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APRIL 20-26, 2014 | Issue 149

Read.



A-LIST ADVENTURE

New sci-fi movie *Transcendence* offers film fans a stellar cast and a strong story



GOLDEN OPPORTUNITY



SWIFT SENSE OF STYLE

While her look has changed over the years, pop star Taylor Swift has always managed to maintain her own style and stand out from the crowd

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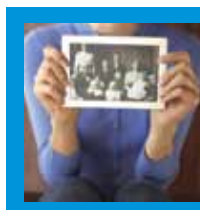
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Read. Poll

Given an option would you opt to work from home or from the office?

- From home
- From office

Cast your vote online at www.readme.ae

LAST READ. POLL RESULTS

Do you pay close attention to safety instructions by cabin crew when flying?

Yes, for sure	67%
No, unfortunately	8%
Sometimes yes, sometimes not	25%

QR codes



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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.

✉ EAT YOURSELF FIT

This is in response to the article 'Eating yourself fit', published recently in Read. magazine. I found the write-up extremely helpful and informative.

The simple tips mentioned on dietary habits and getting a good workout make it easier for people to bring about a positive change in their existing lifestyles.

It is important that we learn and acknowledge the importance of

exercising and the related benefits on our health and body. Given our busy schedules, not many people have the liberty to plan their exercise regime and meal timings. In such a situation, such articles prove to be of great help.

The health-conscious people among us can achieve tremendous results just by incorporating these basic changes in their lifestyle.

These articles on health and lifestyle are a blessing in disguise for many people, including myself.

I hope to read more of such interesting bits that add value to our lives in the true sense.

Fatima Suhail



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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



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 waking up to curry might seem unusual to many Westerners, starting your day with cereal or enjoying a fry-up first thing can seem like an odd choice to those in the East. As the most important meal of the day, however, it's clear that all nationalities and cultures understand the importance of a good breakfast. If you fancy trying a more worldly way to start your day, why not give one of these country-specific morning meals a go?



MONDAY

As one of Marvel's biggest hits, it has brought together some of the most well loved superheroes to hit cinema screens over the past few years. From frozen soldiers to billionaire playboys, take a look at the awesome Avengers.



TUESDAY

If you like to enjoy a nice cup of tea, you are certainly not alone. As one of the world's most popular drinks, there is a long, colourful history and plenty of facts to be found lying behind the perfect brew.



WEDNESDAY

As the weather heats up, many of us are starting to slip out of our winter shoes into summer sandals. Follow our tips for a quick, at-home pedicure to leave your tootsies looking terrific.



THURSDAY

Wowing crowds in Dubai last week with his performance, Lionel Richie proved he has no intention of slowing down. Take a look back at the soulful singer's life and career.

Facebook chatter

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

(Responses only edited for length)

What three things would you most like to have with you if you were stranded on a desert island?

Watch, multi-purpose tool, bottle.
— **Lahiru Mallikaarachchi**

1) Common sense to survive
2) A satellite phone to communicate
3) A first aid kit to do basic medication and survive until you get help.
— **Adhil Azham**

Water, blanket and sun-block!
— **Clen Nicolas**

Must have water, blanket and mobile.
— **Yum Canete**

Do you think it's a good idea to have animals in the home when babies are young, or do you believe it could be a risk?

Pets could be dangerous for babies and kids but it depends on a number of factors like the kind of pets, cleanliness, your and pet house and in some cases training and vaccination of pets. So, it varies case to case.
— **Muhammad Bader Siddique**



COULD YOU COPE?

"Children's best friends" carry risks of diseases, 66% of children sensitised to cat/dog antigen have been found to have either asthma, eczema, or rhinitis.

— **Arman Hossen**

Not safe to keep pets when you have babies. Wait till they grow up.

— **Nazia Khwaja**

Do you use your phone during dinners and nights out with friends, or does it annoy you when people sit playing with their phone in your company?

I think it's rude to fiddle with your mobile when eating. Respect not only for the person but to be graced with food provided.

— **Cheryl Ilem**

I find it rude when someone takes a cell phone call during dinners or private social engagement with



PUT YOUR PHONE DOWN

others. Along the same lines, it's usually thought to be inconsiderate to take a call in the middle of a conversation, unless it's important or emergency.

— **Lhisza Lim**

It actually annoys me as we eat together to spend time with each other and meddling with phone makes me feel so left out!

— **Mahe Ram**

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TRAVEL NEWS

Grand Excelsior Hotel Sharjah begins operation

Bin Haider Hospitality, a subsidiary of Mohammad Omar Bin Haider Group, has opened the Grand Excelsior Hotel Sharjah. The 180-room five-star hotel is offering visitors who dine at the hotel before April 30, 2014 a special welcome promotion, with 30 per cent discount on the total food and beverage bill.



“Grand Excelsior Hotel Sharjah is our group’s third hotel to be internally branded as a Grand Excelsior Hotels & Resorts property, and follows on the recent re-branding of two Grand Excelsior Hotels that are operational in Bur Dubai and Al Barsha areas in Dubai,” said David Cockburn, Group General Manager, Bin Haider Hospitality.

