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MARCH 30-APRIL 5, 2014 | Issue 146

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TAKING A CHANCE

The sweet story of a shy shop assistant who went on to achieve global singing success after wowing the world on *Britain's Got Talent*

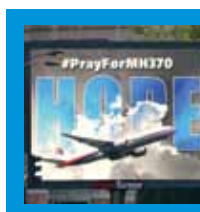


SWEET AS KANDY



SURF'S UP

As the weather hits the perfect temperature for a day at the beach, make sure you're looking stylish on the sand with our pick of the perfect beachwear



HOPE FROM HORROR

After the tragic loss of the Malaysian Airlines flight MH370, what impact could the event have on the aviation industry?

Secret garden

Creating natural sanctuaries in our city



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.

✉ CRICKET CRAZY

I am a big cricket fan and just want to thank the UAE cricket authorities for organising the IPL in the Middle East. I am so looking forward to seeing matches live at the stadium here and meeting all my favourite sportsmen. I am sure that IPL in the UAE will be a huge success and attract a lot of crazy audiences.

Khaled

✉ STANDING TALL

I really liked the recent *Read.* cover story, 'Show of strength.' It is a great innovation, and I have forwarded the story

details to a close friend who is bedridden after an accident. I feel the body extender could help him to stand up again on his feet and live his life to the fullest. Thank you for sharing the story.

DD



FUN ON THE FIELD

Read. Poll

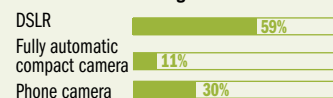
How often do you have a voluntary medical checkup?

- Every 6 months
- Once a year
- Every 3 years

Cast your vote online at www.readme.ae

LAST READ. POLL RESULTS

Which camera are you most comfortable working with?



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MOHAMMED ASEEM DAMUDI



KAPITAN VHANZZ

KAMAL VISHWAKARMA



LEE WITHAM

JUSTIN AUGUSTIN



CATHERINE MASOUD

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

While Dubai has smashed through hundreds of World Records thanks to its impressive skyline and forward-thinking approach to development, there are also a few record-breaking titles under our city's belt that you might not be aware of. From the world's most nationalities washing their hands simultaneously, to the world's largest acrylic panel or the most nails filed and polished in 24 hours, Dubai really is a frontrunner when it comes to bagging world records.



MONDAY

Unless you've been avoiding social media sites over the past week, you're likely to have been inundated with "no make up selfies" popping up in your news feed recently. But what exactly was the meaning behind the trend?



TUESDAY

If you've always had an issue with your teeth, it's never too late to fix them. However, as adults, a mouth full of metal is often unappealing. Take a look at some of the 'invisible' options for those pining for a perfect smile.



WEDNESDAY

At some point in your Dubai life, you may have to communicate with hand signals and blank looks. From Tagalog to French or Hindi, why not learn a couple of our easy phrases?



THURSDAY

After leaving the music world for a while, Pharrell Williams has burst back into the charts and into the hearts of a new generation. Take a look back at the fresh-faced 40-year-old's career.

Facebook chatter

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

(Responses only edited for length)

Are you able to easily forgive, or do you find that you tend to hold a grudge for a long time?

It depends on the reason but what I am sure is I always forgive because for me forgiveness is a form of love. Let go of what's bitter.

— **Bernadette Sabarias**

Forgive and forget. because if you forgive then you have to forget the wrong the person has done and if you haven't forgotten then you haven't forgiven them in the first place.

— **Christina Scurville**

It depends upon the seriousness

of the mistake, but yes I do easily forgive bcoz I like to have peace of mind for myself instead of keep on over thinking about it and spoiling my daily routine and mood. I never keep a grudge but do adjust myself accordingly.

— **Jmr Jo**

I forgive easily but forgetting takes time.

— **Penny Dew Dg**



FORGIVE AND FORGET

Would you ever consider having cosmetic surgery of any kind and, if so, what procedure would you choose to have done?

No, I am contented of what God given to me.

— **Lhisza Lim**

I've done one... I undergone lasik surgery which is considered as cosmetic surgery. This is not to change any features of my face but to make my eyesight better.

— **Thyne Aguila**

No. I will never consider opting for a cosmetic surgery sicne I am happy with what I am blessed with and the way I look. It may be an option in case of permanent disfigurement or scars that may make me appear ugly.

— **Fatima Suhail**

No never, I am happy with the way



UNDER THE KNIFE?

I look and how God has made me. Physical beauty never last forever but inner beauty gives us pleasant things.

— **Jmr Jo**

No I wanna enjoy every stage of life as it's gonna be.

— **Rabee Ahmad**

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Lenovo Mobile Vibe Z + icflix Voucher worth AED.300 (*2 Months online viewing)



AED **399** كاميرا سوني ديجيتال ٢٠ ميجي بي
Sony Digital Camera DSC-W810 + 8GB + Case



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2 Lulu Xpress Al Quoz	Business Bay	7 Lulu Hypermarket Qusais	Stadium, Qusais
3 Lulu Hypermarket Karama	Al Karama	8 Lulu Village Muhaisinah	Qusais
4 Lulu Center & Supermarket Karama	Al Karama		
5 Lulu Hypermarket Arabian Center	Al Rashidiya		

Red Line Green Line

Offer valid from 26th March to 5th April 2014.



Green fingers

Living in the desert doesn't mean we can't enjoy a touch of nature.

For many people, getting back to nature with a spot of gardening is a highly enjoyable pastime. However, the region in which we live may automatically cause a lot of residents to rule out the idea of getting green fingered.

The arid, hot environment, coupled with the fact that many of us reside in apartments, often means that keeping our own green sanctuary seems unachievable.

However, for those who have a passion for planting, there is in fact an entire subculture of horticultural enthusiasts that exists in Dubai. From balcony sanctuaries to villa courtyards filled with flowers, it seems as though, for some, the lack of natural green spaces is anything but a barrier to creating their own garden paradise.

And now, for those who really appreciate the art of designing a glorious garden, inspiration is heading to Dubai with the first ever Dubai International Garden Competition (DIGC), which, from April 3 to 6 at The Venue, Downtown Dubai, will showcase some of the best landscape

designs created by professionals right here in our region.

The temporary gardens created for the competition are not only designed to look pretty—and hopefully win a

PLANT POWER



Out and about

As the summer starts to creep in once again across Dubai, now is the perfect time to get a breath of fresh air by enjoying one of the top horticultural hotspots that our city has to offer. If your own circumstances don't allow for a garden sanctuary, there are plenty of parks around the city where you can feel the grass under your feet and smell the flowers in bloom. For the ultimate flower power, however, nothing comes close to the Dubai Miracle Garden. Opened in 2013, this colourful creation offers the perfect place to enjoy a day out with family and friends, surrounded by awe-inspiring examples of flower arrangement at its best. From tunnels to houses, and even a replica of the Burj Khalifa, the landscaping prowess on display provides the ideal exhibition space for the 45 million flowers that bloom within the Miracle Garden.

prize—but they all come with an important message.

With participants including architects, botanists, designers and horticulturalists to name a few, one of the recurring themes among entries is the emphasis on eco-friendly solutions ideal for Dubai's climate, balancing natural beauty with innovation.

Taleb Jalfar, Director of Parks and Horticulture Department at Dubai Municipality said in a statement: "We are confident that the outstanding innovation



INSPIRE A GARDENING GENERATION

and eco-friendliness shown by participants in the Dubai International Garden Competition will put Dubai high on the map of landscaping globally. This is not just about landscaping; it's about encouraging tourism, family bonding and healthier lifestyles outdoors." ●

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Maui trolley 18" assorted

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Maui backpack 16" assorted

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Maui shoulder bag assorted

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Maui pencil case assorted



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Princess trolley 14"
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18" Dhs 129 Dhs 64.50 بوصة ١٨

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Janboots purple flower shoulder bag



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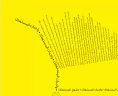
~~Dhs 70~~
Dhs 39.00
حقيبة يعجلات (سبايدر مان) ١٤ بوصة
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Holiday at home

If you're strapped for cash,
why not enjoy a mini-break
right here at home?

If you find that international travel just isn't in your budget at the moment but you still want a break from work, why not treat yourself to a 'staycation' instead of a vacation, saving your money for a well-planned trip next year and enjoying the place you live in for now? After all, Dubai and the UAE offers so many fun activities, hotels, spas and tourist hotspots to enjoy. Whether you've lived in Dubai for a while but never taken the time out to explore what's on offer, or if you are new to the city, here's how to staycation the smart way.

Turn your home into a hotel

The best thing about going on holiday is feeling relaxed. It may be hard to just turn off at home and relax like you would in a hotel, therefore it's important to try and change how you view your surroundings. Rather than doing domestic chores yourself, why not hire a cleaner to get your holiday off to a start, even if it's just for a day? It will feel like such a treat if you usually do the chores yourself and your home will be fresh and clean for your mini-break.

Create an outdoor chill zone by setting up a table and chairs on your balcony or patio. Stock up on books and magazines, sit back and relax.

If you are off work, as well as switching off your phone, be sure to switch your mind off as well to get the full benefits of your staycation.

Be a tourist

Usually when people travel, they explore different types of cuisine and culture. Dubai has an abundance of restaurants including Mexican, Italian, Chinese, Thai, Indian, Lebanese, Greek and so on. And, who knows? If you like a particular cuisine, it may inspire your next international holiday destination. The same applies to unique traditions and festivals. Dubai is home to over 200 different nationalities and each often hold events and festivals to celebrate holidays or traditions unique to that country. So the next time you see an African carnival or Caribbean festival, give it a go.

Get your tourist hat on and take a trip to the Grand Mosque in Abu Dhabi or drive out to Hatta Heritage Village situated in the

Hajar Mountains. The 16th century Hatta village provides a fine example of traditional style village architecture of the Gulf region. Or visit Dubai Museum in the Al Fahidi Fort built in 1787 to see the traditional way of life in the Dubai days gone by. It is the oldest existing building in Dubai and showcases local antiquities and artefacts from African and Asian countries that traded with Dubai.



SIGHTSEEING IN YOUR OWN CITY

Treat yourself

If you have managed to put aside some savings for a holiday but can't afford to travel further afield right now, why not treat yourself to a massage or day at a luxurious spa? There's nothing more relaxing than indulgent pampering, and many professional masseuses will even offer an at-home home service so you can then carry on the rest of your relaxing day off in the comfort of your own home.

Make mealtimes a mini-break of their own by dining out somewhere you normally wouldn't. Try lunch at a new café or go for dinner at a posh restaurant. Or, for a treat, why not order a takeaway feast right to your door? After all, there's no need to clean up afterwards.

Dubai has so many events happening all the time, including concerts, art shows, theatre performances, exhibitions and food festivals, so get out there with a schedule for fun places to visit. Taking public transport is often a great way to see the city and can make you feel like you are on holiday alongside the tourists, so hop on the Metro and get off at a random stop you've never been to in order to really explore your city.



