA Society at the American University of Dubai.

“Having an internationally recognised accreditation under their belt results in tremendous increase in their salary potential, job opportunities and even opens up the door for emigration. It doesn’t just change the life of the man breaking stones on the side of the road here, it changes the lives of his future generations too,” Shaikh

“It doesn’t just change the life of a man breaking stones on the side of the road here, it changes the lives of his future generations.”

wrote on Adopt-a-Camp’s website. The initiative also organises out-of-camp trips, such as desert safaris, art therapy courses and boat cruises so they can experience more from Dubai than just the daily bus drive between the labour camp and building site.

Adopt-a-Camp organises and pays for specialist medical, eyesight and dental treatment for the men and, when necessary, their families back home.

Counselling services are also offered to labourers suffering from depression, anxiety and anger from being far from home, and phone cards distributed.

Soon, the Ramadan packages will be filled and distributed, and this is where the community can get involved. Sheikh Rashid Hall at the DWTC will play host to this massive event, from 12-7pm on July 24 and 6-11pm on July 25.

Everyone is invited to take part, and those who are unable to join the event can always send a donation.

“The aim is to give these men a fresh start—a new chance to live with dignity. Join us in making 5,000 labourers’ dreams come true this Ramadan,” says Shaikh. ●

How to help

Each complete package costs Dh125, and every donation helps when it comes to contributing.

For registration and details, visit www.adoptacamp.ae/ramadan_package



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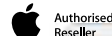
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Eat up

Parents often hear contradictory advice on what to feed their babies to give them the healthiest start.



Up to six months

What an infant eats can affect their long-term weight, immune system and overall health. For the first six months of an infant's life, breastfeeding is recommended where possible. The benefits of breastfeeding extend beyond basic nutrition. It contains all the vitamins and nutrients your baby needs in the first six months of life and is packed with enzymes, antibodies and disease-fighting substances that can protect your child from illness. Exclusive breastfeeding (meaning no solid food, formula, or water) for at least six months seems to offer the most protection. Breastfeeding may also help children avoid a host of diseases that strike later in life, such as type 1 and type 2 diabetes, high cholesterol, and inflammatory bowel disease.

There are many circumstances that can make breastfeeding difficult or not for you. For example, you may not be able to breastfeed if you have a health problem. Infant formulas are available for babies whose mothers are not able or decide not to breastfeed. However, babies who are fed a formula based on cow's milk or soy tend to have more allergic reactions than breastfed babies. Breastfeeding protects against allergies in two ways. The first and most obvious reason why breastfed babies have fewer allergies is that they are exposed to fewer allergens in the first months of life. They aren't given formula based cow's milk or soy products. Less exposure to these foods means less chance of allergies later on.

Six months onwards

Infants usually start eating solid foods between four and six months of age as they can't digest solids before then. You will know when your baby is ready for solid foods—once they have doubled their birth weight, providing they can hold their heads up, sit in a high chair, open their mouths when food is presented, and swallow.

A common first baby food is a single-grain, iron-fortified cereal such as rice cereal or oatmeal. These baby cereals have the advantage of boosting your baby's iron intake and they're easy to digest. Just mix with a little baby formula, breast milk or even water. Vegetables are also great to introduce to your little one as they are full of nutrients and not as sweet as fruits. Puréed vegetables such as sweet potatoes and carrots are easy to cook and mash. Once your baby has gotten used to their first solid food, you can begin to move on to more exciting options. As babies develop more teeth and chewing skills, you can offer them foods with more texture. So instead of pureeing veg and fruits, try giving them in a roughly mashed-up form.

Each time you introduce a new solid food, wait about three days to see if it causes an allergic reaction. Don't introduce anything new during that time. If your baby develops a rash or a more serious reaction, you'll know for sure which food caused it.



Super Foods

Bananas

Bananas are full of carbohydrates, which provide sustained energy and fibre to support a healthy digestive tract. When serving bananas to young babies, make sure they are ripe and thoroughly mashed.

Sweet potatoes

Sweet potatoes are a good source of potassium, vitamin C and fibre. Most babies prefer sweet potatoes

over other vegetables because of their naturally sweet taste. When cooked and mashed, sweet potatoes make a smooth purée that's easy to eat.

Avocados

Avocados have the highest protein content of any fruit. Make sure you only serve ripe avocados and wash the outside, then remove the peel and mash well.

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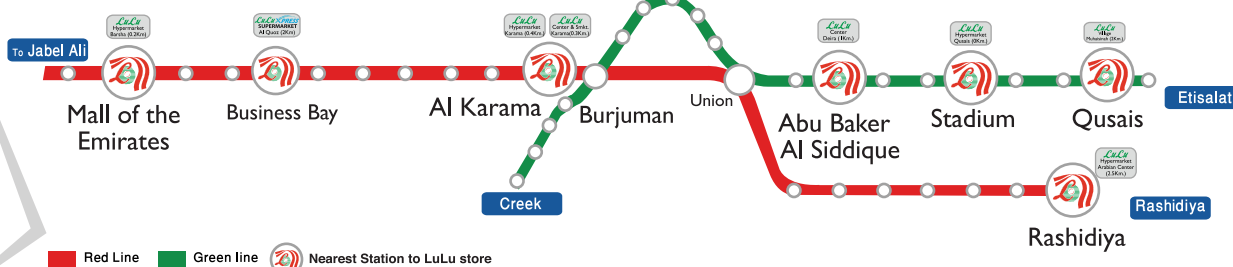
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TRAVEL NEWS

Tendulkar bats for Musafir.com

Celebrity Indian cricketer Sachin Tendulkar is the new brand ambassador of Musafir.com, the UAE's first premium-experience travel website. Tendulkar now represents Musafir.com in its global marketing campaign that covers print, radio, television and outdoor media, wherein Tendulkar invites people to try Musafir.com's offerings through its slogan: 'Stop dreaming. Start travelling.'

Musafir.com picked Tendulkar due to his dedication, honesty and growth in cricket, in addition to being the sport's stakeholder. His achievements during his long cricketing career are also considered by Musafir.com as a representation of its vision to become the leading travel website in the region.



Sachin Gadoya, Musafir.com Managing Director, said: "This partnership is part of an integrated campaign that we are launching, and is supported by a major upgrade to our website to make it even more user-friendly."

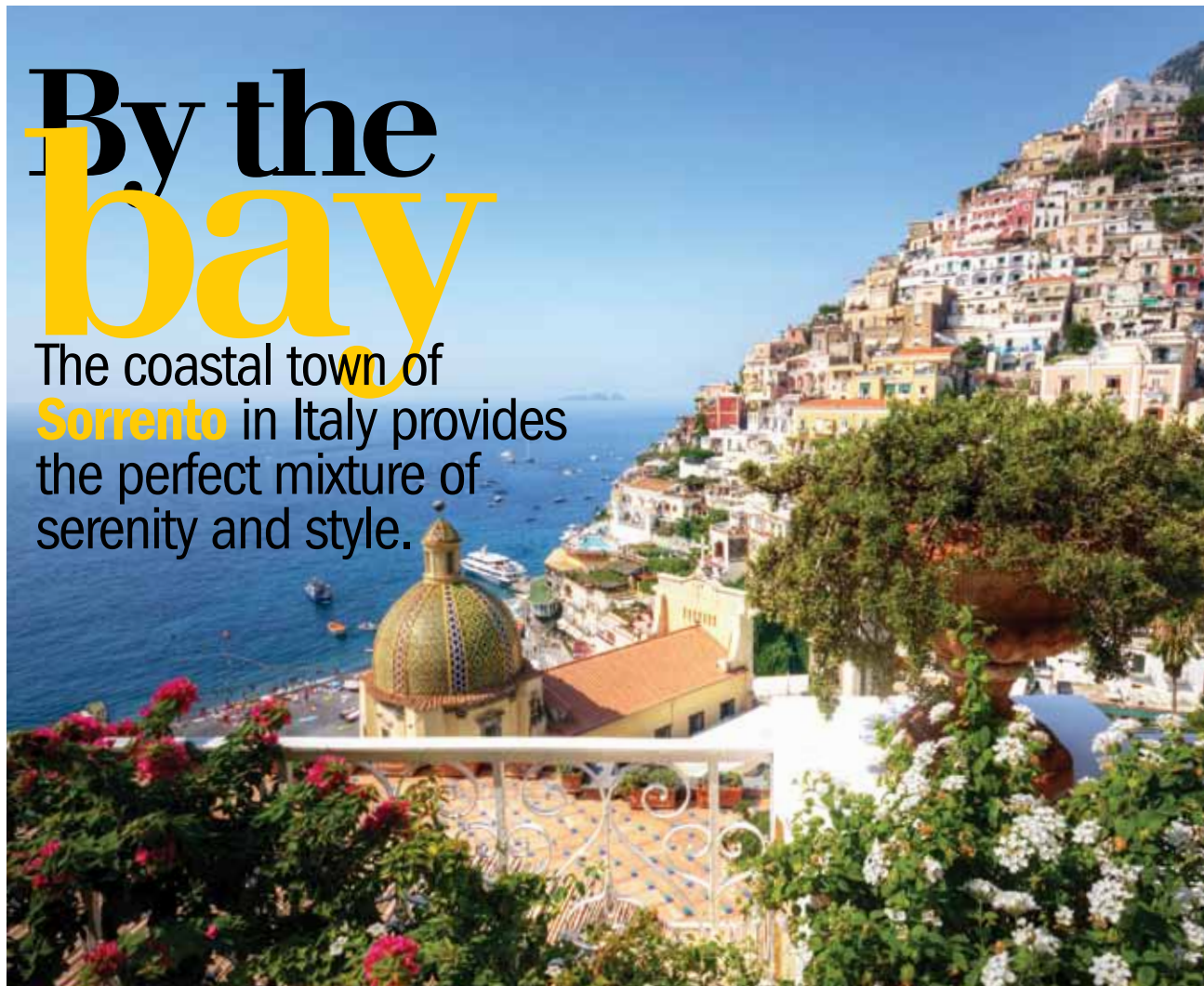
"We have grown to offer a unique travel experience. As we evolve in our partnership with Sachin Tendulkar, we'll continue to offer newer and more exciting travel planning experiences to our customers," Gadoya added.

Tendulkar praised Musafir.com's campaign for encouraging people to live their dreams. "I love the thought of building on dreams, because it has helped me reach places in my life that were once thought to be impossible," he said.

Established in 2007, Musafir.com was set up by Sheikh Mohammed Bin Abdullah Al Thani, Sachin Gadoya and Albert Dias.

By the bay

The coastal town of **Sorrento** in Italy provides the perfect mixture of serenity and style.



For many, Sorrento is Italy. For the tourists venturing down from northern Europe and filling up the kitsch areas of this town that looks down on the Bay of Naples in southeastern Italy, it is souvenirs, history and sea. For the refined Italophile, the town is cuisine, culture and la dolce vita. And for the adventurous, Sorrento is a staging point for the broader adventures to be had along the Amalfi coast.

No more than the size of a town, but as regal as any of Europe's finest renaissance cities, Sorrento benefits from a sublime climate and stunning setting on a plateau that breaks down sharply into the Mediterranean. Just a stone's throw over the water is the elegant island of Capri—often a draw for tourists but of little necessity when you know what Sorrento offers.

Naples's Capodichino airport is around 50km away, and is served by many daily flights from Rome and Milan. In summer, hydrofoil services connect the regional centre to Sorrento, but at other times, visitors can take a train, bus or taxi.

Once in town, there is a wealth of hotel choices from the chic La Minervetta, high above the marina, and the opulent, art deco Excelsior Victoria in the centre of town, to a whole host of three-star options.

Sorrento's old town may not have the standout sights of major towns

but it makes up for this with its ambience, charm and culture. Local artisans have made the area famous for marquetry over the generations and it is well worth learning more about this highly skilled form of woodworking at the Museobottega della Tarisalignea museum and by popping in to some of the many little workshops that dot the streets.