He pointed out that the Grand Excelsior Hotel brand has been developed in response to growth opportunities, including those following Dubai’s successful bid to host Expo 2020. Bin Haider Hospitality is tapping into the growing market demand for an upscale hotel brand that reflects pride in Arabian customs and the local traditions, he added.

Cockburn stressed that the launch of the Grand Excelsior Hotel Sharjah will reinforce Bin Haider Hospitality’s growth aspirations in the region, as the group plans to build seven new hotel projects in the UAE.

“Our plan is to be present in key locations in Dubai including the Palm Jumeirah, DuBiotech City, Studio City, DMZ and Al Nahda. The group’s five year strategy is to more than double the current hotel portfolio leading up to 2020,” he said.

Sharjah offers visitors a unique Arabian experience, with its many heritage sites, museums and majestic mosques set against the natural beauty of the Arabian desert.



Fun in Frisco

From hippies to dot.com billionaires, **San Francisco** has traditionally drawn the type of people who think differently.

One of America’s big-draw cities, San Francisco’s reputation for culture, permissiveness and exceptional urban beauty is well earned and woven into the fabric of its 11 km by 11 km square of northern California.

The hippie movement, popularised in San Francisco in the mid-1960s, may have faded away, but true to form the city has maintained its backing of new social movements to this day. At the same time, its suburbs play home to the world’s biggest centre for technology in Silicon Valley—computing, after all, is seen by much of its workforce as a form of self-expression.

“SF”—or “The City”, as it is known

“At the same time, its suburbs play home to the world’s biggest centre for technology in Silicon Valley.”

by the locals (avoid calling it “San Fran” or “Frisco”)—has its roots in the Spanish Colonial period, and many neighbourhoods show this through their architecture, like the Mission District.

Covering seven hills, each of the city’s districts has its own character, from the bustling, touristy Fisherman’s Wharf and its views of Alcatraz Island, through to the historic Japantown and Haight, the birthplace of the hippie movement. Alcatraz, the

Lock down

Located 2.4 km offshore in the bay to the north of San Francisco, Alcatraz Island was a federal prison between 1933 and 1963. Today, after having been immortalised in a number of escape-themed movies, it is open to tourists with ferries operating from Fisherman’s Wharf.



BRIGHT CITY LIGHTS



former prison island in the middle of San Francisco Bay, is a big draw for many tourists

On the mainland, the city is sizeable yet compact with regards to the popular tourist areas. An excellent local transport system includes a metro, streetcars, trolley cars and cable cars up its hillsides, making it easy for all explorers to get around.

A good lunch on anything from tacos to gourmet cuisine at one of the 19 Michelin-starred restaurants in the city will leave you ready for an

exploratory walk through the many of the historic and atmospheric central districts of the city.

SF has the biggest Chinatown outside of Asia, and the many nationalities that have descended on the city over the nearly 240 years since a settlement in what is now Mission was founded, have made their mark on its neighbourhoods.

But there's one thing that all visitors are likely to have at the top of their to-do list. Subject to remarkable weather systems, the famous Golden Gate Bridge is a sight to behold, yet it could be under fog at the same time as the sun shines on the SoMa (South of Market) neighbourhood. Regardless of the time of year you visit, remember to pack some warm clothes as the weather can get quite chilly.

Just as eclectic as its microclimates is the magnificent range of food available in SF. It has the most restaurants and farmer's markets in North America, with much of the produce coming from local organic farms. With its western suburbs looking out to the Pacific, Asia influences much of the available fare, and fusion being the norm.

San Francisco might be on the exact opposite side of the world but it is well served from Dubai, with Emirates flying direct each day, with a travel time of just under 16 hours. So, as the 1967 Flower Pot Men song says: "Let's go, to San Francisco". ●

“Subject to remarkable weather systems, the famous Golden Gate Bridge is a sight to behold.”

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NEWS ON WHEELS

Land Rover unveils 'see-through' view of terrain when driving

Land Rover is developing pioneering technology that would give drivers of its vehicles a digital vision of the terrain ahead by making the front of the car 'virtually' invisible. Cameras located in the vehicle's grille capture data used to feed a Head-Up Display, effectively creating a 'see-through' view of the terrain through the bonnet and engine bay, breaking new ground in visual driver assistance. The technology, named Transparent Bonnet by its creators, shows how advanced technology will take Land Rover's unique capability to the next level.



The technology enables a driver climbing a steep incline or manoeuvring in a confined space to see an augmented reality view capturing not only the terrain in front of the car but also the angle and position of the front wheels.

Dr Wolfgang Eppler, Director of Research and Technology for Jaguar Land Rover, said: "We believe the next 25 years will be the most exciting and dynamic the automotive industry has ever experienced. There will be huge strides in environmental innovation, in safety and capability.