MAKE THE MOST OF YOUR MINI-BREAK

RELAX AND UNWIND



Tell us your thoughts: letters@readme.ae

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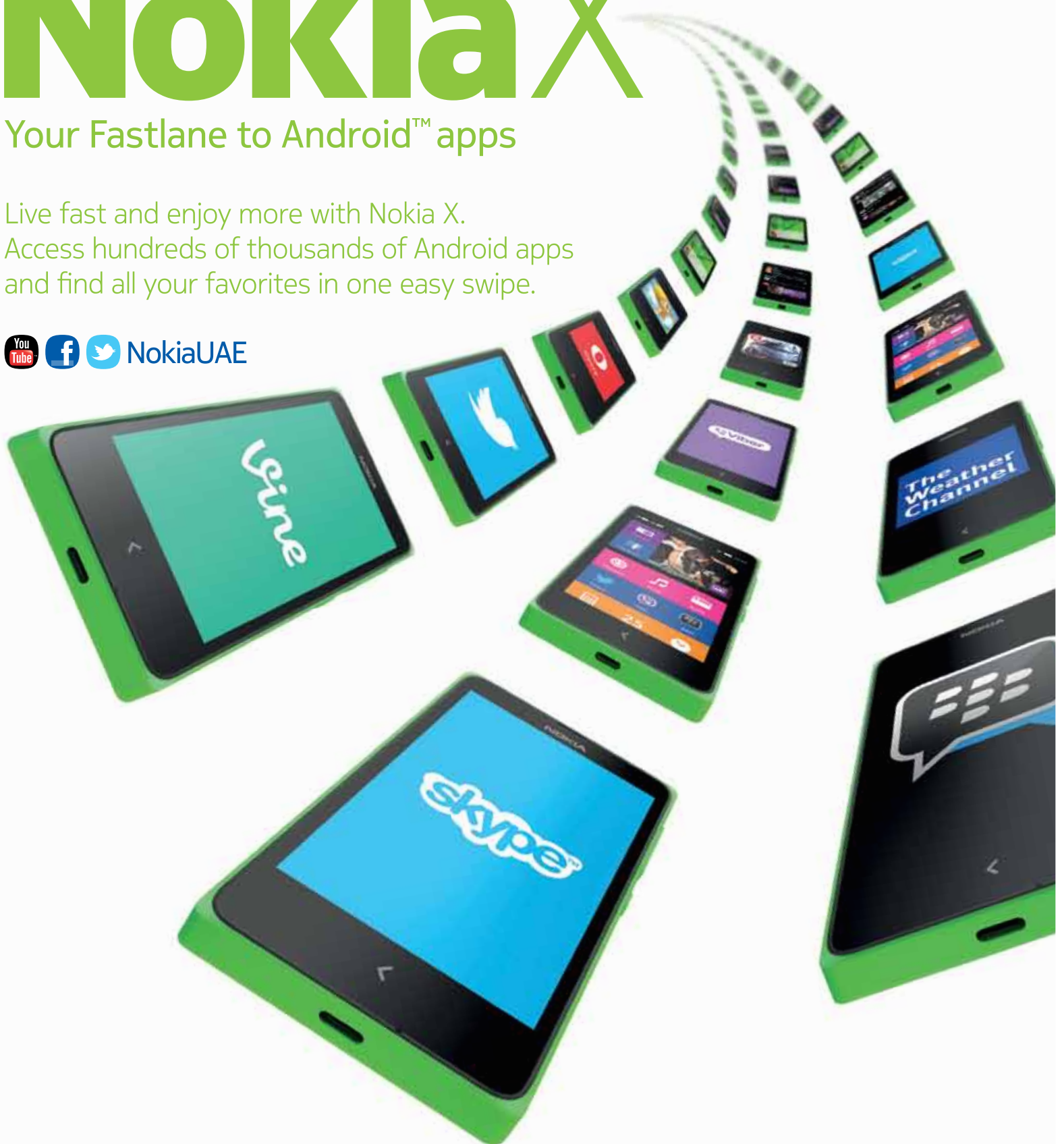
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STARTING FROM AED 439

TRAVEL NEWS

Pullman Dubai Deira City Centre unveils art project

Pullman Dubai Deira City Centre hotel hosted French contemporary artist Michel Bizet for the opening night of his collection on March 24, 2014, and in so doing inaugurated the first Pullman resident artist initiative in collaboration with Abu Dhabi Art Hub and Institut Français. The event featured the celebrated artist creating a painting live to the accompaniment of special guest solo violinist Mohamad Hamami.



The event also featured speeches by Laurent Chaudet, General Manager of Pullman Dubai Deira City Centre; Ahmed Al Yafei, owner of Art Hub; Denis Douvneau, Director of Institut Français in the UAE and Michel Bizet, the artist (pictured).

"We are very happy about the commencement of the Pullman Resident Artist Initiative with Michel Bizet," said Chaudet.

He added: "The works displayed beautifully capture nature and landscapes that the artist was exposed to during his stay in the UAE.

"The initiative's aim is to provide a platform for contemporary artists from the Middle East and those who are inspired by the Middle East to be hosted in a public platform to promote contemporary art to the people, each for the duration of a one-month residency."

Bizet said: "It is an honour being the first resident artist with Pullman Dubai Deira City Centre, who are offering the platform and means of showcasing contemporary art to the public. It was also a pleasure working to the melodies of Mohamad Hamami."

The Michel Bizet exhibition is open to the public until April 12, 2014, at Pullman Dubai Deira City Centre.

Sri Lanka's garden city

The laid-back capital of the island's hinterland is very different to the bustle of Colombo.

With an abundance of fresh air and majestic green surroundings, Kandy is every bit as sweet as its name would suggest.

Sri Lanka's hill capital is a world away from Colombo, the island's cultural, commercial and governmental hub. Just 115 kilometres inland, but a world away in terms of environment and character, Kandy looks out over seemingly endless tea plantations and misty peaks in Sri Lanka's heartland.

Its culture is also very different to the island's coastal towns and cities. The capital of the last Sinhalese city to fall into British hands in 1815, its people had earlier defied Portuguese and Dutch colonisers for centuries. Ten years later, and with a road connecting Sri Lanka's two main cities, its prominence grew, especially on the back of the tea industry.

The countryside around it is lush and green, but much fresher than the tropical lowlands below. As a result

of the topography, tea bushes came to thrive there, and old British names dominate the hundreds of plantations for which Kandy is the centre.

Aside from being Sri Lanka's agricultural hub, the city also welcomes increasingly greater numbers of tourists, all keen to explore the lush region with its myriad pleasant walks and tours.

City star

Cricket lovers will identify Sri Lankan spin bowler Muttiah Muralitharan as one of Kandy's most famous sons. The 41-year-old, who was named the greatest bowler ever by Wisden Cricketers' Almanack, retired from Test cricket in 2010, having taken his 800th Test wicket with his final ball in the sport.

GENIAL GIANTS





Within the city itself, the short walk to Asgiri Maha Viharaya, via Bahirawakande hill, is an interesting urban ramble, while Udawattakelle forest reserve, which again is within the city limits, gives the impression of trekking far away from town. Meanwhile, the forest trails of the surrounding Knuckles mountain range offers a great experience for nature lovers.

In town, most of Kandy's treasures can be reached on foot, and these include a wealth of gemstone markets, antique shops and cultural centres. In August each year, Sri Lankans descend on the city for Perahera, the city's best known festival that doubles as an elephant pageant.

Indeed, elephants are still used widely today throughout the city, both commercially and touristically. Located about 80 km outside Kandy, the Pinnewala elephant orphanage is one of the most famous in Sri Lanka and is home to around 70 semi-tame beasts, who roam freely through its expansive grounds. What's more, getting to the elephant orphanage, either by train, bus or tuk-tuk is all part of the fun as you pass through

scenic, jungle drenched mountains.

The Royal Botanical Garden, meanwhile, is considered to be the

“Regardless of if you prefer city or nature, Kandy has it all, and the laid-back atmosphere makes it easy for all to enjoy.”

best of its kind in Sri Lanka, and dates back to the ancient kings. Nearby, the New Ranweli spice garden gives a fascinating insight into the hundreds of indigenous Sri Lankan herbs and spices.

Regardless of if you prefer city or nature, Kandy has it all, and the laid-back atmosphere makes it easy for all to enjoy. Emirates flies in to Colombo regularly, and from there it is an easy journey into the country's lush, beautiful heartland. ●



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NEWS ON WHEELS

Total enters 3 pacts with AWR Rostamani Trading for Elf range

Total Marketing Middle East (TMME) has signed three strategic agreements with **AWR Rostamani Trading** for its Elf brand. The first agreement aims to expand the scope of distribution of Elf lubricants in Dubai and the Northern Emirates to cover the commercial and retail segments. The second agreement was signed to extend the Elf lubricants supply to Arabian Automobiles Nissan, Renault and Infinity Sharjah Service centres in addition to Northern Emirates authorised service centres.



The third agreement signed was for Elf Rapid Oil Change Centre, which will be launched in Arabian Automobiles' Umm Al Quwain branch.

TMME is committed to the UAE market according to officials present at the signing ceremony as the manufacturing of its products is done at Total Lubricants Blending UAE in Dubai, which is the company's third largest lubricant blending plant within Total group globally.

Elf Rapid Oil Change concept is dedicated to independent workshops specialising in quick oil changes and offering other services like car wash, tyre change among others.

The contracts were signed by David Kalife, Managing Director, Total Marketing Middle East and Michel Ayat, CEO, AWR Automotive, in the presence of senior delegates from both companies. Kalife said: "We are proud of our association with AWR Rostamani Trading and its professional team."



Blurred lines

Sports car or SUV? Porsche's new Macan seems capable of mixing the two.

Over the last few years, the rules of physics seem to have crumbled to their knees. Until recently the laws were very simple. An SUV is tall and softly sprung, so will not go around corners as well as a lower vehicle. Mind you, show it a ploughed field or a sand dune and it'll happily take it on. A sports car, however, is low and has hard sus-

pension, so will be great in the corners. But, take it off road and you won't get more than a few metres from the tarmac.

Life was simple. These rules were easy to follow. The sun came up each day, life flowed and people slept easily. But then technology came along

SPECS
(as tested)
Engine: 3.6 litre V6
Power: 400hp@6,000rpm
Torque: 550Nm@1,350-4,500rpm
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Top speed: 262 km/h
Price: TBA

and messed everything up. Now, with a little assistance from very clever men in white coats, an SUV can out-perform many a sports car.

So where does the line between sports car and SUV now sit? What are the markers that define which category each falls into? It seems that there aren't any anymore. It's a brave new world and one that Porsche has embraced with both arms.

The new Macan is first and fore-



SUV, SPORTS CAR, OR BOTH?



most a great looking car. Shaped to fit in with the larger Cayenne, it does a better job of bringing those classic Porsche lines to an SUV body. It's sleeker, neater and better balanced, and it even hides its smaller size well.

But the key to the Macan is its pace. This is a car that could seriously worry some quite exotic machinery on a racetrack. It doesn't roll or pitch, and has excellent corner stability. It inspires confidence and allows you to do things that simply shouldn't be possible. Essentially, it is a sports car hiding in an SUV body.