For food lovers, Sorrento comes as a real treat. This is where well-known Italian staples such as pizza and pasta blend with hearty peasant stews and meat dishes.

Whatever your preference from the country's food, you will find it cooked to perfection—Sorrentinos are known for their aversion to anything but the best ingredients.

Surrounding Sorrento's position on its rocky peninsula is the heartbreakingly beautiful Amalfi coast, with its villages perched high on rocks that plunge vertically down to the sea. Positano, with its pastel houses and chic boutiques, is excellent for people watching with a morning coffee; Amalfi, further up the coast, has a maritime and medieval feel. Those

who appreciate places associated with historical events will no doubt enjoy a trip to Pompeii, the Roman city levelled by Mount Vesuvius in 79AD and since excavated to show the full horror of the disastrous event.

But in spite of the natural beauty of the coast and the charming nature of the towns nearby, the return to Sorrento—best done at around sunset, is always welcoming, no matter what you personally seek when it comes to tourism. While Sorrento most certainly can't be classed as a hidden gem, this well-established resort town offers something for everyone, and often quite considerably more than what was first expected. ●



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TECH
NEWSNokia Asha
smartphones
offer new apps

Nokia's Asha smartphones platform has introduced a new Mail for Exchange app that allows users to send and receive office emails from their smartphones. The Mail for Exchange app can synchronise a user's email, calendar and contacts data with Microsoft Exchange 2003, 2007, 2010 servers and Microsoft Office 365 mobility online service.

The Mail for Exchange app is compatible with Asha 311, 310, 309 and 308 smartphones, and is available in the Nokia Store download service.



Tom Farrell, Nokia Middle East Vice President, said: "The introduction of the new app makes the Nokia Asha 311, 310, 309 and 308 ready for business. It enables users to take their office wherever they go, enhancing their mobile experience for work."

Nokia has also unveiled an Editori Text app that allows the viewing and editing of Microsoft Word documents, and an Editori Sheet app for Excel documents.

Both the Editori apps allow increased flexibility in modifying, saving and sharing documents or spreadsheets for quick review right from an Asha smartphone.

Another highlight of the two apps is the rich text formatting in bold, italic, colours and underline to keep track of changes made in documents.

Global
gathering

A look at the latest Apple WWDC.

Each year the tech world holds its breath in anticipation for the opening of Apple's annual Worldwide Developers Conference (WWDC).

This is the time when Cupertino fanboys and Seattle Microserfs, app developers and tech evangelists all wait for the opening keynote speech that is seen as technology's day zero for the coming year.

The late Steve Jobs, Apple's founder and still one of the most recognisable figures in technology made the WWDC his own by using the event to preview new software and give a snapshot of his company's latest direction.

This year, his successor as CEO, Tim Cook, used it as a platform to demonstrate Apple's second-generation platform for its iPhone, iPad and iPod devices, iOS 7.

For many, iOS 7 was a watershed. Apple had in the last couple of years been criticised for falling behind rival operating systems like Android and BlackBerry 10 for its staid design and limited background functionality that had changed little since its arrival in 2007.

With design supremo Sir Jony Ive having now taken on the iOS interface, as well as the industrial design of Apple's products, the audience at the Moscone West convention centre in San Francisco—as well as millions of online viewers streaming the event from around the world—was expecting something special. Few were left feeling disappointed.

The software's new look is flatter and more modern and eschewed the skeuomorphic elements—or lifelike textures—so beloved of Jobs. It has



also introduced greater functionality with elements like Control Center, enhanced multitasking, an updated Safari web browser and improved Siri and photos app. Much to the pleasure of Apple fanboys, Notification Center was added to the lock-screen and the camera app was improved.

Cook not only debuted the new iOS, he also showed the world Apple's latest design direction with an all-new Mac Pro, which is the company's flagship personal computer. Likened by some to a shiny black dustbin, the computer now has a great deal more power while also blowing conven-

“Even though Cook has done a decent job on stage, Jobs' antics will go down in history.”

tional PC design out of the water. The AirPort range of storage routers likewise gets the same design treatment, while the lightweight MacBook Air was upgraded for speed and battery life and Mavericks, a new edition of Mac's OS X, was revealed.

While Cook could never be accused of having a fraction of the stage presence of Jobs, he is more likely to delegate to his specialist colleagues, allowing them to give insight into the technology they have been at pains to develop themselves. When a keynote lasts multiple hours, this variety is also a relief to the audience.

But even though Cook has done a decent job on stage, recordings of Jobs' antics will go down in history as a legacy of his showmanship. Now, even as his company is moving away from the design and technology principles he embraced, there will always be a little bit of Apple's founder at every WWDC. ●

Tell us your thoughts: letters@readme.ae

Cult
conference

This year, the 5,000 tickets available for WWDC, each costing \$1,599, sold out within 71 seconds of going on sale online. Just two years ago, the 2011 edition took a lethargic 12 hours to sell the same number of passes. This goes to show the tech world's desperation to view the new iOS 7.

Tech beat



NINJA BLOCK

A home automation kit best left for the tech-minded and hobbyists, the Ninja Block allows you to automate your home by connecting to all sorts of receivers placed around the house. From controlling the thermostat to making sure all windows and doors are locked, the possibilities are limitless.

RAZER EDGE PRO

A bulky tablet, but one deliberately so to please the gamers, the Razer Edge Pro has enough processing power to play fully fledged PC games while still versatile enough for iPad-esque duties. But with the game controller attached, it's hefty and has a relatively short battery life.



LENOVO THINKPAD TABLET 2

The Sherman tank of tablets, the ThinkPad Tablet 2 is sturdy and rigid and has more than a passing resemblance to the Microsoft Surface, with which it shares the same Windows 8 operating system. It is fast and still quite attractive, though, and its 10.1-inch screen is vibrant and worthy of mention.



GARMIN EDGE 810

This pocket GPS is designed for cyclists to record time trials and routes. The unit attaches to a bike's handlebars—mounts are provided—and its good display resolution and diminutive size make it perfect for the task. Bluetooth connectivity is useful for those who want to broadcast their ride socially through their phones.

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NEWS ON WHEELS

New Toyota Avalon posts rapid sales

The redesigned Toyota Avalon car has registered rapid sales since its launch in the UAE in February this year due to positive response from customers. The response is authenticated by the substantial increase in the number of cars sold, with sales of the new Toyota Avalon growing by 65.6 per cent, compared to the sales performance during the same period in 2012.

The fourth generation Avalon embodies a new brand direction for Toyota, along with a commitment to develop more engaging vehicles. The main feature of the new car is the technology that 'simplifies rather than complicates', while sporting an entirely redesigned, athletic yet graceful exterior and a lush interior that prioritises comfort.



Toyota Avalon Chief Engineer Randall Stephens was recently in Dubai and confirmed that the intention behind the complete makeover on the car was to move away from the Avalon's conservative image and give it a more dynamic and youthful look. Stephens said: "We have a big team that works on this part of the development. Before we market the technology we share it with many of our distributors and retailers and conduct extensive research with our customers. Our aim is to achieve simple and easy operations." The new Toyota Avalon is available in eight colours in Al-Futtaim Motors showrooms.

Estate of grace

Audi have finally added an RS badge to their A4, but only in the estate car version. How practical is it?



It might seem a surprising choice at first, to make the most potent version of their popular A4 range only available as an estate car (if you want a two-door sports coupe, you need to go to the RS5, with which the RS4 Avant shares much of its underpinnings). But, in fact, Audi have form here. The very first A4 Avant, the RS2, released in 1994, was the result of a joint development programme between Audi and Porsche, and it enjoys cult status to this day.

This contrarian streak continues at Audi, and the combination of estate car practicality with five doors, five seats and permanent quattro four-wheel drive with blistering performance is a beguiling prospect.

Unlike the original's highly strung turbocharged five-cylinder engine, the 2014 RS4 Avant gets a normally aspirated V8. This is a potent unit, 4.2 litres



in capacity, and developing a heady 444bhp and 430 Nm of torque. It's a high-revving mill, spinning all the way to 8,250rpm.

Drive goes to all four wheels through a seven-speed S-tronic transmission, and there is an optional sports differential to deliver even higher levels of grip and traction. There are four 'driving modes' selectable through the Sat Nav display—Comfort, Auto, Dynamic and Individual, where you can select your own preferred combination of suspension, steering, gearbox and throttle response. It has to be said that the only place where you

would choose to use Dynamic is on a racetrack or ribbon-smooth Autobahn, because it is so uncompromisingly stiff it makes the speed-bumps that plague our roads a bone-jarring misery. Comfort is still taut and firm, and Auto is probably as much as you ever need on ordinary fast roads.

The steering is electromechanically assisted and works with smooth precision. It is rock-steady and accurate, but becomes uncomfortably heavy and stiff in the most aggressive settings. Back off a bit and it feels much more fluent.

Our car rode on very attractive 20-inch 10-spoke titanium finished wheels (19 inches are standard), and the RS4 Avant rides 20mm lower on its suspension than a regular A4.

Inside, it is pretty much a regular Audi, which is to say some of the best fit and finish you're ever likely to find. Outside, style cues include a gloss-black honeycomb grille, blistered wheel arches that hark straight back to the original quattro rally cars, and LED lights everywhere.

So, is it practical? Yes and no. The estate car body certainly provides plenty of space, but if you intend to use any of the formidable performance available, the last thing you want is an unrestrained load in the back. But that's not the point. The Audi RS4 Avant is a car for aficionados, a cult classic with more power under your right foot than you will ever need, but all you could ever want. ●

SPECS
(as tested)
Engine: 4.2 litres V8
Performance: 0-100kph 4.9 seconds, top speed (restricted) 280kph
Price: From Dh290,000, as tested Dh319,100

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Measuring what matters

A healthy lifestyle is important for everyone. But what do all the numbers we hear about actually mean?

Taking stock of your body's vital signs can help to ensure that you are in good health. Vital signs are measurements of the body's most basic functions. There are four main vital signs that healthcare professionals monitor in patients: body temperature, pulse rate, blood pressure and respiration rate. These numbers are useful in detecting and monitoring any medical problems and the statistics allow health professionals to establish if there are any abnormalities or medical problems that require medication or treatment. Some medical problems can cause noticeable changes in one or more of your vital signs.



SPOTTING THE SIGNS

What do the vital signs mean?

Blood pressure

- Blood pressure is the measurement of the pressure of the blood flowing through your blood vessels against the artery walls. Blood pressure tends to change with age so it is important to get it checked regularly.
- While measuring a person's blood pressure, two pressures are recorded: systolic pressure and diastolic pressure. The higher number or systolic pressure refers to the pressure inside the artery when the heart contracts and pumps blood into the body, whereas the lower number or diastolic pressure refers to the pressure inside the artery when the heart is at rest.



Body temperature



- The normal body temperature of a person varies depending on gender, recent activity, food and fluid consumption, time of day, and, in women, the stage of the menstrual cycle. Normal body temperature can range from 97.8 degrees Fahrenheit or 36.5 Celsius to 99F or 37.2C for a healthy adult. It is recorded so that fever can be detected or to monitor the degree of hypothermia (drop in body temperature).
- Any temperature that is registering as higher than the expected average body temperature is considered to be a fever and a drop in body temperature below 95F is defined as hypothermia.

Pulse rate

- Pulse rate is a measurement of the number of times the heart beats per minute. The heart pumps blood through the arteries, which expand and contracts with the flow of blood.
- Pulse rates vary from person to person and they can vary with exercise, illness, injury and emotions. Your pulse is lower when you are at rest and increases when you exercise. The best time to measure your resting heart rate is in the morning, after a good night's sleep and before you get out of bed.
- A normal pulse rate for a healthy adult at rest ranges from 60 to 80 beats per minute. Women tend to have faster pulse rates than men.