That sports car feeling comes from a bi-turbo 3.6 litre engine, producing 340 hp in the S version and 400 hp in the Turbo model. This pushes the Macan to 100 km/h in just 5.4 seconds, and an even more impressive

“In a country that loves fast cars and off-roading, the Macan could perhaps be the perfect blend.”

4.8 seconds in the Turbo. Off-road it's got great ground clearance and all the now normal electricker to keep you from getting stuck. How capable it will be in deep sand is still a big question mark, but seeing as most owners will hardly ever venture into anything deeper than the sand lots between buildings, that may prove irrelevant to most.

Inside, it's standard Porsche interior, as Xeroxed from every other model they produce. It's all very nice, but very same-same. It would be nice if Porsche could have tried something a little different when it comes to interior design.

The Macan really does give you the best of both worlds. It's a capable SUV and a sports car all in one. It's not too big, but at the same time not too small, its very quick and entirely composed, but perhaps even more importantly in the Gulf, it's got the right badge on the bonnet.

In a country that loves fast cars and off-roading, the Macan could perhaps be the perfect blend of luxury, power and off-road capability.

In short, it is bound to sell like hotcakes in the UAE. ●



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TECH NEWS

HTC One (M8) unveiled with key new features

HTC has unveiled the new HTC One (M8), the evolution of the award-winning HTC One (M7). Available with the all-new HTC Sense 6, the new HTC One (M8) boasts a high quality metal unibody with a smart sensor hub that anticipates a user's needs and uses motion launch controls to make everyday tasks easier.

New duo camera technology delivers creative, professional-looking photos and amazing effects, while HTC boomsound sets new standards for audio quality on a smartphone.



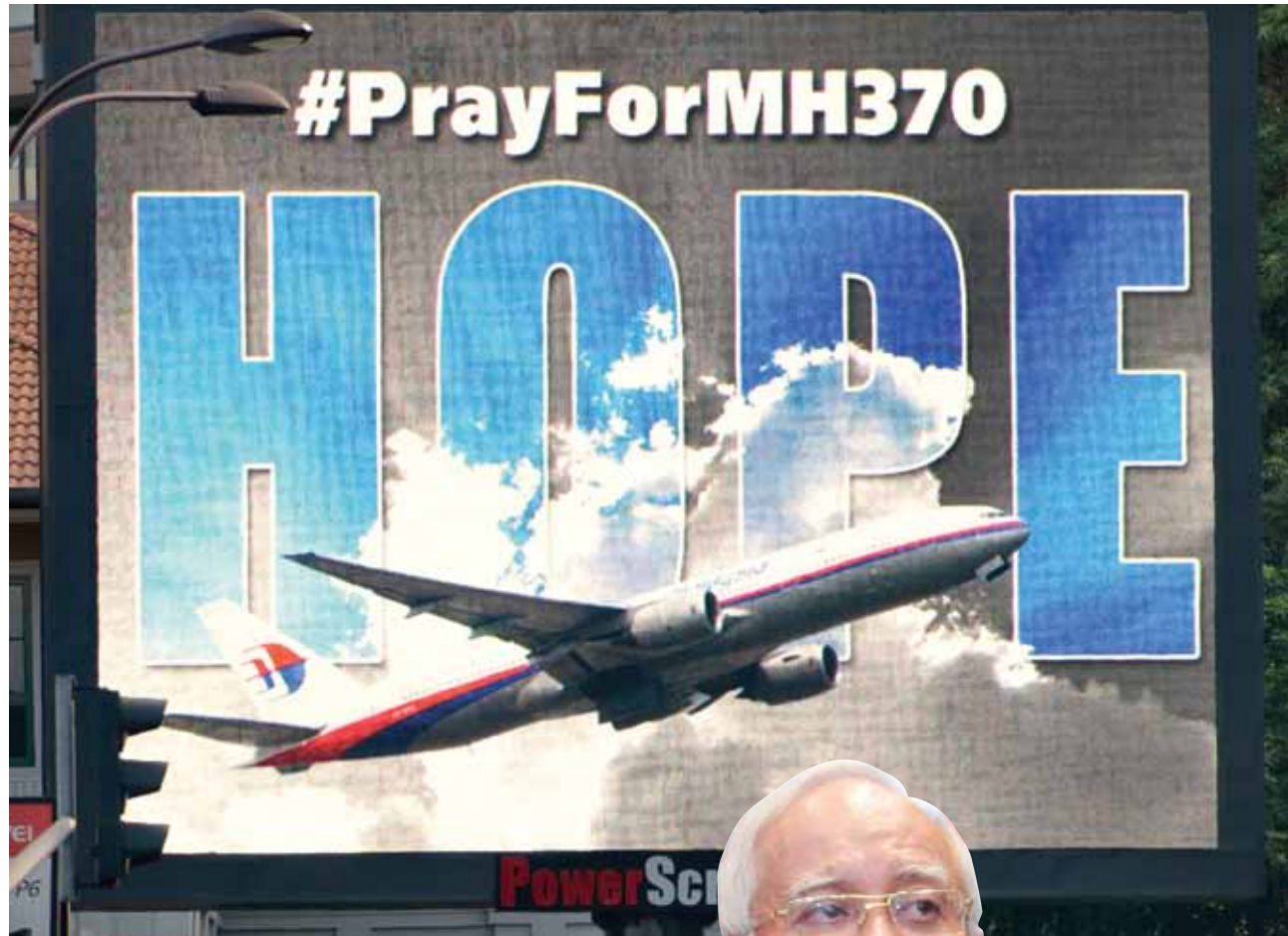
The smartphone's body has been re-crafted to create an even more stunning yet approachable look. The beautiful, durable, high quality metal unibody flows right up to the 5-inch, full HD (1080p) display, tapering to thinner edges, with softer curves for a smooth, and more natural grip.

Supported by the Qualcomm Snapdragon 801 processor with 2.3 GHz quad-core Krait CPUs and fully integrated 4G LTE, and running Android 4.4, KitKat, the latest version of the Android OS, the new HTC One (M8) features the all-new HTC Sense 6, available on the device and as an upgrade from the Google Play store.

Completely redesigned with a cleaner, more striking visual style, HTC Sense 6 features bold, customisable colour themes and delivers a more intuitive, personalised user experience. The new HTC One (M8) brings a very different dimension to mobile imaging by combining the world's first smartphone with a duo camera.

A tragic conclusion

How groundbreaking analysis found the final location of flight MH370.



Finally, relatives of the crew and 239 passengers on board Malaysia Airlines flight MH370 from Kuala Lumpur to Beijing are now almost certain of the fate of the plane that authorities all over the world have been searching for since it disappeared over two weeks ago.

Tragically, it is now known that the flight was following a southerly flightpath in the most remote area of the southern Indian Ocean, in a part of the world where there are absolutely no landing options. The outcome was revealed for the first time last Monday by Malaysian prime minister Najib Razak, who said the intelligence was based on a "type of analysis never before used in an investigation of this sort".

He said: "This is a remote location, far from any possible landing sites. It is therefore with deep sadness and regret that I must inform you that,

according to this new data, flight MH370 ended in the southern Indian Ocean."

British company Inmarsat, which runs a network of 11 geostationary satellites above the globe, man-

PRIME MINISTER RAZZAK MAKES THE TRAGIC ANNOUNCEMENT



aged to narrow down the plane's final location to within 160km. This follows a fresh examination of eight satellite "pings" sent by the aircraft between 1.11am and 8.11am Malaysian time on March 8, when it vanished from radar screens.

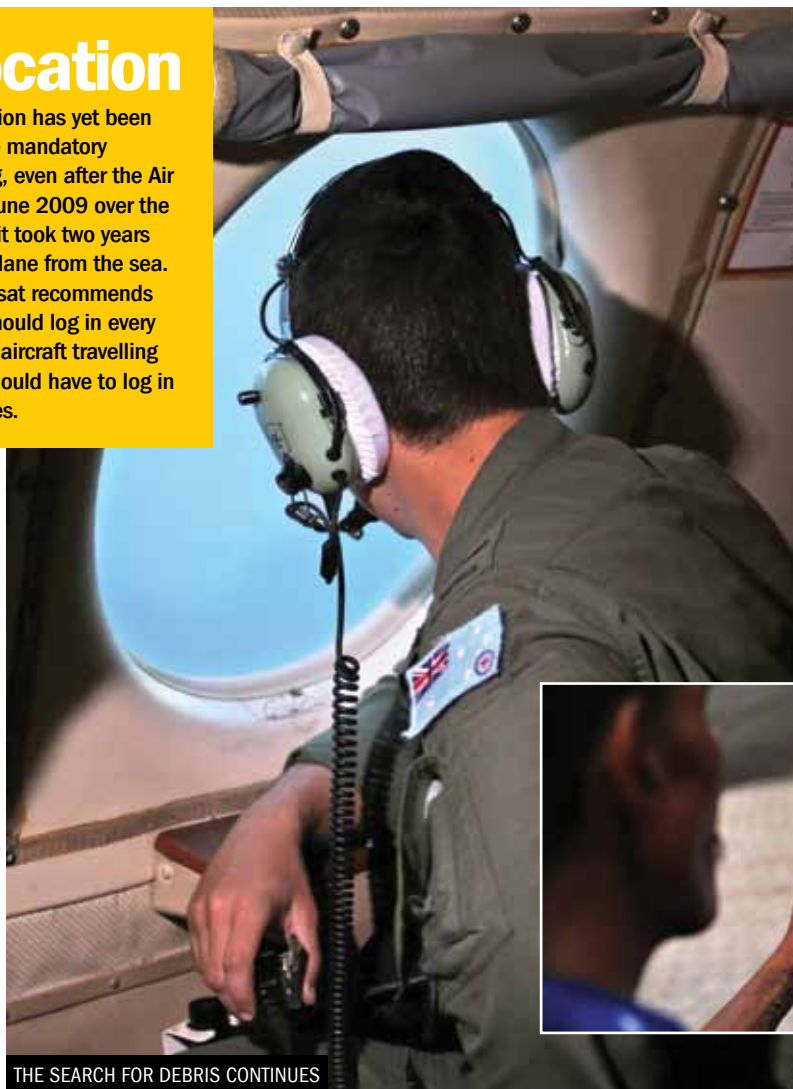
"Based on their new analysis, Inmarsat and the AAIB [the UK's Air Accidents Investigation Branch] have concluded that MH370 flew along the southern corridor, and that its last position was in the middle of the Indian Ocean, west of Perth," Razzak added.

Afterwards, Inmarsat's Chris McLaughlin told CNN that the new data was the absolute limit of what could be gleaned by aircraft and satellite sensors, especially after the plane's other onboard Acars automatic tracking system ceased to function at 1.07am.

"[This] was a groundbreaking but traditional piece of mathematics which was then checked by others in the space industry," McLaughlin said, adding that Inmarsat had done new calculations on the limited data that it had received from the plane in

On location

No global decision has yet been taken to require mandatory location pinging, even after the Air France loss in June 2009 over the Atlantic, where it took two years to recover the plane from the sea. However, Inmarsat recommends that shipping should log in every six hours, while aircraft travelling at 500 knots should have to log in every 15 minutes.



THE SEARCH FOR DEBRIS CONTINUES

order to come to its conclusion.

Initially designed to assist ships travelling through areas out of radio contact with land, Inmarsat later began to give widespread support to aircraft. Indeed, only 10 per cent of the world's surface is supported by radar, so the satellite pings given off by MH370 were the only possible form of contact with authorities during its final hours in flight.

However, this is not the end of the mystery of the aircraft's demise. Initially set to head northwest to the Chinese capital, why did the flight end up hours away in the opposite direction? And why did the pilots not signal a change to the flightpath?

These questions may well never be answered, but at least the families of those who tragically perished will now have some sort of closure. ●

Tell us your thoughts: letters@readme.ae

Tech beat



APPLE COULD RETHINK MUSIC

Faced with a drop in revenue from music downloads, Apple is reportedly in talks with record label executives to devise a way to stream music that will be in competition to services like Spotify and Last.fm. *Billboard* reported that the tech major is already involved in exploratory talks, although nothing is official yet.

MS-NOKIA DEAL DELAYED

The completion of the \$7.2 billion acquisition deal between Nokia and Microsoft has been delayed, according to both companies, and will now be finalised in April, rather than this month as had been announced. The delay is attributed to a delay in mandatory regulatory approvals from several antitrust authorities in Asia.



BATTLE OF THE EXCLUSIVES RAGES

An exclusive PS4 game release has doubled sales for Sony's console. In the week since *Infamous: Second Son* was launched, Sony reported a 106-per cent increase in transactions for the product. This UK figure suggests the so-called Battle of the Exclusives—begun when *Titanfall* was released for the Xbox One—is now in full swing.



FADELL TIPS GOOGLE

Nest CEO Tony Fadell has tipped Google to lead the way to innovation for the next decade. The founder of the smart thermostat, which Google bought this year, told *The Sunday Times*: "When I look at the technology we are going to need 5-10 years from now, who has that and who is building it, it is Google."



Get off the sofa and keep on moving

Exercise plan Couch-to-5K aims to help you get out of your chair and into running shoes over nine weeks.

Painless and user-friendly, those are hardly the words one would expect when mentioned in relation to getting fit enough to run five kilometres. But that is what Josh Clark set out to do in 1996, when he founded the Couch-to-5K (C25K) Running Plan.

Back then, Clark was a reasonably fit 20-year-old who hated running but was determined to be healthier.

Like so many others, Clark found he never managed to motivate himself to exercise as a result of the initial discomfort of a fitness programme. As a result, he devised a plan that would make running as painless as possible so the participant would remain engaged.

What's more, he tailored his plan so that quick returns would sustain motivation when the runner saw the results that come from it.

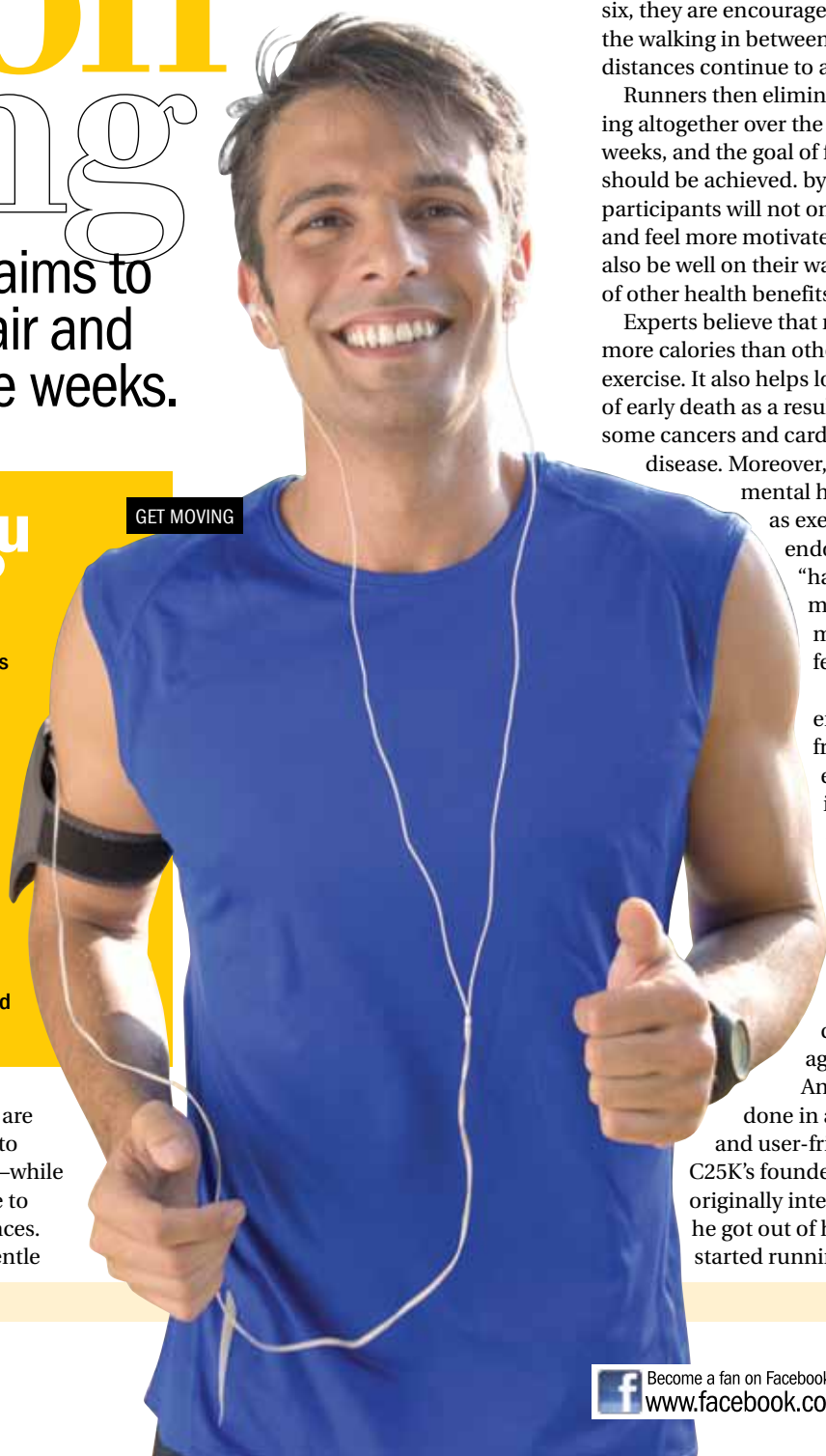
Through C25K, participants gradually hone their running abilities and fitness over a nine-week period; at

Did you know?

One of the latest trends in running is to do so barefoot, or while wearing barefoot running shoes, which are like rubber gloves for the feet. Unfortunately scientists have so far been unable to prove any benefits for wearers of this kind of footwear.

the end of this, they are expected to be able to run five kilometres—while many then continue to increase their distances. It begins with a gentle

GET MOVING



ALL AGES CAN BENEFIT

combination of walking and jogging, building up to consist entirely of running. Each workout takes only 20 to 30 minutes, three days a week.

After the recommended doctor's check-up to make sure all is physically well, workouts for the first two weeks last only 20 minutes, and involve alternating walking and jogging for short periods.

By the end of the fourth week, runners should be able to cover nearly three-and-a-quarter kilometres in 21 minutes, and over weeks five and six, they are encouraged to reduce the walking in between jogs and distances continue to advance.

Runners then eliminate walking altogether over the last three weeks, and the goal of five kilometres should be achieved, by which point participants will not only look better and feel more motivated; they will also be well on their way to a number of other health benefits.

Experts believe that running burns more calories than other forms of exercise. It also helps lower the risk of early death as a result of diabetes, some cancers and cardiovascular

disease. Moreover, it gives your mental health a boost, as exercise releases endorphins, the "happy" hormones that make people feel good.

What differentiates C25K from other exercise plans is the way in which it understands how a couch potato's mind works, and does everything it can to discourage drop-outs. And all this is

done in a painless and user-friendly way, as C25K's founder, Clark, had originally intended when he got out of his chair and started running. ●

Tell us your thoughts: letters@readme.ae



Unhealthy work habits

Considering how much time you spend at work, it's worth making sure your health isn't being hindered.

WORK ENVIRONMENT

Sitting behind a desk and staring at a computer screen for hours can take a toll on your mental and physical health. But the demands of many jobs require that you stay focused only on your work and not on your physical well-being. This can result in 40 hours of poor health habits each week. However, with a few adjustments to your daily work routine, you can break the bad workplace habits and be healthy at work. Akhtaboot offers some tips that will help you feel as healthy and happy in the office as you do at home.

SKIPPING LUNCH

Lack of time is a common reason for skipping lunch at work. When you're busy trying to finish your tasks, lunch may be the last thing on your mind. When you skip lunch, your body slows down your metabolism to conserve calories for later use. When you deprive your body of glucose, which comes from the foods you eat, it turns to glycogen, a form of glucose that is stored in your liver. Glycogen serves as a backup source of energy, but it only lasts for so long. Once

exhausted, your brain does not have access to glucose. Consequently, your ability to concentrate and focus decreases significantly.

SITTING DOWN FOR LONG PERIODS AT A TIME

A bad sitting position doesn't only make you look bad, but it can result in serious back and neck issues and tension headaches. Furthermore, recent studies on the link between sitting down for long

hours and health outcomes came out with a new conclusion: sitting for more than three hours per day cuts about two years off your life expectancy. Most of us find it hard to change the kind of lifestyle that we lead at work where we sit for at eight hours each day. There are some things you can do every day, like using the stairs instead of the elevator, eating lunch standing, and taking five minute breaks to walk around the office every couple of hours.

REST YOUR EYES

Many jobs require that you sit in front of a computer all day and this can result in stressing your eyes. You can relieve some of the

GO EASY ON YOUR EYES



pressures of eye fatigue by taking regular breaks from the screen. You can walk around the office, go to the restroom or even take a coffee break away from your desk. Another issue besides eye fatigue is dry eyes. Staring at a computer for a long periods of time can cause you to not blink as often as you should, leaving your eyes dry. Make sure that you keep a bottle of refreshing eye drops on hand for a quick fix.

WATCH YOUR CAFFEINE CONSUMPTION

It's no secret that caffeine can help you feel more alert and even increase your concentration at work when needed. Coffee and tea are fine in moderation but be careful not to become dependent on your caffeine kick. Two to three cups per day is the healthy limit for most people. Make sure that you stop drinking caffeinated drinks after 4pm so that they don't start to interfere with your sleep at night. It takes about five to seven hours on average to eliminate half the caffeine from your body. After eight to 10 hours, 75 per cent of it is gone from your system. So for most people, a cup of coffee or two throughout the day won't interfere with sleep at night. ●
By Akhtaboot—the career network (www.akhtaboot.com).