Respiratory rate



- The respiration rate is the number of breaths a person takes per minute and it is usually measured when a person is at rest. It simply involves counting the number of breaths for one minute by counting how many times the chest rises.
- The normal respiration rate for an adult at rest is 12 to 20 breaths per minute. A respiration rate under 12 or over 25 breaths per minute while resting is considered to be a sign of an underlying abnormality.
- Among the conditions that can change a normal respiratory rate are asthma, anxiety, pneumonia, congestive heart failure and lung disease.

Tell us your thoughts: letters@readme.ae

A happy place for children

Children in Dubai Silicon Oasis have a new place to start on the right foot, as British Orchard Nursery opens.

EDUCATION

The British Orchard Nursery has opened its newest facility at Dubai Silicon Oasis (DSO). The nursery caters to children from six months of age to over four years.

Chief guests of the ceremony, Dr Juma Al Matrooshi, Executive Vice-President, Commercial, Dubai Silicon Oasis Authority (DSOA), and Vandana Gandhi, founder and CEO of British Orchard Nursery, cut the commemorative ribbon in the presence of senior officials from DSO and the nursery school. The event also drew the participation of representatives from the Ministry of Social Affairs, Civil Defence, Bank of Baroda, as well as HR representatives of Dubai Electricity and Water Authority, and the Roads and Transport Authority.

Dr Al Matrooshi said: "We are delighted to welcome the British Orchard, the Middle East's first ISO 9001:2008 quality certified nursery



DR JUMA AL MATROOSHI AND VANDANA GANDHI CUTTING THE COMMEMORATIVE RIBBON

“British Orchard brings more than 20 years of experience in professional childcare.”

chain, to Dubai Silicon Oasis. The new facility reflects our determination to ensure the community has access to all the required facilities that make Dubai Silicon Oasis the right place for people to live and work.”

With branches across the UAE in

Bur Dubai, Jumeirah, Sharjah, Abu Dhabi, Deira, RTA, DEWA, Dubai Media City, and now in DSO, British Orchard brings more than 20 years of experience in professional childcare and early childhood education in the UAE. With comprehensive planning, assessments on child development, and transparency for parents to track their child's learning journey, British Orchard

follows the British National Curriculum under Office for Standards in Education (OFSTED) guidelines.

Gandhi said: “We thank Dubai Silicon Oasis Authority for its support in helping us create this exceptional preschool environment.”

World War Z: An Oral History of the Zombie War

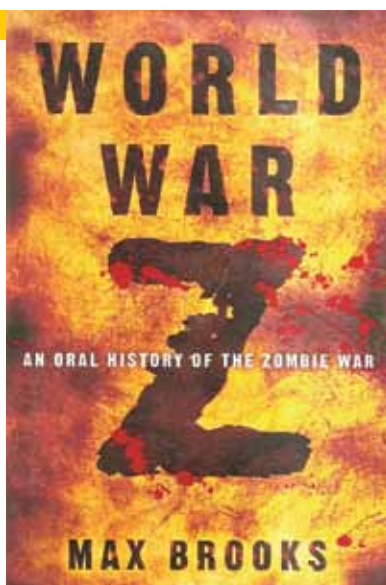
By Max Brooks

BOOK

This week sees the opening in Dubai cinemas of World War Z, Brad Pitt's blockbuster movie, which was based on this 2006 book.

Brooks has taken a very different approach to the zombie genre by recounting a fictional 10-year war between humanity and the undead as a socio-political-economic history.

Instead of relying on images of gore and horror, the author instead focuses on a series of spoken accounts



by figures as diverse as an astronaut who was stuck in space, an environmental worker cleaning up the mess and a historian discussing the various merits of different European castles during the zombie sieges.

This is zombie fantasy for adults, and the level of imagination

needed by the author to write it is quite simply breathtaking.

Kveikur

Artist Sigur Rós

Label XL Recordings ★★★★★

ALBUM

Considering how widely used their music has been over the past few years, many people are still unaware of Sigur Rós.

Due to the Icelandic band's biggest hits being used on nature programmes, film trailers and anywhere else that needed an ethereal and epic soundtrack, the three (previously four) musicians seem to remain as one of those “you'll know it when you hear it” acts.

However, the band's first release on XL Recordings worldwide could be set to change that. Self-produced by the band members themselves, *Kveikur* delivers a slightly more aggressive sound than the haunting and majestic songs of previous offerings.

From the opening track, *Brennisteinn*, the band's new, more industrial sound is apparent. But they haven't completely left their roots



behind, with tracks such as *Ísjaki* displaying a more conventional song structure and their trademark rich, sumptuous, full instrumentation.

Whether or not the band's most long-standing fans will receive *Kveikur* as well as their former offerings is yet to be seen, but the evolution—though, thankfully, not complete detachment—in the Sigur Rós sound could finally see the band crossing firmly into the mainstream.

If you like this, you could try...

The Zombie Survival Guide, also by Brooks, teaches you everything you could ever need to know to prepare for, and survive, a zombie attack.

Careful conversation

There are certain things you should never say at work, so avoid talking yourself into trouble with these tips.



CHOOSE YOUR WORDS FOR POSITIVE RESULTS

COMMUNICATION

Have you ever worked with someone who always had something negative to say about everyone and everything? You know at all times what that person thinks because of what they say and how they say it. If you happen to know someone like that or if that person is actually you, ask yourself: is this the kind of image you'd like to portray? Failing to choose your words properly at work will either make you seem unprofessional, or like you don't care. Chances are your coworkers won't be all that excited about coming to work and spending time with you. Depending on what you're trying to achieve, words can be used as a powerful tool to help you achieve the results you seek. Knowing this, the responsibility to learn what not to say at work should never be underestimated. Akhtaboot reveals the top career-limiting phrases that you should avoid using at work.

"IT'S NOT FAIR"

There are countless situations in which you would want to scream at the top of your lungs, "It's not fair". From being passed on for a promotion or not getting the raise you were expecting, to watching your coworkers do half of what they are expected to do and still get away with it. Complaining or whining about it will not do you good. If you feel your

achievements are being overlooked, present solid evidence, backed up with numbers and facts to your boss in a respectful and objective manner. If nothing changed after doing so, it may be time to look for a new job.

"THAT'S NOT MY JOB"

What sets high achievers apart from normal employees is that they are not afraid to go above and beyond their job description to get things done and learn something new. This doesn't mean that you should try to do everything. It means that you should be smart enough to decide what is legitimately worth your time and what is not part of your job. If those words repeatedly come out of your mouth, don't expect to go very far in your career.

"THAT'S IMPOSSIBLE"

There is a solution to almost every problem. You might not see the answer at first, so maybe you would do better to take some more time to think about it or research it. Avoid using negative phrases such as "nothing", "impossible" or "no way" as, to other people, it will make you sound

pessimistic and lazy. Companies always value go-getters who are willing to face any challenge head-on with innovative solutions.

"THERE'S NOTHING I CAN DO ABOUT THIS"

Employees are often faced with problems at work and many of them resort to saying, "There's nothing I

"Failing to choose your words properly at work will either make you seem unprofessional, or like you don't care."

can do about this". But are you sure that you've considered every single possible solution and the list is now exhausted? Using such phrases conveys a pessimistic, passive and hopeless attitude. You should promote a can-do attitude despite the gloomy circumstances. Try something like, "I'd be glad to check on it again" or "let's discuss all possibilities under the current circumstances".

"I MAY BE WRONG, BUT..."

Using such phrases when pitching ideas are known to diminish the impact of what follows and this may reduce your credibility. If you think that your idea is silly, why would you even want your boss to listen to it in the first place? While many people use such phrases out of wanting to sound humble, psychologists actually reveal that they can greatly reduce your credibility and lower people's interest in what you have to say. How you portray your ideas, reveals how much value you place on yourself and your message. ●

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



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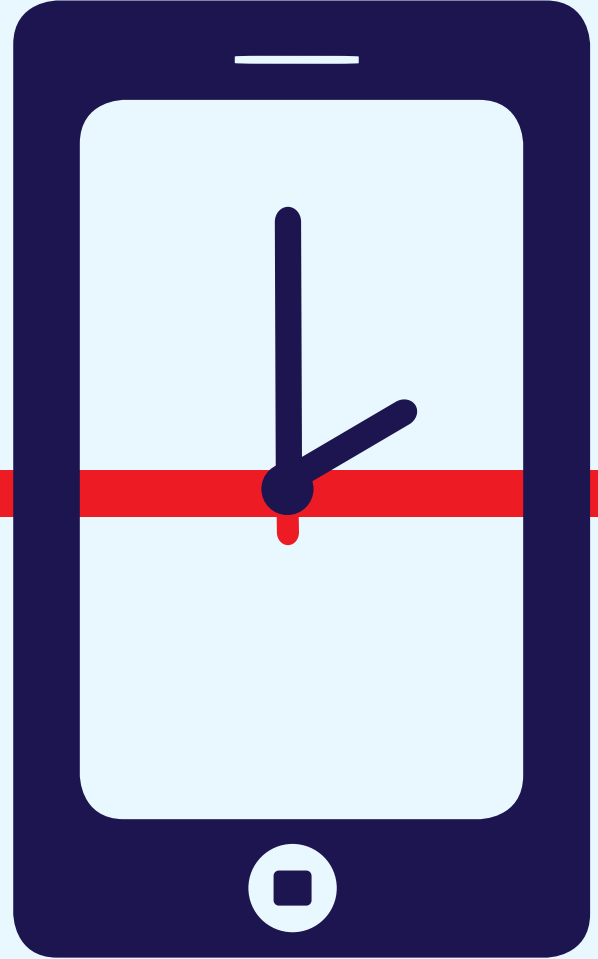
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Summer of Joy at Joyalukkas

Joyalukkas has launched its 'Summer of Joy' promotion at its showrooms in the UAE. The bonanza offers customers an exclusive and free gift pack created for Joyalukkas by Yardley on every jewellery purchase worth Dh5,000. In addition, Joyalukkas also offers an exclusive solitaire diamond pendant set for a special price of Dh6,900.

The free Yardley gift pack comprises four products created by the globally renowned cosmetic brand. The products include an English Lavender EDT 125ml, English Lavender talc 250gm, English Lavender body spray 150ml and a 100gm English Lavender soap bar.



Joy Alukkas, Chairman and MD, Joyalukkas Group, said: "We believe in creating customer friendly initiatives which enhance the shopping experience and offer maximum value addition. Based on these objectives we look forward to excite our customers with the free Yardley gift pack offer. The plan is to reward our customers with gifts they would love to use or gift to near and dear ones."

John Paul Joy Alukkas, Executive Director, Joyalukkas Group, noted: "We have researched the needs of customers shopping during the summer and based on this we arrived at the two offers to ensure we delight customers at Joyalukkas."

"Yardley is a globally renowned aspirational cosmetic brand and very popular within our customer base hence we thought this gift would be ideal. A solitaire set is also something which every woman dreams of and so we created a special set at a very reasonable price to make it accessible for all," he added.

Joyalukkas has also added an extensive range to meet the summer demands of jewellery shoppers. The range covers all forms of jewellery, extending from traditional to contemporary designs.

The perfect fit

From bandeau bikinis to cut-out swimsuits, find the perfect swimsuit that flatters your shape best.

If you're athletic...

Make a splash this summer in a cute, string bikini. Look out for styles that are feminine and have ruffle detailing to add curves to your lean shape. A string bikini helps to break up a straight figure, while a pretty print will also flatter your athletic shape.



If you're bigger on the bottom...

High-led swimming apparel works best if you are bigger on the bottom half of your body, creating a lengthening look. This all-white number will bring out your natural tan as well as making you look longer and leaner. The deep V-neckline is bang on trend and also super glamorous for a day at the beach.



If you have a short torso...