ARE YOU SITTING COMFORTABLY?

CHECK YOUR CAFFEINE CONSUMPTION



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Life's a beach

Get ready to hit the beach with our pick of the best swimwear and accessories around.

Choose the right swimsuit

Finding the right swimming costume to suit your figure can be a lot easier if you know which designs flatter your shape. Choose a swimsuit with a graphic print if you are conscious of your tummy as the pattern will disguise any lumps and bumps. Vertical patterns will also help to make you appear slimmer. Bright swimwear also helps make

your waistline appear smaller and creates the illusion of flatter abs, while distracting from the tummy area.

If you have boy-shaped figure, go for a high-cut swimsuit and opt for pastel hues as they will help sculpt your waist. Or, highlight your petite proportions in a vibrant print two-piece bikini. If a bikini isn't the choice for you, there's plenty of suitable swimwear out there that offers more cover; perfect for making the most of your day at a Dubai beach.



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Looking good on the beach or by the pool doesn't stop at just swimwear. Make your feet look pretty in a pair of statement sandals. For the laid back, bohemian girl, a pair of classic rubber flip flops will do the trick. For the lady who likes to attract attention, choose a pair of coloured sandals that match your swimwear.



NEW LOOK



DUNE



NEXT



M & CO.

Beach boys

When it comes to choosing swim shorts, think about your surroundings. Avoid tiny trunks and go for shorts that stop just on the knee, or cool board shorts that land below the knee. If you have a thin or athletic build, elastic waists will suit your shape. Embrace the quirky prints out there this season and opt for shorts with a fun design for a youthful look. A looser fit will also ensure that you can have fun in the water while still being comfortable.

Throw on a simple black or white vest to cover up on the promenade or a bright, striped T-shirt. Woven shoes and espadrilles are ideal for warm weather and offer ultimate comfort at the beach. Grab a stylish rucksack with leather detailing for a masculine beach bag.



NEW LOOK

OFFICE



MATALAN



DEBENHAMS



SUPERDRY



ASOS



NEXT



NEXT



MATALAN

Bath & Body Works launches Velvet Sugar fragrance

Bath & Body Works has launched the new edition of Velvet Sugar for women. Presented in a chic new bow packaging, Velvet Sugar is a blend of red velvet cream, deliciously whipped cocoa, vanilla orchid, golden plum, pink jasmine and sugared mask.



The fruity Velvet Sugar is available in a 50ml bottle as an eau de parfum. Body lotion, shower gel, fine fragrance mist, body cream, luxury bubble bath, and shimmer mist versions are also available.

Camille McDonald, President of Brand Development and Merchandising, Bath & Body Works, said: "We continue to see a huge trend in gourmand fragrances. Using luxurious, delectable ingredients, we were inspired to create a modern, sophisticated take on gourmand that is completely new territory for us."

Describing the creation of Velvet Sugar, Marypierre Julien and Adriana Medina, Givaudan perfumers, said: "We were inspired to capture the ultimate in fragrance addiction. Each fragrance note was selected to convey a special experience that would leave the wearer indulgently enjoying every moment."

Bath & Body Works has always prided itself on the innovation, quality and performance of its products. For the past decade, Bath & Body Works has launched different flavourful indulgences of shower gel, candles, accessories and lotions. The brand has more than 1,600 stores in the United States and is a division of Limited Brands.

A true tale of inspiration

Talent show tales in *One Chance*, the real-life story of an underdog hero.



COMEDY GIANTS COME TOGETHER



NEW RELEASE

From the director of *The Devil Wears Prada*, *One Chance* is the remarkable and inspirational true story of Paul Potts, a shy shop assistant by day and amateur opera singer by night.

Potts became an instant YouTube phenomenon after being chosen by Simon Cowell to progress through the rounds of the first ever season of *Britain's Got Talent*. Wowing audiences worldwide with his phenomenal, operatic voice, he went on to win the series, along with the hearts of millions.

But despite his own admission before going on stage that he was lacking in confidence, few knew the herculean effort it had taken for Potts to reach that point, and the trials, tribulations and monumental setbacks he had suffered along the way.

One Chance doesn't linger over the BGT storyline, but instead looks at the many hurdles in Potts' pre-Cowell career, such as his journey to opera school in Venice where he chokes in a master class with his idol, Luciano Pavarotti, whose crushing assessment temporarily crushes the Welshman's desire to sing. A devastating car crash and a throat tumour also serve to block the path he craves.

Did you know?

Simon Cowell, the creator of *Britain's Got Talent* and other spin-off franchises across the world, including *Pop Idol*, *The X Factor* and *American Idol*, served as one of the producers of *One Chance*. He is also the owner of the television production and music publishing house Syco, which was behind the movie.

The screenplay also focuses on the singer's relationship with his sweet wife, Julie-Ann, played by rising star Alexandra Roach (*The Iron Lady*), while also exploring his relationship with his chirpy mother, played deftly by Julie Walters (*Billy Elliot*), and disapproving steelworker father, brought to life by Colm Meaney (*Get Him To The Greek*).

Fresh from celebrating his Tony Award-winning Broadway run in *One Man, Two Guvnors*, James Corden (*The History Boys*) stars as Paul Potts and is supported by an acclaimed ensemble cast that includes Mackenzie Crook (*The Pirates Of The Caribbean*), Jemima Rooper (*Kinky Boots*) and Valeria Bilello (*Pazze Di Me*).

Directed by David Frankel, of *The Devil Wears Prada* and *Marley & Me* fame, and written by Justin Zackham, who is best known for *The Bucket List*, *One Chance* opened last year to British audiences and gathered praise for being a sweet, sentimental and heartwarming movie.

Potts' own vocals were used throughout the film, and his rendition of opera favourite *Nessun Dorma* still has the power to give audiences the chills today.

Continuing in their vein of focusing on the emotional in their pictures, Frankel and Zackham have once again managed to push all the obvious buttons while maintaining a sweet story.

James Corden, too, shows his versatility. Best known as a comedian, Corden perfectly adapts to Potts' pure heart and simple humour in *One Chance*. ●



TAKING A CHANCE

Listings

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

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



Grand Cineplex - Wafi

As Cool As I Am - 14:00, 18:00, 22:00
Blood Ties - 12:30, 17:00, 21:30
Closed Circuit - 10:00, 12:00, 16:00, 20:00, 00:00
Dishkiyaon - 11:00, 13:30, 16:00, 18:30, 21:00, 23:40
Factory Girl - 11:30, 15:30, 19:30, 23:55
Force Of Execution - 10:30, 15:00, 19:30, 00:00
Haunt - 13:30, 17:30, 21:40
Ice Man - 10:50, 15:10, 19:30, 23:50
Need For Speed - 11:30, 14:00, 16:30, 19:00, 21:25, 00:00
Non-Stop - 19:45, 21:50, 23:55
O Teri - 11:30, 14:30, 17:30, 20:30, 23:30
Queen - 12:30, 15:20, 18:10, 21:00, 23:50
Sabotage - 10:30, 12:45, 15:00, 17:15, 19:25, 21:40, 23:55
Tokarev - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Valley Of The Lost Ants - 10:00, 12:00, 14:00, 16:00, 18:00
Youngsta'n - 10:00, 12:40, 15:20, 18:00, 20:40, 23:20
Zombie 108 - 13:00, 17:20, 21:40

Grand Megaplex - Ibn Battuta

20 Ans D'ecart - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
300: Rise Of An Empire - 10:00, 15:30, 21:00
As Cool As I Am - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Blood Ties - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Closed Circuit - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Cuckoo - 12:30, 18:00, 23:30
Dishkiyaon - 11:00, 13:30, 16:00, 18:30, 21:00, 23:40
Factory Girl - 19:30, 21:40, 23:50
Force Of Execution - 10:30, 12:30, 14:30, 16:30, 18:30, 22:30, 00:30
Frozen - 10:50, 13:00, 15:10, 17:20
Ice Man - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
The Lego Movie - 11:30, 13:30, 15:30, 17:30

Mr Peabody & Sherman - 10:00, 12:00, 14:00, 16:00, 18:00
Need For Speed - 11:30, 14:00, 16:30, 19:00, 21:25, 00:00
Non-Stop - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Om Shanti Oshana - 10:30, 13:20, 16:00, 18:40, 21:20, 00:00
O Teri - 11:30, 14:30, 17:30, 20:30, 23:30
Queen - 12:30, 15:20, 18:10, 21:00, 23:50
Sabotage - 10:30, 12:45, 15:00, 17:15, 19:25, 21:40, 23:55
The Starving Games - 19:35, 21:35, 23:35
Tokarev - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Valley Of The Lost Ants - 11:00, 12:50, 14:40, 16:30, 18:20, 20:10, 22:00, 23:50
Youngsta'n - 10:00, 12:40, 15:20, 18:00, 20:40, 23:20
Zombie 108 - 20:00, 22:00, 00:00

Grand Cinemas - Festival City

3 Days To Kill - 21:00, 23:15, 01:30
As Cool As I Am - 14:00, 18:00, 22:00
Blood Ties - 12:30, 17:00, 21:30
Closed Circuit - 10:00, 12:00, 16:00, 20:00, 00:00
Force Of Execution - 10:30, 15:00, 19:30, 00:00
Frozen - 11:00, 13:00
Haunt - 19:30, 21:30, 23:30
Ice Man - 10:50, 15:10, 19:30, 23:50
Mr Peabody & Sherman - 11:00, 13:00, 15:00, 17:00, 19:00
Need For Speed - 14:00, 16:30, 19:00, 21:25, 00:00
Need For Speed (3D) - 11:00
Non-Stop - 19:45, 21:50, 23:55
O Teri - 11:30, 14:30, 17:30, 20:30, 23:30
Queen - 15:20, 18:10, 21:00, 23:50
Sabotage - 10:30, 12:45, 15:00, 17:15, 19:25, 21:40, 23:55
The Starving Games - 11:30, 13:30, 15:30, 17:30
Tokarev - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Valley Of The Lost Ants - 10:00, 12:00, 14:00, 16:00, 18:00
Zombie 108 - 13:00, 17:20, 21:40

Grand Cinecity - Al Ghurair

As Cool As I Am - 13:00, 17:20, 21:40
Dishkiyaon - 10:00, 15:30, 21:00
Ice Man - 10:50, 15:10, 19:30, 23:50
Need For Speed - 11:30, 14:00, 16:30, 19:00, 21:25, 00:00
Om Shanti Oshana - 10:30, 13:20, 16:00, 18:40, 21:20, 00:00
O Teri - 10:00, 15:30, 21:10
Queen - 12:40, 18:20, 00:00
Sabotage - 10:30, 12:45, 15:00, 17:15, 19:25, 21:40, 23:55
Tokarev - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Valley Of The Lost Ants - 10:00, 12:00, 14:00, 16:00, 18:00
Youngsta'n - 12:30, 18:00, 23:30
Zombie 108 - 20:00, 22:00, 00:00

Reel Cinemas - Dubai Mall

3 Days To Kill - 20:00, 22:20, 00:40
12 Years A Slave - 22:05, 00:40
300: Rise Of An Empire - 13:45, 16:00, 18:15, 20:30, 22:45, 01:00
As Cool As I Am - 11:20, 13:20, 15:20, 17:20, 19:20, 21:20, 23:20, 01:20
Bachelorette - 23:20, 01:20
Blood Ties - 13:45, 16:20, 18:55, 21:30, 00:05
Closed Circuit - 12:05, 14:05, 16:10, 18:15, 20:20, 22:25, 00:30
Dishkiyaon - 14:00, 19:20, 00:35
Divergent - 12:30, 13:30, 15:25, 16:25, 18:20, 19:20, 21:15, 22:15, 00:10, 01:10
Factory Girl - 15:30, 19:25, 23:20
Force Of Execution - 11:50, 13:55, 16:00, 18:05, 20:10, 22:15, 00:20
Frozen - 13:15, 15:30, 17:45
Haunt - 15:30, 19:30
Ice Man - 13:20, 17:20, 21:20, 23:30, 01:40
The Lego Movie (3D) - 11:40, 15:55, 20:00
Mr Peabody & Sherman - 11:00, 13:00, 15:00, 17:05, 19:10, 21:15
Mr Peabody & Sherman (3D) - 13:50, 18:00
Need For Speed - 11:10, 14:00, 16:45, 19:30, 22:15, 01:00
Need For Speed (3D) - 13:00, 15:40, 18:20, 21:00, 23:40

Non-Stop - 11:40, 13:50, 16:05, 18:20, 20:35, 22:50, 01:05
Odd Thomas - 11:55, 14:05, 16:15, 18:25, 20:35, 22:45
O Teri - 16:25, 21:45
Sabotage - 11:30, 13:45, 16:05, 18:25, 20:45, 23:05, 01:25
Zombie 108 - 13:35, 17:30, 21:25, 01:20

Reel Cinemas - Marina Mall

300: Rise Of An Empire - 14:00, 18:15, 22:35
Closed Circuit - 11:40, 13:40, 15:40, 17:40, 19:40, 23:40
Divergent - 12:05, 15:00, 17:55, 20:50, 23:45
The Monuments Men - 21:30, 23:55
Mr Peabody & Sherman (3D) - 11:15, 13:15, 15:15, 17:20, 19:25
Need For Speed - 12:30, 15:10, 17:50, 20:30, 23:10
Non-Stop - 11:50, 16:05, 20:25, 00:40
Odd Thomas - 11:30, 13:40, 15:50, 18:00, 20:10, 22:10, 00:20

Vox Cinemas - Deira City Centre

300: Rise Of An Empire (3D) - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30
Bewakoofiyaan - 13:00, 18:00, 23:00
Cuckoo - 12:00, 14:45, 17:30, 20:15, 23:00
Dishkiyaon - 10:30, 15:30, 20:30
Divergent - 11:30, 14:30, 16:30, 17:30, 20:30, 23:30
Divergent (4D) - 12:15, 18:00
Mr Peabody & Sherman (3D) - 10:00, 11:30, 13:30, 15:30
Need For Speed (3D) - 09:30, 12:15, 15:00, 17:45, 20:30, 23:15
Need For Speed (4D) - 12:15, 15:15, 21:00, 23:45
Non-Stop - 17:30, 22:00
Om Shanti Oshana - 09:45, 12:30, 15:15, 18:00, 20:45, 23:30
Queen - 10:00, 11:15, 13:00, 14:15, 16:00, 17:15, 19:00, 20:15, 22:00, 23:15, 01:00
Sabotage - 19:45, 00:15
Youngsta'n - 10:00, 12:45, 15:45, 18:30, 21:15, 00:15

Vox Cinemas - Mall of the Emirates

300: Rise Of An Empire (3D) - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30
As Cool As I Am - 11:45, 14:00, 16:15, 18:30, 20:45, 23:00
Blood Ties - 09:45, 12:30, 15:15, 18:00, 20:45, 23:30
Closed Circuit - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Divergent - 10:45, 11:30, 13:45, 16:45, 19:45, 20:45, 22:45, 23:45
Factory Girl - 17:30, 19:45, 22:00, 00:15
The Lego Movie - 10:15, 12:30, 14:45
Mr Peabody & Sherman (3D) - 11:00, 13:15, 15:30, 17:45
Need For Speed (3D) - 14:30, 17:15, 20:15, 23:00
Non-Stop - 10:45, 13:00, 15:15, 17:30, 19:45, 22:00, 00:15
Odd Thomas - 14:15, 16:30, 18:45, 21:00, 23:15
Sabotage - 17:00, 19:15, 21:45, 00:15
The Starving Games - 11:30, 13:30, 15:30
Valley Of The Lost Ants - 10:15, 12:15

Vox Cinemas - Mirdif City Centre

300: Rise Of An Empire (3D) - 19:45, 22:00, 00:15
Blood Ties - 15:15, 18:00, 20:45, 23:30
Divergent - 11:30, 13:30, 14:30, 17:30, 20:30, 23:30
Divergent (4D) - 14:00, 20:00
Force Of Execution - 10:15, 14:45, 19:15, 23:45
Mr Peabody & Sherman (3D) - 10:45, 13:00, 15:15, 17:30
Need For Speed (3D) - 10:15, 12:00, 13:00, 15:45, 18:30, 21:15, 00:00
Need For Speed (4D) - 11:00, 17:15, 23:00
Non-Stop - 11:15, 16:30, 18:45, 21:00, 23:15
Odd Thomas - 12:30, 17:00, 21:30
Sabotage - 17:15, 19:30, 22:00, 00:30
Valley Of The Lost Ants - 11:15, 13:15, 15:15

What's happening this week in the UAE

Motor Village



Test-drive some of the best luxury vehicles in town.
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Time: 24 hours
Venue: Dubai International Financial Centre
Admission: Free
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Bride Dubai

Bridal jewellery, dresses and accessories from across the world will be on display.
Date: April 2 – 5
Time: Wednesday, Thursday and Saturday 2:30pm – 10:30pm, Friday 3pm – 10:30pm
Venue: Dubai World Trade Centre
Admission: Free
More info: 04 335 067



UB40 Live in Dubai



The quintessential reggae band of the '80s and '90s will be performing live in Dubai.
Date: April 3
Time: 9pm
Venue: The Irish Village
Admission: Dh175
More info: 04 239 5000

Middle East Film and Comic Con 2014

The show will feature celebrities, artists, music, art and exhibitors from across the globe.
Date: April 3 – 5
Time: 10am – 10pm
Venue: Dubai World Trade Centre
Admission: One day pass Dh85, weekend pass Dh160, VIP Dh500
More info: 04 447 4344



Live @ Atlantis presents Avicii



Avicii is back to perform live in Dubai.
Date: April 4
Time: 6pm
Venue: Atlantis, The Palm
Admission: Advance booking Dh250, at the door Dh300, VIP Dh450
More info: 04 368 997

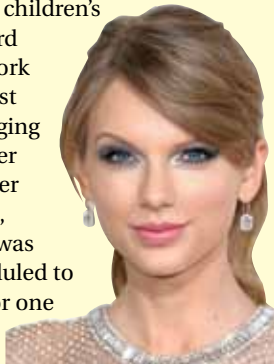
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Hollywood news

Visiting hours

She may have a sharp tongue when it comes to penning songs about her exes, but Taylor Swift still has room in her heart for her fans. The singer visited the children's cancer ward of a New York hospital last week, hanging out with her fans for over four hours, when she was only scheduled to be there for one hour.



Baby joy



After months of speculation, a source finally confirmed last week that Mila Kunis is expecting her first child with Ashton Kutcher. The happy news came only weeks after the couple's engagement was officially announced, although rumours that the 30-year-old actress is expecting twins are said to be false.

X marks the spot



CALLING ALL HEROES

This summer looks set to be packed with blockbusters, and fans of comic-book heroes are certainly in for a treat. Alongside new offerings from Spider-Man and Captain America, those who enjoy the adventurous escapades of the mutants known as the X-Men are already getting hyped about the release of *X-Men: Days Of Future Past*.

Now, however, the excitement has stepped up a notch, following last week's release of a new, action-packed trailer for the upcoming flick. In a dystopian future, the survival of the mutants looks bleak, as does the post-apocalyptic landscape. However, it's up to the ultimate gathering of X-Men (and women) to go back in time in order to prevent the destruction of the world as they know it.

While the story alone looks like an epic adventure, it is helped in no small part by the stellar line-up of stars set to morph into their mutant guises once more. Blending the cast from both the *X-Men* series and the *X-Men: First Class* franchise, the starring roles read like a who's who of Hollywood, featuring Hugh Jackman, Jennifer Lawrence, Halle Berry, James McAvoy, Michael Fassbender, Patrick Stewart, Ian McKellen, Peter Dinklage, Nicholas Hoult and Ellen Page, to name just a few.

And the return of director Bryan Singer, who directed the original *X-Men* movie and its acclaimed sequel *X-2*, ensure that this gritty adventure looks set to be a box office smash when it hits cinema screens at the end of May.

Sea life

It's the cartoon classic that saw a generation fall in love with life under the sea, but if rumours are to be believed, a new, live-action offering of *The Little Mermaid* is in the pipeline, with none other than *Harry Potter* star Emma Watson in the lead role as Ariel.

The upcoming flick will be directed by Sofia Coppola; a move that seems almost tailor-made given the director's penchant for making movies that have a dream-like atmosphere and an aesthetic beauty that would perfectly fit the mermaid theme. While the details of Watson's involvement are unconfirmed, a source revealed that: "Sofia wants Emma, and the pair have such a respect for each other, it would be very surprising if they carry on without each other. Movie companies Universal and Working Title want to move quickly on the project, so expect an announcement soon."



Bollywood news

French flick

As one of Bollywood's hottest males, the choice of Saif Ali Khan to play the lead in an upcoming adaptation of *The Count of Monte Cristo* seems like a wise choice. The new Abbas Mustan take on the 1844 novel by Alexandre Dumas, will also star Amitabh Bachchan and is set to release in 2015.



Leading lady?

The speculation over who will take the main roles in *Bajirao Mastani* has been building for some time, with Shah Rukh Khan, Salman Khan and Aishwarya Rai all being slated to take part. However, the latest rumour is that Priyanka Chopra will now be playing one of the prominent roles.



Positive pledge

Even though it's a pretty personal decision to make, another big Bollywood name has announced his intended organ donation. Veteran actor Rishi Kapoor pledged to donate his organs at the recent transplant games, held at the Postgraduate Institute of Medical Education and Research in Chandigarh.



Epic tales

One of Indian mythology's most epic stories, *The Mahabharata*, is all set to be hit the big screen with a little help from none other than Disney. The upcoming cinematic spectacle will be brought to life by Disney India, in collaboration with director Abhishek Kapoor and author Ashok Banker.