If you want to appear taller than you are, lengthen your top half by donning a chic, printed swimsuit. A vibrant print or bright hue will draw attention up to your collarbone, making you appear more slender. Opt for a swimming costume with a high-cut leg to boost the illusion.



If you're apple shaped...

Ruching helps flatter your shape, so opt for a bikini which gathers at the bust. A bandeau bikini will support your figure nicely, while a higher waistband can be adjusted to flatter your stomach area.



If you have a long torso...

If your body is long on the upper half, cut-out pieces and patterns look great on you. If you wish to make your torso appear smaller, go with a high-cut leg to make your legs appear longer and your waist shorter. Opt for a swimsuit in a bold print and pattern as this adds curves to a long frame.



If you're pear shaped...

Higher-cut legs are more flattering on your shape. Distract the focus away from your lower body by drawing attention to your upper half. Try a one-piece bathing suit with fringing and a plunge neckline for a sophisticated look. A plain black swimsuit looks great on most women and will help to make you look slimmer.



Metro Classifieds

JOBS AVAILABLE

Leading company in Business Bay urgently requires an experienced candidate in 3D studio max V-Ray, after effects and PhotoShop. Gender/nationality/visa not specific. Should be fluent in English. Part/full-time position. Salary depends on experience. Fax CV to 0400000000/call 0400000000.

Media direct sales executive wanted urgently for door to door sales in Dubai. Must have print media experience of at least 2 years. Must have own car. Indian preferred. Salary Dh 5-7k. Email CV to dxbhunt@gmail.com.

Bus driver required for a full-time job at a company in Dubai. Should have minimum 1 yr experience. Fax CV to 0400000000.

Insurance sales executives required for a company in Dubai. Salary + attractive commissions + employment visa will be provided. Send CV to 123@gmail.com.

Secretary cum accountant urgently required for a reputed software marketing company. Females only. Should be experienced with good communication skills. English/Hindi/Arabic fluency is a must. Email CV to 123@gmail.com.

JOBS WANTED

Indian male, BCom graduate seeks job as a storekeeper. 9 yrs experience in similar and other fields. Email dxbhunt@gmail.com./Call 0500000000.

Keralite male, 32, currently working as office administrator seeks part-time job. 5 yrs UAE experience as project administrator. Holds UAE D/L. Proficient in preparing letters, memos, etc. Call 0500000000.

Professional driver seeks full-time job. 12 yrs Gulf experience. Call 0550000000.

Pakistani male, web designer, seeks full-time job. Key skills are PHP, HTML, CMS, JQuery. Email 123@gmail.com./Call 0560000000.

Indian male seeks full-time job as an elderly caretaker. Experienced. Fluent in Arabic, English, Hindi. Call 0500000000.

Pakistani male, MCS, seeks full-time job. 8 yrs Gulf experience in IT sales & marketing. Call 0520000000/email 123@gmail.com.

AUTOS

Mercedes S320, 1997 model for sale. Driven for 170,000km. In excellent condition. No flaws at all. Very reliable, automatic transmission. Power locks, windows, mirrors. Premium rims/wheels. Premium Bluetooth sound/DVD system. No history of mechanical failure. Price for sale. Call 0500000000.

Toyota Camry, 2006 model for sale. XLI, fully automatic, driven for 150,000km, in excellent condition. Dh28,500, original price. Call 0500000000.

Door locks, power windows, power mirrors, in very good condition. Dh35,000. Call 0500000000.

2006 model for sale. XLI, automatic transmission. Power locks, windows, mirrors. Premium rims/wheels. Premium Bluetooth sound/DVD system. No history of mechanical failure. Price for sale. Call 0500000000.

Dell laptop latitude D430 available for sale. Intel core, 2 duo 1.33ghz processor, 2GB Ram with Windows 7. Still in good condition. Dh600. Email 123@gmail.com.

Magrudy Oxford very first dictionary, compiled by Claire Kirtley, illustrated by Georgie Birkett, paperback, available for sale. Dh45. Call 0550000000.

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Read.

THE WEEKLY

EXCLUSIVELY ON THE DUBAI METRO

Station by station guide

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



The Arrangement

JUNE 19 - JULY 30

THE THIRD LINE, AL QUOZ 3

Artist Amir H. Fallah will be exhibiting a selection of his unique works in the Project Space at The Third Line, with a solo show to follow in December this year. In *The Arrangement*, Fallah works with mixed media and collage, presenting works of floral arrangements appropriated from the Dutch/Flemish renaissance tradition of floral still-life painting.



Healthy cooking class

JUNE 26

SCAFA: THE SCHOOL OF CULINARY AND FINISHING ARTS, JLT

Learn tricks of the trade, boost your confidence in the kitchen and discover the key factors of preparing—and eating—a balanced diet. You can learn how to cook nutritious and tasty healthy meals including eggplant terrine, nut crusted salmon and poached pears. The class starts at 6:45pm and will run for approximately three hours. Booking in advance is required.



A Verse Imprinted- Islamic Arts

UNTIL AUGUST 31

THE ARA GALLERY, BURJ PLAZA, DOWNTOWN

This is an exhibition displaying a collection of calligraphic artworks inspired by the Holy Quran, quotes from the Prophet Mohammed (PBUH) and Arabic poetry. The unique exhibition will bring together a group of calligraphers who have adorned their pieces with meticulously chosen words and phrases. This is an initiative under the patronage of Sheikh Majid Bin Mohammed Bin Rashid Al Maktoum, Chairman of the Dubai Culture and Arts Authority.

TO FEATURE YOUR EVENT,
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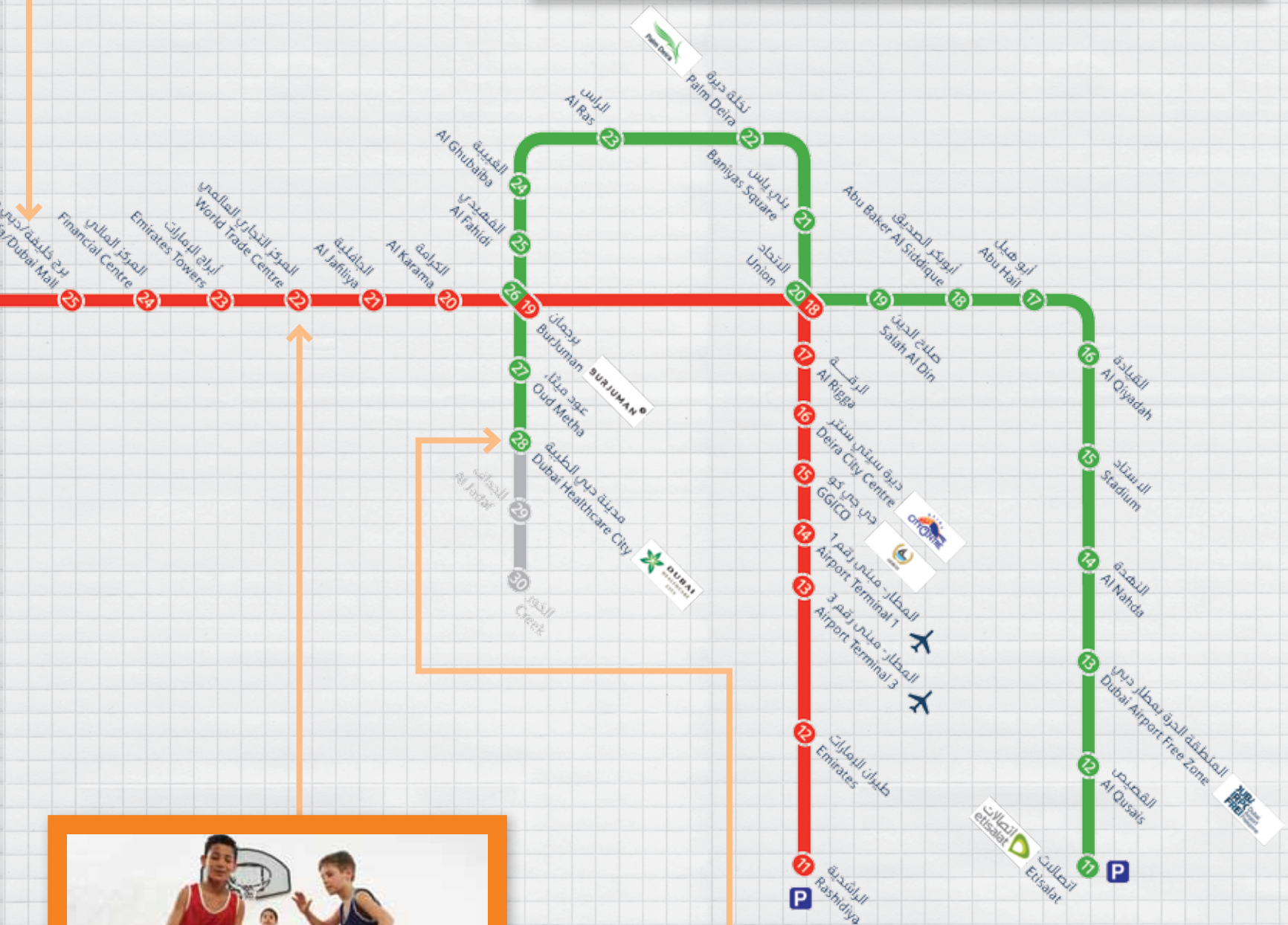


Hamley's Summer Island 2013

JUNE 13 - JULY 6

HAMLEYS, THE DUBAI MALL

It's time for an adventure for all the kids at Hamley's Summer Island in The Dubai Mall. Children can enjoy participating in an adventure organised by Hamleys at the Summer Island every week during Dubai Summer Surprises from Thursday to Saturday. Activities will vary each week and will include Hawaiian hula dance, limbo and hula hoop competitions, water and sand games, musical chairs, arts and crafts and a summer fashion week.



Dubai Sports World 2013

UNTIL AUGUST 21

DUBAI WORLD TRADE CENTRE

This massive arena offers a wealth of sporting facilities for all ages throughout the summer. Families and kids can enjoy sport in an air-conditioned arena where leading sports academies, clubs, sports professionals and enthusiasts join together. From football, basketball, running, rugby, volleyball, tennis, cricket and many more action sports, it's the coolest place to be from 8am until midnight every day.



The Punchline Comedy Club

JUNE 27

JUMEIRAH CREEKSIDE HOTEL

Get ready for the Punchline Comedy Club as they return with another fantastic lineup. Hop off at Dubai Healthcare City and it's just a short taxi journey away. Eddy Brimson, Owen O'Neil and Tim Clark will be your entertainment for this brilliant monthly stand-up comedy event which should not be missed.

Tough stuff

The latest reinvention of Superman, **Man of Steel**, reveals a darker side of the superhero.

NEW RELEASE

What do critics know anyway? Maybe they're just annoyed that the latest reboot of the Superman franchise sees the eponymous man of steel without his signature red underpants.

A week since *Man of Steel* opened, the film has gone a long way to meet its massive budget of \$225 million with an opening weekend return of just over \$200 million. According to CinemaScore, filmgoers gave the film between an A- and an A rating and seem to, generally, have been thoroughly impressed.

But then you get the critics: "There's very little humour or joy in this Superman story," opined the *Chicago Sun-Times's* Richard Roeper; "Man of Steel packs quite a wallop. A few too many wallops," added Tom Long of *Detroit News*. And for Lisa Kennedy of *Denver Post*: "Red underpants and kryptonite are conspicuously absent, but this dour picture still feels overfamiliar and rote."

While there is undoubtedly some truth behind the critics' reaction to this Zack Snyder picture, which casts Brit Henry Cavill (*The Tudors*, *Immortals*) in the title role, it is the viewers who vote with their feet.

Maybe the hacks know the original movie lineup too well and have too much to compare the new movie to? Maybe their idea of what constitutes a perfect picture is at odds with the public? Whatever the reason, *Man of Steel* is by no means a critical success but the audiences are loving it.

Far darker than its predecessors, the new movie tells the backstory of Kal-El/Clark Kent/Superman—whatever you prefer to call him—in greater detail than we are used to. With the destruction of his Kryptonian



ALL ACTION, MINIMAL HUMOUR

“Maybe the hacks know the original movie line-up too well and have too much to compare the new movie to?”

race, the young Superman arrives on earth and is immediately adopted by parents that include Kevin Costner as father.

Now called Clark and hiding his superpowers, he survives as a drifter until he rescues reporter Lois Lane (Amy Adams of *Catch Me If You Can*), who then turns him into a source. The plot plods on slowly but intelligently until things really heat up with a more prominent role for General Zod (Michael Shannon of *Revolutionary Road*) as a dastardly

Did you know?

Henry Cavill previously had an opportunity to play the Man of Steel when, in 2004, he was cast by director McG for the title role in *Superman: Flyby*. However, once McG stepped away from the project, with Bryan Singer taking over, actor Brandon Routh was subsequently recast for the role.

Kryptonian villain wanting to replace humans with a synthesised race from his home world.

Of course the government and military get involved in proceedings, and the now-essential terrorist references are all there (the destruction of Metropolis has more than a few hints of the 9/11 tragedy). Superman—as we're not supposed to call him—is also given a few soul-searching choices to make along the way. It's certainly summer blockbuster stuff.

Is *Man of Steel* better than Christopher Reeves's 1978 outing (and its subsequent three follow-ups, which range from brilliant to pretty bad)? It's probably better to go into this one with an open mind. The missing red underpants give you an obvious clue: this film is going to be very different from the Man of Steel movies you've seen before. ●

A NEW HERO?



Hollywood news

Spidey is here to stay

Andrew Garfield has his schedule packed for the next few years as it was announced by Sony Studios that he has been confirmed for a total of three sequels for *Spider-Man*. The actor is currently filming the first sequel to last year's *The Amazing Spider-Man* in New York. Garfield was initially a controversial choice, but he received excellent critical reviews for his performance.

The first sequel is set for release in May 2014. The movie will see Spiderman fight two villains, played by Paul Giamatti as The Rhino and Jamie Foxx as the evil Electro. Two more sequels are set for release in June 2016 and May 2018. A recent

statement from Sony stated, "Spider-Man is our most important, most successful, and most beloved franchise."



The dream team is back again



Leonardo DiCaprio and Martin Scorsese are at it again. The actor and director are teaming up for their fifth collaboration, *The Wolf of Wall Street*, which is based on Jordan Belfont's bestselling memoir of the same name. The film tells the tale of the glamorous lifestyle of a stockbroker who served time in prison for his illegal dealings and manipulation of the market.

The first trailer for the new movie has already been released and it shows everything from doomed yachts, pet monkeys, fast cars and the FBI. The trailer is backed by a song from Kanye West's forthcoming album, *Yeezus*, called Black Skinhead. Supporting DiCaprio are Jonah Hill, Matthew McConaughey, Jean Dujardin and many more. The film has a \$100 million budget and is due to be released on November 15, 2013.

Good cop, bad cop



Sandra Bullock and funny woman Melissa McCarthy could be the perfect partnership for upcoming comedy cop movie *The Heat*. The pair couldn't be more incompatible, but when they join forces to bring down a ruthless criminal they become friends. Bullock is hoping the movie will encourage Hollywood to make more female-led comedies.

Class act

Jennifer Lopez has officially signed on to star alongside Antonio Banderas in upcoming film, *The 33*. The film is based on the true story of the 33 Chilean miners who were rescued after being trapped underground for 69 days in 2010.



Mike Medavoy, who gained the rights to this story soon after the miners' rescue, will direct the A-list ensemble cast.

Bollywood news

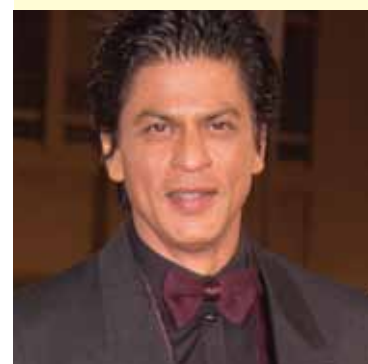
Back with a bang

A.R. Rahman is back in good form with the soundtrack of Anand L. Rai's, *Raanjhanaa*. The album has eight tracks, each with a distinct folk flavour. The movie, which stars Dhanush, Sonam Kapoor and Abhay Deol is set in Benares, and the title track is touted as a grand celebration of love.



Super dad

Bollywood star Shah Rukh Khan has been voted India's most popular father in a recent poll conducted by Shaadi.com. The star received 44.83 per cent of the votes beating megastar, Amitabh Bachchan, who has a daughter and a son.



Hitting the books

Ranbir Kapoor has been learning to speak Punjabi for his upcoming film, *Besharam*, which is directed by Abhinav Kashyap. The actor is known for taking his roles seriously so it wouldn't surprise audiences to hear that he is aiming for perfection. Kapoor has been learning the language with a personal tutor.

Kick for Khan

Sajid Nadiadwala's directorial debut, *Kick*, will begin filming in London by the end of this year. The film, which stars Salman Khan, Jacqueline Fernandez and Randeep Hooda was postponed earlier this year. Khan is currently busy shooting for Sohail Khan's *Mental*.



Listings

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



MONSTERS UNIVERSITY

MOVIE GUIDE

Grand Cineplex - Wafi

Baytown Outlaws - 10:00, 12:00, 02:00, 16:00, 18:00, 20:00, 22:00, 00:00
Fukrey - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Internship - 10:00, 12:20, 14:40, 17:00, 19:15, 21:35, 23:55
Man Of Steel - 10:30, 11:30, 13:10, 14:10, 15:50, 16:50, 18:30, 19:30, 21:20, 22:20, 00:00, 01:00
Monsters University - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Monsters University (3D) - 12:00, 14:10, 16:20, 18:30, 20:40, 22:50, 01:00
Now You See Me - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Raanjhanaa - 10:00, 12:40, 15:20, 18:00, 20:40, 23:20
Shortcut Romeo - 10:15, 13:00, 15:45, 18:30, 21:15, 00:00
World War Z - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00, 2:00
World War Z (3D) - 10:00, 12:30, 15:00, 17:30, 20:00, 22:30, 00:45

Grand Megaplex - Ibn Battuta

After Earth - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:10
Baytown Outlaws - 10:00, 12:00, 02:00, 16:00, 18:00, 20:00, 22:00, 00:00
Bharya Athra Pora - 10:30, 13:15,

16:00, 18:45, 21:30, 00:15
Dark Skies - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Dino Time (3D) - 10:30, 12:30, 14:30, 16:30
Epic - 10:30, 12:30, 14:30, 16:30
Fast & Furious 6 - 22:30, 13:00, 03:30, 18:00, 22:30, 23:00, 13:30
Hangover 3 - 18:30, 20:30, 22:30, 00:30
Internship - 10:00, 12:20, 14:40, 17:00, 19:15, 21:35, 23:55
Into Darkness - 10:00, 12:30, 15:00, 17:30
Man Of Steel - 11:15, 12:00, 14:00, 14:45, 16:45, 17:30, 19:30, 20:15, 22:15, 23:00, 01:45, 01:00
Monsters University - 11:15, 13:30, 15:45, 18:00, 20:15, 22:30, 00:45
Monsters University - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Now You See Me - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Raanjhanaa - 10:00, 12:40, 15:20, 18:00, 20:40, 23:20
Shortcut Romeo - 11:15, 12:00, 16:45, 19:30, 22:15, 13:00
Thillu Mullu - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45
World War Z - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00, 02:00
World War Z (3D) - 10:00, 12:30, 15:00, 17:30, 20:00, 22:30, 00:45
Yeh Jawaani Hai Deewani - 11:00, 14:00, 17:00, 20:00, 23:00

Grand Cinemas - Festival City

Baytown Outlaws - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Dino Time (3D) - 10:30, 12:30,

14:30
Epic - 11:00, 13:00, 15:00, 17:00
Dino Time (3D) - 10:00, 12:00, 14:00, 16:00, 18:00
Fast & Furious 6 - 16:30, 19:00, 21:30, 23:55
Man Of Steel - 10:30, 13:10, 15:50, 18:30, 21:20, 00:00
Man Of Steel (3D) - 11:30, 14:10, 16:50, 19:30, 10:10, 00:50
Monsters University - 11:15, 13:30, 15:45, 18:00, 20:15, 22:30, 00:45
Now You See Me - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Shortcut Romeo - 10:15, 13:00, 15:45, 18:30, 21:15, 00:00
Tatah - 19:15, 21:30, 23:45
World War Z - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00, 02:00
World War Z (3D) - 10:00, 12:30, 15:00, 17:30, 20:00, 22:30, 00:45
Yeh Jawaani Hai Deewani - 14:00, 20:00

Grand Cinecity - Al Ghurair

Baytown Outlaws - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Bharya Athra Pora - 10:30, 13:15, 16:00, 18:45, 21:30, 00:15
Man Of Steel - 10:30, 13:10, 15:50, 18:30, 21:20, 00:00
Monsters University - 10:15, 14:45, 19:15, 23:45
Monsters University (3D) - 12:30, 17:00, 21:30
Raanjhanaa - 10:00, 12:40, 15:20, 18:00, 20:40, 23:20
Shortcut Romeo - 10:15, 13:00, 15:45, 18:30, 21:15, 00:00
World War Z - 10:00, 12:20, 14:40,

17:00, 19:20, 21:40, 00:00, 02:00
World War Z : 11:00, 13:20, 15:40, 18:00, 20:20, 22:40, 01:00

Reel Cinemas - Dubai Mall

After Earth - 11:20, 13:25, 15:35, 17:45, 19:55, 20:05, 22:15, 02:20
Fast & Furious 6 - 11:20, 14:00, 16:40, 19:20, 22:00, 00:40
The Internship - 11:55, 14:25, 16:55PM 19:25PM 23:55PM 00:25AM
Iron Man 3 - 12:50
Man Of Steel - 11:05, 13:55, 16:50, 19:45, 22:40, 01:35
Man Of Steel (3D) - 11:45, 14:40, 17:35, 20:30, 23:25, 02:15
Monsters University : 11:00, 13:15, 15:35, 17:55, 20:15, 22:35
Monsters University (3D) : 10:30, 12:50
Now You See Me : 11:40, 14:05, 18:30, 18:55, 21:20, 23:40, 02:00
World War Z : 11:00, 13:20, 15:45, 18:10, 20:35, 23:00, 01:25

Reel Cinemas - Marina Mall

The Internship - 12:05, 14:30, 17:00, 19:30, 22:00, 00:30
Man Of Steel - 11:10, 14:05, 17:00, 19:55
Man Of Steel (3D) - 11:55, 14:50, 17:45, 20:40, 23:35
Monsters University - 11:45, 14:00, 16:15
Monsters University (3D) - 11:00, 13:20, 15:40, 18:00, 20:20
World War Z : 18:35, 20:55, 22:50, 23:20, 01:10

Vox Cinemas - Deira City Centre

Bharya Athra Pora - 12:30, 18:15, 00:00



THE HANGOVER 3

Fast & Furious 6 - 00:00
Fukrey - 13:30, 19:30
Man Of Steel - 10:00, 13:00, 16:00, 19:00, 22:00, 01:00
Man Of Steel (3D) - 10:30, 13:00, 15:30, 18:00, 20:30
Monsters University - 11:30, 14:00, 16:30, 19:00, 21:30
Monsters University (3D) - 09:30, 12:00, 14:30, 17:00
Neram - 10:00, 15:45, 21:30
Now You See Me - 14:15, 16:45, 19:15, 21:45, 00:15
Raanjhanaa - 10:45, 14:00, 17:15, 20:30, 23:45
Shortcut Romeo - 10:15, 16:30, 23:00
World War Z - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
World War Z (3D) - 11:30, 14:30, 17:30, 20:30, 23:30, 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Yeh Jawaani Hai Deewani - 13:30, 17:00, 20:30, 00:00