2



Key	مفتاح الخريطة
	خط الأحمر Red line
	خط الأخضر Green line
	محطة Station
	محطة ترانزيتية Interchange station
	المطار Airport
	1 منطقة Zone 1
	2 منطقة Zone 2
	3 منطقة Zone 3
	4 منطقة Zone 4
	5 منطقة Zone 5
	6 منطقة Zone 6
	7 منطقة Zone 7



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- » Background Music

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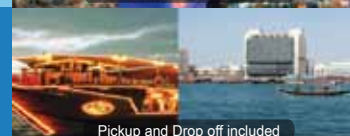


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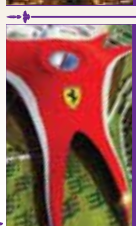
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Arab salesman, who speaks French, English and Arabic seeks job. Call 0557117646 or send an email to mahi-1527@hotmail.com.

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MBA (HR) graduate on husband visa seeks a suitable job. Has 6 years experience in UAE (MNC-SAP) and 4 years in India. Call 0569704764 or send an email to hrrite@gmail.com.

Indian female (MSW) is looking for a suitable job. Has 2 years experience as HR assistant. Call 0557720260 or send an email to princyabraham87@gmail.com.

Electrical engineer with NEBOSH certificate, IGC and IOSH seeks job. Has 3 years experience in Dubai and 2 years in India. Expected salary Dh3,000. Call 0567442107 or send an email to sricrescent1990@gmail.com.

BBA (Hons) and MBA marketing graduate is looking for suitable post. Has 2 years experience in UAE. Please call 0551196321 or send an email to hamidkhan21860@gmail.com.

Electrical engineer on husband's visa is looking for suitable job. Has 1-year experience in an Indian government organisation. Please call 0508423320.

Indian male who speaks Arabic language seeks job as photographer or salesman. Has 11 years experience in advertising companies in the GCC. Call 0554821018.

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Solar power technology tested

RTA initiates endeavours to reduce traditional energy consumption and use sustainable energy sources.

TECHNOLOGY

The Public Transport Agency (PTA), Roads and Transport Authority (RTA), is pursuing the use of advanced renewable energy technologies in order to fulfill the vision of His Highness Sheikh Mohammed Bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, of migrating to a green economy.

In this context, Dr Yousef Al Ali, CEO of the Public Transport Agency, reiterated the RTA's endeavours to reduce energy consumption and use sustainable energy sources.

"The agency recently carried out a series of experiments in the use of solar energy instead of conventional energy sources. This involved the green bus model, which is fully illuminated by solar energy cells, and is probably the best illustration of the ongoing research that is aimed at protecting the environment and embracing a green economy as well as



DR YOUSEF AL ALI

sustainable development concepts," said Al Ali.

He continued: "The agency embarked on the green bus experiment in 2012. The experiment is still in motion and now includes a larger number of the agency's bus fleet. A team has been tasked to monitor the experiment, study results, assess

points of strengths and weaknesses, and generalise the experiment in such a way as to render it as a model to be emulated in the region."

"The agency assigns special attention to experiments based on solar energy. The use of solar energy is currently being studied to power monitors displaying real-time information fitted to bus stations. The experiment was rolled out from the Al Ghubaiba bus station. Approvals have been issued at the start of this year to transform and redesign Al Khawaneej bus station to be a model green station, and for this purpose specific

"The agency assigns special attention to experiments based on solar energy."

programmes are being developed for the station covering power consumption, the use of solar energy instead of ordinary power supply, and the endorsement as well as the introduction of other environmental systems that fulfill the stipulations of sustainable development," said Al Ali.

Al Ali concluded: "A number of projects based on solar power as a main source of power supply are currently being studied by the energy conservation team of the agency. These projects include the use of solar cells to generate the power needed for the operation of bus screens and air-conditioned shelters, as well as heating water using solar energy panels fitted to the buildings and premises of the agency."

"A number of projects based on solar power as a main source of power supply are currently being studied by the energy conservation team."

RTA hoists smart government flag at HQ

RTA gets to raise prestigious flag of Hamdan Bin Mohammed Programme for Smart Government for a year.

ACHIEVEMENTS

Mattar Al Tayer, Chairman of the Board and Executive Director of the Roads and Transport Authority (RTA), along with Abdullah Al Shaibani, Secretary-General of Dubai Executive Council, recently raised the flag of the Hamdan Bin Mohammed Programme for Smart Government at the RTA headquarters.

Several RTA executives and directors, in addition to officials from the Dubai Executive Council, attended the flag-raising ceremony. The RTA will have the privilege of raising the flag for a full year.

Al Tayer was proud to raise the flag at the RTA headquarters as the flag bears the name of His Highness Sheikh Hamdan Bin Mohammed Bin Rashid Al Maktoum, Crown Prince of Dubai and Chairman of the Dubai Executive Council.

The RTA recently scooped the

AL TAYER AND AL SHAIBANI AT THE FLAG-HOISTING CEREMONY



lion's share in the awards categories of the Hamdan Bin Mohammed Programme for Smart Government, winning five awards, including the key award for its express Metro initiative according to a public vote.

The RTA also won the best partnership with the public award for its Nol

card recharge service, along with the best partnership with the private sector award for the renewal of less than three-year old vehicles service, in addition to the best government service for the express Metro initiative, and the best service via smartphone for Wajhati application.

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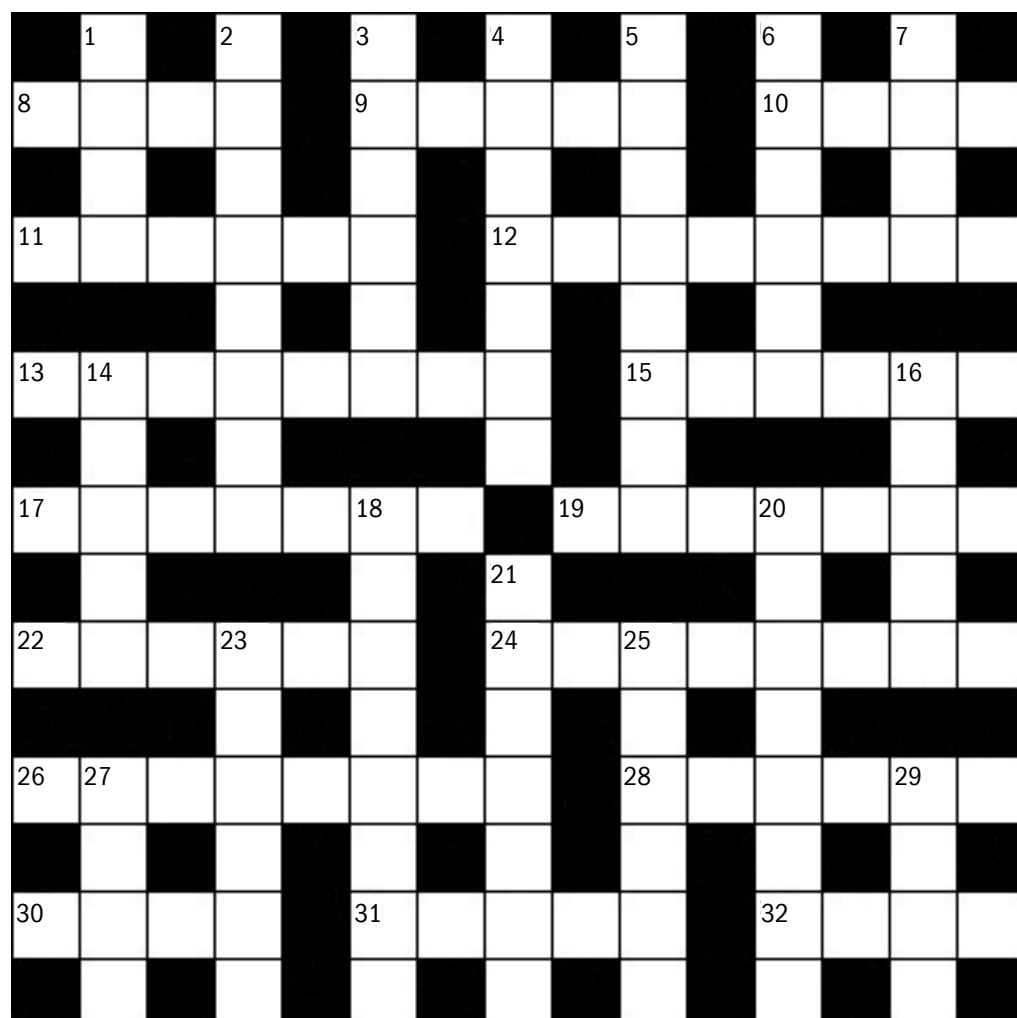


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Crossword

Across

8 Rant (4) **9** 20 (5) **10** Press laundry (4) **11** Riches (6) **12** Threshold (8) **13** Not broadly (8) **15** Wry (6) **17** A pendant earring (7) **19** Normal (7) **22** City in Saskatchewan (6) **24** An instillment (8) **26** Fluttering (8) **28** In a courteous manner (6) **30** An alliance of countries (4) **31** At the ends of fingers (5) **32** Wander (4)

Down

1 Used to tie a shoe (4) **2** Of good upbringing (8) **3** Shun (6) **4** Farewell (7) **5** Speed (8) **6** Debacle (6) **7** Where the heart is (4) **14** Memorable saying (5) **16** A Rocky Mountain state (5) **18** Speeches (8) **20** Unsafe (8) **21** The most important person in a group (7) **23** A forceful consequence (6) **25** Complete (6) **27** Letup (4) **29** Sixty-six in Roman numerals (4)

ANSWERS



Recipe

Chicken biryani

For a healthy and delicious dinner, why not try this easy Indian classic?