Vox Cinemas - Mall of the Emirates

After Earth - 13:00, 17:30, 22:00
The Baytown Outlaws - 17:30, 19:45



WORLD WAR Z

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



22:00, 00:15
Dino Time (3D) - 09:30, 11:30, 13:30, 15:30
Epic (3D) - 09:15, 11:45, 14:00, 16:15
Fast & Furious 6 - 18:30, 21:15, 00:00
The Hangover 3 - 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
The Internship - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
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Now You See Me - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
World War Z - 13:15, 18:45, 00:15
World War Z (3D) - 11:15, 13:45, 16:15, 18:45, 21:15, 23:45

Vox Cinemas - Mirdif City Centre

After Earth - 12:10, 17:10, 22:10
Fast & Furious 6 - 00:30
The Internship - 09:30, 14:30, 19:30, 18:00, 20:30, 23:00
Man Of Steel - 10:00, 13:00, 16:00, 19:00, 22:00, 01:00
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Monsters University - 10:30, 13:00, 15:30, 18:00
Monsters University (3D) - 09:30, 12:00, 14:30, 17:00, 19:30, 22:00
Now You See Me - 12:15, 14:45, 17:15, 19:45, 22:15, 00:45
World War Z - 13:30, 19:00, 00:30
World War Z (3D) - 09:30, 15:00, 20:30

What's happening this week in the UAE

Dubai Summer Surprises



More fun under the sun continues with a galore of happenings and surprises around Dubai.

Date: Running until July 7

More info: www.summerisdubai.com

Juliana Down live



The rock band will be performing songs from their debut album *Empires* and a few special unreleased tracks to conclude the 13th Fridge Concert Series.

Date: June 24

Time: Doors open at 7:30pm, show starts at 8pm

Venue: The Fridge, Alserkal Avenue
Admission: Dh50

More info: www.thefrighedubai.com

The Smurfs - A Very Smurfy Festival

The Smurfs will share their brand of fun and adventure with kids.

Date: June 25 - 30

Time: 4:30pm, 6pm, 7:45pm

Venue: The Dubai Mall
Admission: Free

More info: www.summerisdubai.com



Under African Skies



This event promises to be a nostalgic production that will showcase South Africa's music from the '40s to the '90s.

Date: June 26 - 29

Venue: The Madinat Theatre, Souk Madinat Jumeirah

Admission: Dh195, Dh220

More info: 04 366 6546

Against the Wall II



In this art exhibition, Syria's Abdul Karim Majdal Al-Beik uncovers the stories of the markings on the walls of Damascus's old city.

Date: Running until June 27

Time: 10am - 6pm

Venue: Ayyam Gallery, DIFC

Admission: Free

More info: 04 439 2395



Thai and Fly workshop

Learn and experience the relief of Thai massage and AcroYoga flying flow.

Date: June 28

Time: 2 - 5pm

Venue: Exhale, Jumeirah Beach Residence

Admission: Dh250

More info: 050 735 9683

WBC World Championship

Philippines's Denver Cuello and China's Xiong Zhao Zhong will face in this boxing match for the WBC minimumweight championship title.

Date: June 28

Time: Doors open at 7pm, fight starts at 8pm

Venue: Dubai World Trade Centre

Admission: Dh250, Dh750, Dh1,250

More info: www.wbcdubai.com

Imagination Movers live



Treat your little ones to an afternoon of songs about good values with Disney's famous band.

Date: June 28 - 29

Time: 1:30pm, 4:30pm

Venue: Dubai World Trade Centre

Admission: Dh100, Dh200, Dh300, Dh500

More info: 04 439 0900, www.doneevents.com



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JUNE 30th - JULY 25th
10 AM - 2 PM
SUNDAY - THURSDAY

AGE 6-9 & AGE 10-13

SESSION 2
AUGUST 12th - 29th
10 AM - 2 PM
SUNDAY - THURSDAY

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Indian male motorcycle rider required for a full-time position in Dubai. Call 0556035184.

Filipina telesales/marketing executive required for a part-time position at a dance school in Karama. Email your CV with your photo to kalagamonline@gmail.com.

Female civil engineering graduates required for a position at Asia's No. 1 CAD training institute in Dubai. Should be knowledgeable in CAD software. Candidates should email their CV to uitcaddubai@gmail.com.

Indian/Nepali light-vehicle driver cum helper is required for a position in Dubai. Call 0554094946 or 0551024679.

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Indian/Pakistani driver required for a full-time job in Dubai. Should be on residence visa. Good knowledge of city locations is a must. Call 0506530972.

Male motorcycle rider and four-wheel-drive vehicle driver urgently required for a courier company at Baniyas Road in Deira, Dubai. Email your CV to info@armanexpress.com.

Administrative assistant urgently required for a courier company at Baniyas Road in Deira, Dubai. Should have experience. Email your CV to info@armanexpress.com.

Salesgirl required for a jewellery shop. Preferably a candidate with no experience. Send your CV with your photo to amethyst3366@gmail.com.

Female housemaid of Indonesian or Filipino origin required for a full-time or part-time position in Deira. Shift starts at 9am. Should be on a residence visa. Salary depends on experience. Call 0509589604.

Professional medical jobs available in Dubai and Abu Dhabi. Great packages and incentives! Call 0528850292 or email your CV to info@healthcare-recruitment-uae.com.

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Merchandisers required for selling consumer electronics in premium supermarkets. Email your CV to hr@eurostargroup.com.

Sales representative required for a company in Dubai. Preferably with 1 to 3 years of experience in commercial

kitchen/hospitality equipment or supplies. Should have MS Office skills and good command of English. UAE driver's licence is a must. Indian preferred. Salary is Dh4,000 + commission. Email your CV with your photo to premieroffer@gmail.com.

Sales executives and drivers required for a company in Dubai. Experience in the UAE is required. Fax your CV to 042257494.

Delivery bikers urgently required for a leading restaurant chain in Abu Dhabi. Attractive salary and benefits will be provided. Email your CV to hrfoodmark@gmail.com.

JOBS WANTED



American male nurse seeks job in Dubai. Has 12 years of experience in nursing and other related activities. Call 0559481063.

Indian female seeks full-time position as an executive/administrative assistant. Has more than 16 years of experience in Dubai and India. Has a UAE driver's licence. Call 0551786625.

Filipino male seeks full-time job. Has 5 years of experience in corporate communications, CSR, events and projects here in the UAE. Good at multitasking. Call 0501012955 or 0559221772.

Female nurse, B. Sc with DHA, MOH licence seeks job. Well experienced with a reputed medical group. Preferably in hospitals, government companies, airports or schools. Call 0554439515.

Indian male, seeks full-time position in sales. Has good experience in the UAE. Call 0528441460.

ITEMS



Brand new Android Galaxy S3 mini available for sale. All applications are working. Wi-Fi 3G, Facebook, WhatsApp, Viber and Skype. 1 year warranty available. Made in Korea. Price: Dh350. Call 0527364795.

Vibromax exercise machine available for sale. In very good condition. Call 0507580329.

Used washing machine available for sale. In good condition. Call 0502715052.

Coloured printer, copier and scanner available on a rental basis for only Dh500 per month. Comes with 5,000 free copies, warranty and toners. Call 0563919668 or send an email to sales@theprinterscompany.com.

Dell desktop computer available for sale. Slightly used. In excellent condition. Intel core 2 duo 3GHz, 4GB RAM, 160GB HDD, 4MB cache, DVD Multi R/W, Windows 7 (64-bit), MS Office 2010, avast! antivirus. With Dell 19-inch ultra-sharp series hydraulic LCD, Dell keyboard and mouse with all cables. Call 0557879334.

SERVICES



MKM Movers available for services.

Houses, villas, offices and flats. Professional export packing. All furniture dismantling and reassembling. Call Kashif at 0504296896 or send an email to mkmnmovers@gmail.com.

Legal solution and consultancy services available. Knowledgeable of laws in Dubai and India. If you have any legal queries, contact Imran Khan, legal adviser. Call 0557409575 or send an email to imran_advocate@live.com.

Gulfam Movers & Packers LLC services available. Relocation door-to-door services for personal means, offices and businesses. First class moving management and corporate solutions. We provide a quick, 24-hour service. Send an email to gulfammovers@gmail.com. Visit www.gulfammovers.com. Call 0552981072, 0557747641 or 043920233.

We repair all types of air-conditioning units, refrigerators and washing machines. All services at reasonable prices at HRI Technical. Call Nileshbai at 0552767711.

Lady photographer available for services. Stylish portraits, wedding videos and other types of photography. All photographs are taken by a professional. Call 043457331 or 0563949480. Visit www.alraeastudio.com.

Al Mulla Insurance specialists available at your service for medical solutions. We work with all pre-existing and chronic diseases, and maternity. Get low premium rates starting Dh698. We also give special offers for groups. Pay in instalment basis. Call Maria at 0554740387.

Malayalee babysitting/day care services available. Located opposite Carrefour, Bur Dubai. Call 0508064624.

Arabic tutoring lessons offered anywhere in Dubai. Taught by an experienced home tutor. Available for all grades. Call 0563863494.

Summer classes available for ladies and children. Glass painting, art for children for ages 4 and up. Embroidery, fabric and stencil painting short courses also available. Taught by a professional. Call 044585634.

All kinds of woodwork requirements and services available. Interior and exterior work all in one platform. The best quality and team in Dubai. Call 0502742599.

AUTOS



Nissan Tiida, 2011 model for sale. In excellent condition. Fully automatic. Price: Dh36,000. Bank loan can be arranged. No down payment. Call 0558238415.

Honda Civic, 2009 model for sale. In excellent condition. Fully automatic. Price: Dh37,000. Bank loan can be arranged. No down payment required. Call 0558238415.

Nissan Tiida, 2009 model for sale. In excellent condition. Fully automatic. Price: Dh29,000. Bank loan can be arranged. No down payment. Call 0566234236.

MISCELLANEOUS



South Indian food available at Jarnas

restaurant. Home delivery starts 5am. Call 0551732528.

Personal loan available. Fast and easy approvals. No need for salary transfer or bank statement. With low interest and a minimum salary of Dh5 000. Call 0528698691.

Instant loan. Speedy approval for personal loan. Requires a salary of Dh4,000 and company accommodation. Car loan requires a salary of Dh3,000 only. Call 0567460165.

Personal loan and auto loan services available. Salary requirement is Dh4,500 plus variable income. Dh3,000 for auto loan. Fast approval and no salary transfer required. Call 0505587116.

One call, one source, one solution! Take your dream car home! Auto loan finance (100%) with a minimum salary requirement of Dh3,000. No bank statement needed. Call 0528289142.

Cash available on monthly PDCs up to Dh500,000. Visit www.gulwanifinancialconsultant.com. Call 0501400548 or 043596076. Stop SMS 4741.

Get quick cash on monthly PDCs up to Dh500,000. Visit www.gulwanifinancialconsultant.com. Call 0501400548 or 043596076. Send an email to finance@gulwanicommercial.com. Stop SMS 4741.

Quick and speedy approval available for personal loan. No salary transfer required. Minimum salary requirement is Dh5,000 only. Call 0559319105.

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

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

Easy loans available within 7 days. Should have a salary of Dh5,000 and above. No salary transfer required. Send an email to sumeshvivekfgb@gmail.com. Call 0553177080 or 0503935854.

Car loan services available to all. Choose your dream car and get approval within a day. No bank statement required. No salary transfer required. Requires a salary of Dh3,000 only. Call 0556046048.

For diesel-tanking, machinery, cargo, fire, trailer (unit), medical and life insurance with best rates, call 0552844100 or send an email to attauae1@yahoo.com.

Get personal loan and auto loan for accident-free and good cars. No salary transfer required. Guaranteed approval within a day. Call 0559314050.

Own a business in Dubai at a reasonable cost! We offer trade licence facilitation, sponsorships, PRO, visas, etc. Free consultation. Send an email to sales@ebsuae.com or call 0502999800.

Fast approval for personal loan and auto loan. No salary transfer required. Call 0563628279.

Quick loan with fast approval. Personal loan requires a salary of Dh4,250 and company accommodation. Car loan requires a salary of Dh3,000 only. Call 0507842464.

Quick personal loan available. No bank statement and salary transfer needed. Requires a minimum salary of Dh5,000 with low interest. Call 0504371523.==

ACCOMMODATION



Wanted: bed space starting July 1. Located in Mussafah, Abu Dhabi or near that area. I am a cool African Muslim. Rent for Dh500. Call 0528732502.

Fully furnished family room available for rent. Starting June 28 until September 1. Near Al Qusais metro station. Keralite families only. Rent for 2 months. Call 0506389604.

Furnished master bedroom with attached bathroom available for rent. Non-Muslim Indian working couples or working ladies only. Walking distance from Abu Hail metro station. Rent for Dh2,500 including DEWA + internet. Call 0551921590.

Fully furnished shared accommodation for rent. Keralite couples only. It includes a master bedroom and fully-equipped kitchen. Near Dubai Airport Free Zone metro station. Call 0504981897.

Attached bedroom available for rent. Executive bachelors or couples only. Rent for Dh1,800 + DEWA. Near Abu Hail and Al Qiyadah metro stations. Call 0507092491.

Fully furnished shared accommodation available for rent. Keralite couples only. Master bedroom and big hall comes with separate bathroom. Fully-equipped kitchen is also optional. Located near Dubai Airport Free Zone metro station. Call 0504981897.

Bed space available for rent. Two persons only with a maximum of three persons in studio apartment. Located in Deira. Rent for Dh800 per month including DEWA. Call 0562316253.

Bed space available for rent. Filipinas only. Located in 2nd December Street formerly known as Al Diyafah road. Call 0505845047.

Bed space available for rent. Kabayans only. Located near Al Nahda metro station. Call 0554518125.

Villa at 7,154 square feet available for sale in Abu Dhabi. Facing military club. Call 0507701599.

Furnished room available for rent in a clean flat. Comes with central AC. Located between Al Rigga and Union metro stations. 2 or 3 decent executive Indian or Pakistani bachelors only. Rent inclusive all. Call 0505281991.

Furnished studio available for a short-term lease. Near Al Ghurair Centre. Rent on a monthly basis. Call 0504955025.

Furnished room available for rent. Can hold a maximum of 2 Indian couples, vegetarians only. Comes with separate bathroom + DEWA + Wi-Fi. Walking distance to Al Karama metro station. Call 0506626103.

Al Sufouh tram right on track

Senior RTA inspection delegation visits France to observe the technical trial run of the Al Sufouh tram.

TRANSPORT

Mattar Al Tayer, Chairman of the Board and Executive Director of the Roads and Transport Authority (RTA), recently observed a technical trial run of the Al Sufouh tram conducted on a 700km-long test track at the Alstom facilities in France.

During the technical trial run, which was carried out at various speeds, tests were carried out covering the safety system, electric propulsion system, braking system, sudden stop during emergency cases, ground power feed of the tram track, overhead power feed in the depot, and door operation mechanism.

The trial run was also observed by Adnan Al Hammadi, CEO of the RTA Rail Agency; Abdul Rida Abu Al Hassan, Director of Rail Planning and Development Projects; Dr Khalid Hamdi, Projects Advisor of the Chairman of the Board and Executive Director; Dr Kamal Adeer, Systems Manager at the Rail Agency; Mohammed Amiri, Manager of Rail Coaches Maintenance; Ali Lootah, Senior Engineer, and executives from Alstom.

Al Tayer said: "This test run is a milestone in the implementation of the Al Sufouh Tramway project, which is being planned, designed and constructed in conformity with the directives of His Highness Sheikh Mohammed Bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, calling for the provision of a sophisticated transit system to serve Jumeirah Beach Residence, Dubai Marina and Al Sufouh neighbourhoods."

He added: "The technical test run was intended to assess and verify the readiness of the tram and the functionality as well as the performance of all control systems in all conditions." He also stated that test runs would continue until the trams are shipped to Dubai.

The validation of the test results will cover a variety of aspects, including the air-conditioning, power feed and braking system, coupling of tram coaches, disconnection of power supply, rail surveillance and control system as well as operational tests in normal and emergency conditions.

Al Tayer confirmed that the technical test trial that he observed was



MATTAR AL TAYER AND SENIOR RTA OFFICIALS ATTEND THE TEST RUN OF THE AL SUFOUH TRAM IN FRANCE

successful in every respect as the tram motion was smooth and free from vibrations, noises or disturbance as it was fed by a ground power cable system stretching throughout the track.

Al Tayer said: "The Al Sufouh Tram system is the first of its kind outside Europe fed by ground power cables, with no catenary cables involved. Once the trams start arriving in Dubai next December, the RTA will commission trial tests at the track site and these tests will roll on till the official launch of the tram service in November 2014."

Describing the tram project, Al Tayer said: "The Al Sufouh Tramway extends 14.6km alongside Al Sufouh Road. The initial phase of the project envisages the construction of a 10.6km-long track starting from Dubai Marina and stretching up to the tram depot near Dubai



MATTAR AL TAYER TESTS ONBOARD CONTROL SYSTEMS

"The technical test trial was successful as the tram motion was smooth and free from vibrations, noises or disturbance."

Police Academy. The tram network comprises 17 passenger stations, and the trams are expected to lift about 27,000 riders per day at the start of operations in 2014, and the ridership is bound to hit 66,000 riders per day by 2020."

He also added: "Each tram measures 44 metres in length and has a capacity to accommodate 300 riders. The tram has a first class (Gold Suite) and one cabin designated for ladies and children as well as a silver class cabin. The tram carriages and stations will have deluxe interior finishing, and feature state-of-the-art technologies in the transmission and display of entertainment materials. In the stations, the passenger lounge will span 44 metres and is set to be equipped with automatic fare collections systems."



EACH TRAM MEASURES 44 METRES IN LENGTH



Coming Soon ... Metro Mini Entertainer

2 for 1 Offer

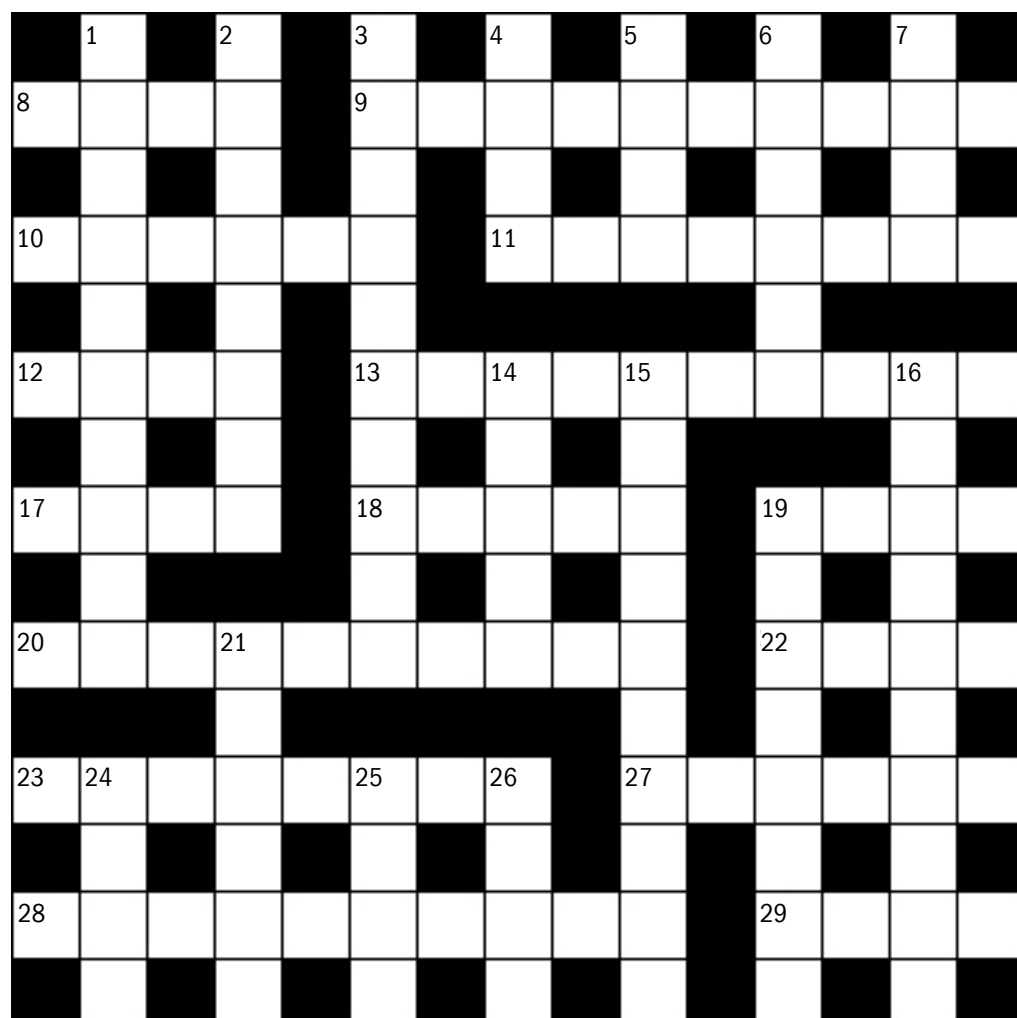
"Metro Riders can now exclusively buy a booklet to get 2 for 1 offers at restaurants and leisure attractions close to the Dubai Metro. Save up to AED 2,000"

Where can you find it?

Burj Khalifa / Dubai Mall, Mall of the Emirates, Deira City Centre, Burjuman, Al Fahidi metro station (ticket office).

Taking your time

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



Crossword

Across

8 Provide nourishment (4) **9** Steadfast (10) **10** Stubborn (6) **11** Persevering (8) **12** Toadfish (4) **13** Study of numbers (10) **17** Plant with trumpet-shaped flowers (4) **18** Jargon (5) **19** ___rn = rule (4) **20** Spectacles (10) **22** Former Italian currency (4) **23** Hairy elephants (8) **27** Live in a tent (6) **28** Access (10) **29** Hotels (4)

Down

1 Invariability (10) **2** Consultive (8) **3** Mercy killing (10) **4** Was indebted to (4) **5** Wicked (4) **6** Miserly (6) **7** In a little while (archaic) (4) **14** Groans (5) **15** Recorded officially (10) **16** Runs a country (10) **19** Pertaining to the Milky Way (8) **21** Ploy (6) **24** Assistant (4) **25** Bye-bye (4) **26** French for "Without" (4)

ANSWERS



Recipe

Lemon drizzle bundt cake

This light and fluffy cake makes the perfect teatime treat.

Ingredients

For the cake

225g butter, softened
400g caster sugar
3 lemons, finely grated zest only
4 eggs
375g plain flour
2tsp baking powder
235ml milk
For the glaze
3 lemons, juice only
150g granulated sugar

Method

1. Preheat the oven to 180 Celsius. Lightly grease and flour a 25cm bundt tin in

preparation.

2. Cream the butter and sugar together with the lemon zest until the mixture is pale and thick.

3. Whisk the eggs into the mixture with a hand whisk, one at a time. If the mixture seems as though it will curdle at any point, add a tablespoon of the flour to prevent this.