Ingredients

2 large chicken breasts
Vegetable oil (for frying)
1 carrot
1 potato
1/2 green bell pepper
1/2 red bell pepper
25g green beans
1 onion, chopped
50g frozen peas
1 tsp tomato purée
½ tsp finely chopped green chillies
1 tsp garam masala
¼ tsp ground turmeric
½ tsp cumin seeds, toasted
½ tsp red chilli powder
200g cooked basmati rice

Method

1. Finely dice all the vegetables into small cubes and preheat the oven to 180 degrees Celsius.
2. Fry the chicken in oil with the chopped onion until browned and cooked through, then set to one side. Boil the carrot, potato, peppers, beans and peas in a large pan for around five minutes, then drain and return to a low heat.
3. Add the tomato purée, chopped chillies, garam masala and turmeric to the boiled vegetables and stir until

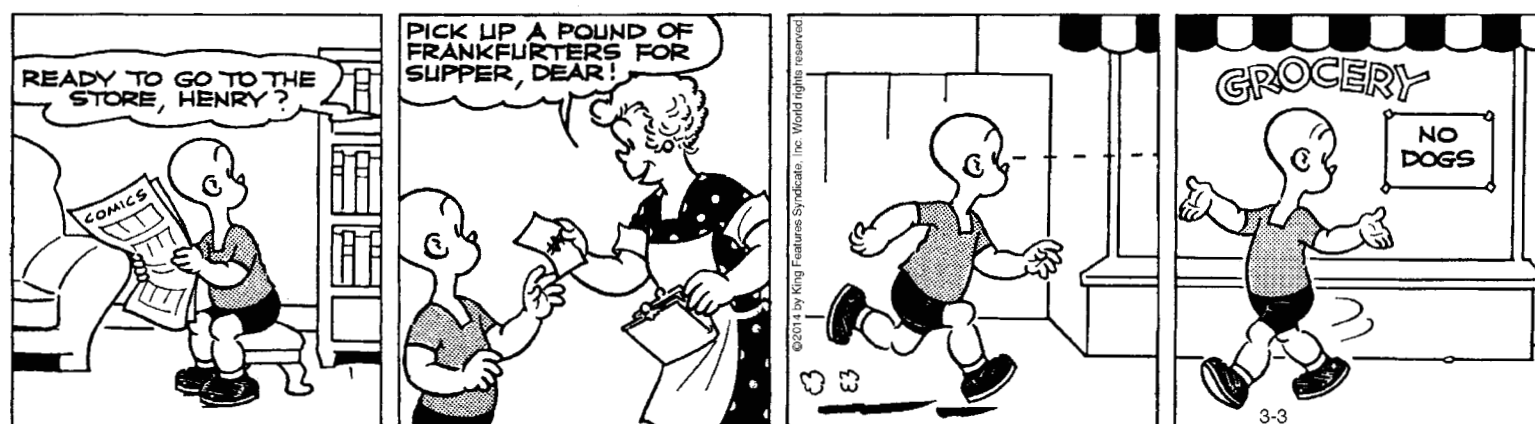
well combined.

4. Place the cooked rice at the bottom of an ovenproof dish, then scatter the vegetable and spice mixture on top, topped with the chicken and onion. Stir gently to evenly distribute the vegetables among the rice.
5. Sprinkle the cumin seeds and red chilli powder over the top of the dish, then cover with aluminium foil and bake for around 15 minutes.
6. Serve hot with warm naan bread and a dollop of natural yoghurt.

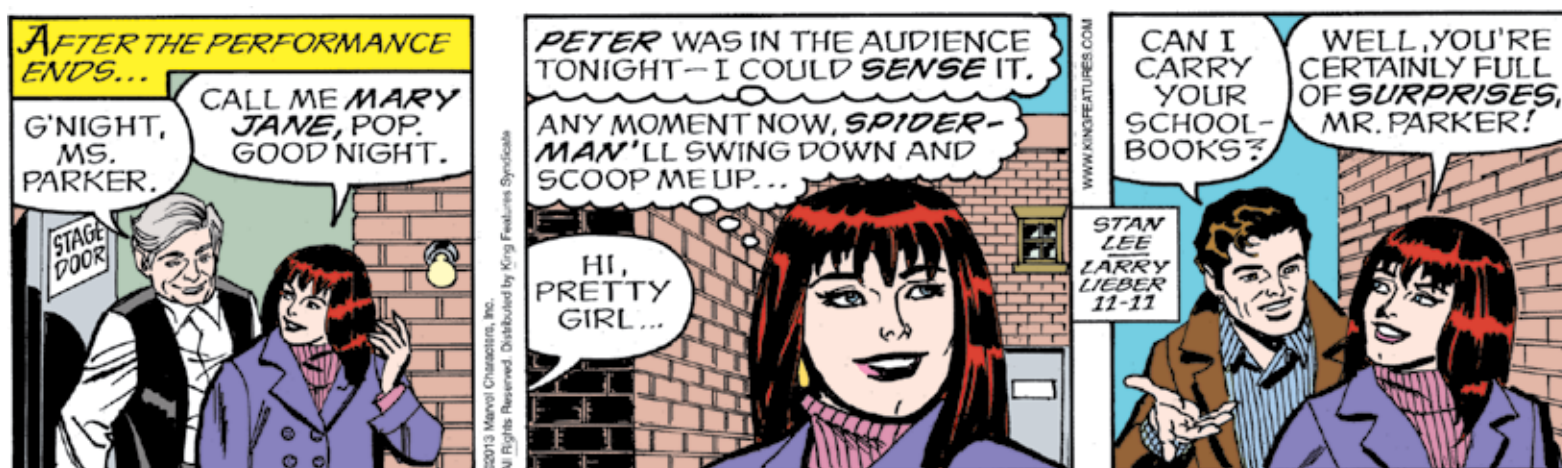
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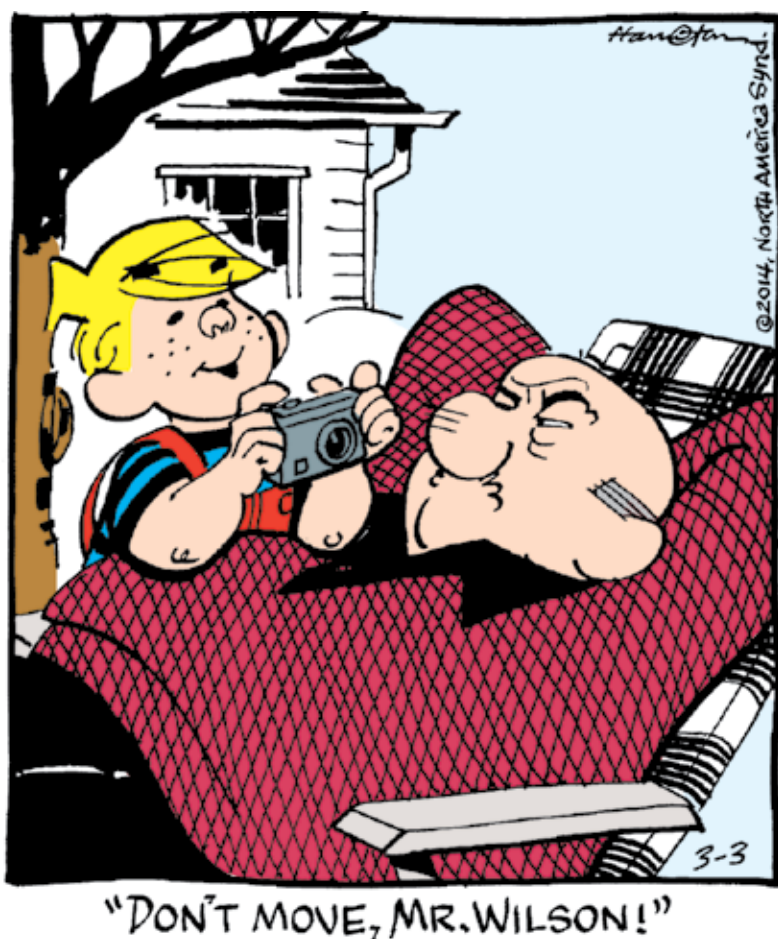
Henry



Spiderman



Dennis the menace



Who's this?

ANSWER ON PAGE 34



Puzzles

Arrowword

Buyer and seller	▼	Formal relationship	▼	Contraction of "it is"	▼	Spanish "Mr"	▼	Forerunner	▼	Squeal of surprise	Solar thermal energy	Stained	▼
Inner being		Supple, agile	▶					Inquisitive	▶				
		instant											
▶		▼		Large pike-like fish		Boggy		Army bed	▶			Donkeys	
								Red cosmetic	▶				
Indonesian dagger	▶				Part of the face	▶							
Peter, comedy actor	▶				Greek icon of love	▶				Homo sapiens	Mineral bearing rock		Shabby articles
Fame	▶						The greatest possible	▶					
Completely	Army sergeant (1,1,1)	▶			Off-limits zone (2,2,4)	▶							
▶							... Hemingway, author	▶					

Spot the 10 differences



Sudoku

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

ANSWERS



WHO'S THIS? ANSWER
CHRIS HEMSWORTH

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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)

A shake-up at work is on the cards and it seems as though everyone is going all out to prove their worth, so make sure that those in charge also notice your efforts. It may even require that you be a little ruthless at times in order to look after number one.



TAURUS

(APR 21 - MAY 21)

While it's nice to be given a friendly shoulder to cry on, someone may be trying to impart more advice than you really want to hear. Perhaps you should let them know that, even though they are only trying to help, this is a situation you can deal with alone?



GEMINI

(MAY 22 - JUN 21)

A friend may be a bad influence on you right now. While they just want to go out and have fun, other commitments mean that you can't give them all the time they're asking from you. Lay out the situation for them in an open and honest manner.



CANCER

(JUN 22 - JUL 23)

It seems as though a recent dip in your mood is continuing. Try to figure out exactly what it is that's making you feel unhappy and then work on changing it. Only you have the power to start making the things you really want in life become a reality.



LEO

(JUL 24 - AUG 23)

As much as you enjoy reveling in the attention others throw onto you when things are going well, it can sometimes be hard to deal with anonymity when stuff isn't quite going your way. Perhaps this is a sign of who you can truly rely on?



VIRGO

(AUG 24 - SEP 23)

Your focus is becoming narrower and you may finally have a definite goal in mind. By putting in the hours now, you may find that the results come to you a lot more quickly than they would otherwise. Research and planning is key to pulling this off properly.



LIBRA

(SEP 24 - OCT 23)

For someone so balanced, you can also have quite a domineering streak, Libra. Perhaps you might want to keep this in check when offering some advice to a friend. They may not want to accept it, so try to understand that this is simply their decision.



SCORPIO

(OCT 24 - NOV 22)

Change is in the air and it's got you thinking about important aspects of your life. Whether it's at work or home, re-vamping your situation or surroundings could give you a renewed energy. Think about the vibes you want to create before making changes.



SAGITTARIUS

(NOV 23 - DEC 21)

A close friend has some big news and, while you are more than happy for them, you can't help a little pang of envy from rising within you. Don't allow this to turn into full-blown jealousy, though, as this is the last thing your friend would want their situation to cause.



CAPRICORN

(DEC 22 - JAN 20)

Rest and relaxation seem vital after a hectic period, however it's not quite time to kick back just yet. In order to completely chill out, there are a few issues you need to sort out first. Whether it's paperwork or an appointment, get it done sooner rather than later.



AQUARIUS

(JAN 21 - FEB 19)

It may sometimes seem as though a person who is meant to be your friend is more like a person who uses you for your organisational skills. While you may be happy to help out, don't allow him or her to start treating you like their own personal assistant.



PISCES

(FEB 20 - MAR 20)

A bout of tiredness could be linked to an underlying health issue. While there's nothing serious to be worried about, perhaps a medical check-up wouldn't go amiss right now? Figuring out the cause of your lethargy means you can tackle it head on.



This week's local weather

SUN

30th

WARM
HIGH 27C
LOW 22C
HUMIDITY 41%

MON

31st

WARM
HIGH 27C
LOW 23C
HUMIDITY 40%

TUE

1st

WARM
HIGH 26C
LOW 22C
HUMIDITY 39%

WED

2nd

WARM
HIGH 28C
LOW 24C
HUMIDITY 42%

THU

3rd

CLOUDY
HIGH 26C
LOW 21C
HUMIDITY 39%

FRI

4th

CLOUDY
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LOW 22C
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January 2014 (E)



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