4. Mix in the flour, baking powder and milk, adding each one a little at a time while stirring well.

5. Spoon the mixture evenly into the bundt tin and

bake for one hour, or until a toothpick inserted into the cake comes out clean. Leave the cake to cool for 10 minutes before removing from the tin.

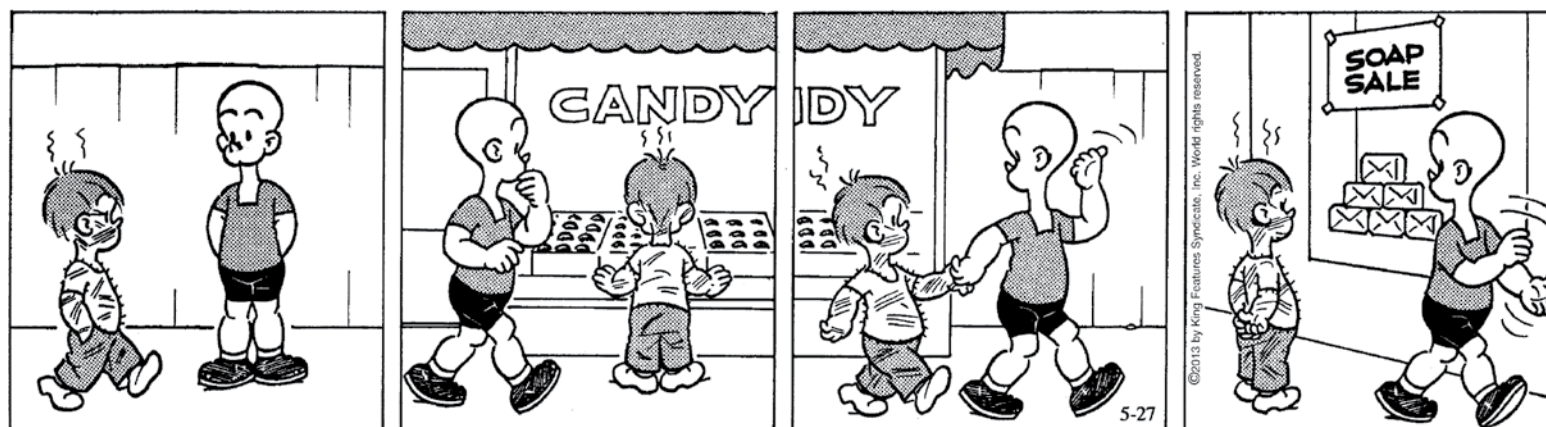
6. To make the glaze, mix the lemon juice and sugar together, but stop mixing before the sugar completely dissolves.

7. Drizzle the lemon glaze all over the warm cake to leave a delicate sugar crust on the surface. Serve with a nice strong cup of tea and enjoy the zesty, light flavour.

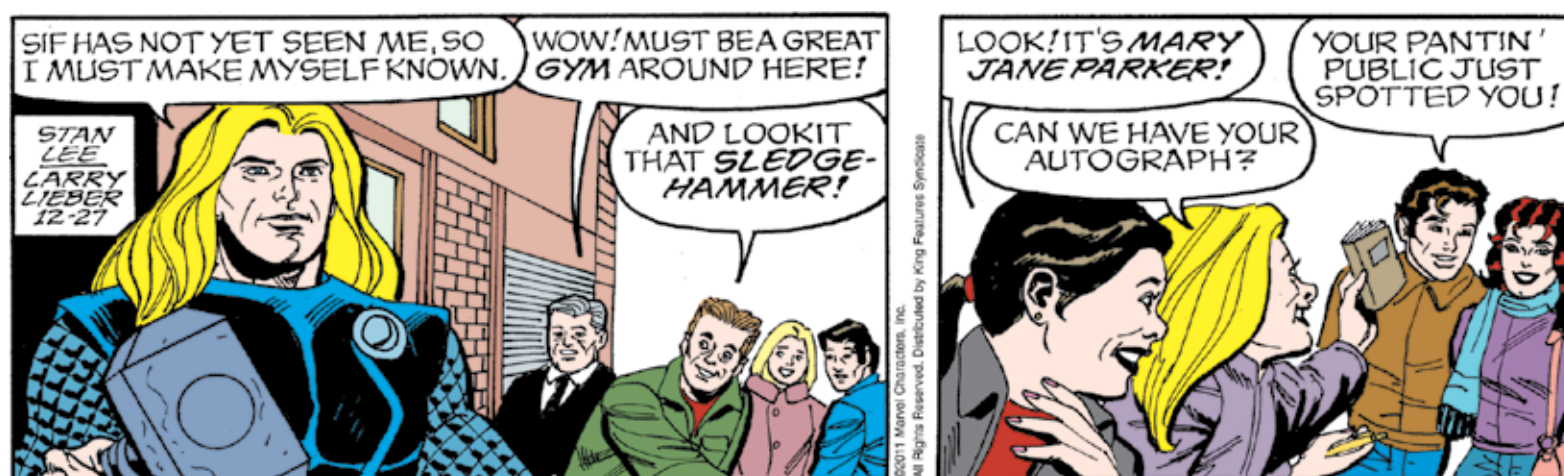


Serves
8

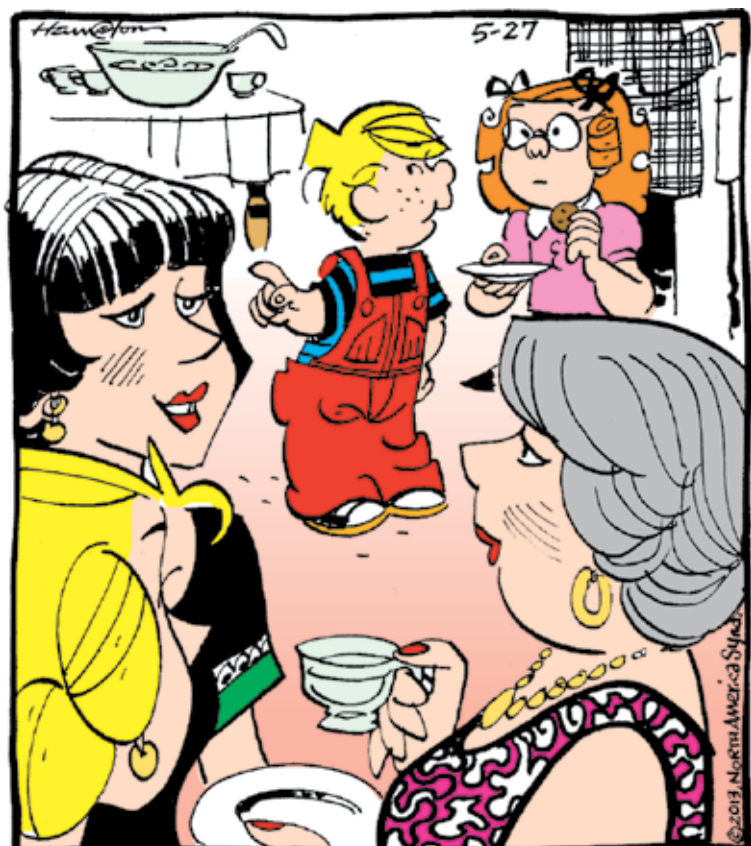
Henry



Spiderman



Dennis the menace



"THAT ONE IS MY GREAT-AUNT. THE OTHER ONE IS JUST AN OKAY AUNT."

Who's this?

ANSWER ON PAGE 34



Puzzles

Arrowword

Large cuts of meat		Most unrefined		Small hotel		Expend (3,2)		Chris ____, Olympic cyclist		Pulsate		Prince Charles' sister
						Available, near (2,4)						
__ Geller, celebrity psychic		Indisposed		Fenland city				Seals		Last testaments		Muscle contraction
			Forearm bone	Injure badly		Look for	Isle of Wight regatta					
Falls, collapses							Japanese waistband				Seventh Greek Letter	
__ Fitzgerald jazz singer					Be incorrect				Pastureland			
Water as vapour							Scottish Highland skirts					
					Greek holiday isle				__ Neill, New Zealand actor			

Sudoku 1

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

Sudoku 2

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

ANSWERS

ARROWWORD

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

SUDOKU 1

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

SUDOKU 2

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

WHO'S THIS? ANSWER - CAREY MULLIGAN



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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)

If time feels as though is whizzing past you, take a moment out to stop and stand a while. It is only when you put things into perspective that you spot the important details you may be overlooking. Sit back and watch for once, rather than rushing forward.



TAURUS

(APR 21 - MAY 21)

A recent purchase may have been giving you no end of problems. Make the most of the warranty that came with it and get it fixed before time runs out. If you wait too much longer you may end up finding out that you have thrown money down the drain.



GEMINI

(MAY 22 - JUN 21)

Adventure is in your blood and you are keen to get out and explore a new skill. Perhaps there may even be some danger involved, but this appeals to the adventurous side of your split personality. The cautious side is warning you to take care, though.



CANCER

(JUN 22 - JUL 23)

A new figure in your life is providing excitement right now. Whether this is romantic interest or a new friend who you get on well with, the good news is that this person looks set to stick around. Their presence lifts your spirits so enjoy spending time together.



LEO

(JUL 24 - AUG 23)

Your recent efforts to take positive criticism on board are proving to be worthwhile. An older person in particular has been giving you some sound advice, which is turning out to be more relevant than you first thought. Keep listening to their wise words.



VIRGO

(AUG 24 - SEP 23)

While it's good to follow your own plans and ambitions, don't forget other commitments that you may have made. Letting someone down at this stage could have negative effects in the future when you come to ask for their advice or investment.



LIBRA

(SEP 24 - OCT 23)

You may have recently made the decision to end a close relationship of some kind. While there is naturally going to be a mourning period, try to remember the good times you shared. Your wounds will start to heal much quicker than you may expect.



SCORPIO

(OCT 24 - NOV 22)

Every area of your life seems to be coming together nicely. However, your habit of over-analysing why things are going well could see you miss the chance to actually reap this happy time. Stop wondering about how things happened and enjoy the present.



SAGITTARIUS

(NOV 23 - DEC 21)

Sometimes it is necessary to focus on putting your own needs ahead of your responsibilities. If you keep on ploughing forward at full steam without giving your body—and mind—a chance to recuperate you will find yourself hitting a wall soon enough.



CAPRICORN

(DEC 22 - JAN 20)

There may be one particular person who is having a strong impact on your personality or appearance at the moment. After struggling to find your own identity for a while, having someone to base your new look or attitude on is no bad thing.



AQUARIUS

(JAN 21 - FEB 19)

It may have felt as though you've been living in a bubble, which has protected you from the stresses surrounding you. However, that bubble can only last so long and you may be about to come back to earth with a bump. Be prepared for a rough landing.



PISCES

(FEB 20 - MAR 20)

If there is one particular person you are missing at the moment, make it known to them. The feeling is mutual and both your spirits will be lifted greatly by a phone call or a visit. You may also be feeling the need for a makeover to spruce yourself up for summer.



This week's local weather

SUN

23rd

SUNNY
HIGH 37C
LOW 30C
HUMIDITY 48%

MON

24th

SUNNY
HIGH 38C
LOW 30C
HUMIDITY 52%

TUE

25th

SUNNY
HIGH 39C
LOW 31C
HUMIDITY 52%

WED

26th

SUNNY
HIGH 38C
LOW 30C
HUMIDITY 49%

THU

27th

SUNNY
HIGH 39C
LOW 32C
HUMIDITY 47%

FRI

28th

SUNNY
HIGH 37C
LOW 30C
HUMIDITY 51%

SAT

29th

SUNNY
HIGH 38C
LOW 31C
HUMIDITY 49%

McSavers

MENU®

Worth so
much more

Mouthwatering Chicken **McWings™** 3 pcs



5
DHS

limited time



i'm lovin' it®