"As our vehicles become more capable and offer increasing autonomy off-road, we will ensure the driver has the confidence to allow the car to continue to progress, over any terrain. We are developing new technologies including the Transparent Bonnet to give drivers an augmented view of reality to help them tackle anything from the toughest off-road route to the tight confines of an urban car park," Eppler added.

F for Fantasy

The stunning Ferrari F12 continues the founder's love affair with 12 cylinders.

Since the very beginning, Ferrari has built front-engined V12s. They were Enzo Ferrari's favourites and to this day the company's history is entwined with the big, twelve-cylinder cars. But in more recent years, Ferrari's best models have been V8s, with the V12s making up the more 'touring' section of the line up.

Now there's the astounding F12 to redress the balance. Launched in 2012 across the world, the F12 replaced the highly successful 599 and immediately raised the bar for front-engined supercars.

Powered by a 730 hp, 6262cc normally aspirated twelve-cylinder engine, the two-seater will leap from a standing start to 100 km/h in just 3.1 seconds. Top speed is in excess of a quite ridiculous 340 km/h. Power goes directly to the rear wheels via

the F1 dual-clutch gearbox and a clever electronic E-diff.

With figures like that acceleration is of course breathtaking. But it's in the corners that the F12 surprises. You expect all Ferraris to be fast, but you don't expect the larger, front-engined ones to

be able to soak up the bumps in the road and still corner like they're on rails. The F12 manages this trick with surprising ease, with almost no body roll, but also without the bone-jarring ride that usually accompanies it.

This in part has been achieved by reducing the car's weight and lowering the centre of gravity when compared to the previous model.

But it's not just functional, it's also achingly beautiful. The rear positioned cabin and the long bonnet hark to many classic V12 Ferraris of old, whilst the rear view is modern and dramatic with tunnels and wings to keep the F12 stuck firmly to the ground.

There's also a number of neat touches, including a lovely swooping line over the front arches that traces itself up the doors and onto the



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Engine: 6.3 litre V12
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Torque: 690Nm@6,000rpm
0-100km/h: 3.1 seconds
Top speed: 340 km/h
Price: Dh1,176,000

rear haunches, and a lower rear light, that's come straight off the F1 car.

Inside, Ferrari's interiors just seem to get better and better. There are no FF passenger gimmicks, which is a good thing and there's a decent amount of space in the rear luggage compartment. Either

way, you've not going to be carrying more than a few bags and a set of golf clubs in the F12.

The seats are incredibly comfortable and everything is easy to use, with most controls mounted on the steering wheel. In fact, the only complaint here is the wheel-mounted indicators, which are almost impossible to use on a roundabout.

It's always hard to sum up a car with almost no faults, so perhaps it's wiser not to. It's better to simply say that the F12 is automotive art, which although not as focused as the 458 or as practical as the FF, takes its place in the long list of great cars from the hills of northern Italy. ●



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TECH NEWS

Sony introduces a DSLR-style camera with optical zoom

Sony has unveiled its new professional looking DSLR-style Cyber-shot camera, the DSC-HX400V, featuring 50x optical zoom and on-board GPS and Wi-Fi. The DSC-HX400V's clear image zoom offers high quality frame-filling 100x close-ups of wildlife or distant landmarks, while its optical steadyshot and intelligent active mode produce sharp and blur-free full HD videos. With GPS and Wi-Fi, users can retrace their travels with map views on a PC and send photos and videos directly to smartphones, tablets or other devices.



Featuring a DSLR-style body, the compact DSC-HX400V has a manual ring for smooth adjustment of zoom/focus, a switch for selecting manual focus and DMF modes, a jog dial, custom buttons, and memory for favourite settings. With full P/A/S/M controls, users also have a range of exposure options to create pictures and Full HD movies.

Framing and focusing is enabled through the high-contrast electronic viewfinder that offers a crisp, bright view of the subject.

Alternatively, users can compose and view shots on the 7.5cm LCD that tilts for a more comfortable view with the camera held high or low.

On-board Wi-Fi lets users send photos and videos straight to a smartphone or tablet, while NFC connects with compatible mobile devices at a single touch.

Users can also use a phone as a handy remote controller. After shooting, the camera can be connected to a 4K TV.

The long roll-out



CHANGING FACES OF POPULAR SITES

Software developers have learned to take their time when launching new products and updates.

Last week, Twitter began to roll out a new online profile. If you don't see it yet on your own Twitter page don't worry, as launches like this often take several weeks to complete.

The microblogging site is not rolling the changes out to its entire user base because it has learned from disastrous launches in the past, which failed to take into account the massive user base that social services must protect.

BlackBerry, for example, really messed up with the launch of its BBM messaging service for iOS and Android in September.

In a horrible weekend for the beleaguered Canadian smartphone maker, the much-anticipated roll-out was halted almost immediately, forcing angry users to wait for a month before it was released again, albeit successfully.

It turned out there was a bug in

the system that would affect every download. The way to prevent this kind of thing from happening, as other tech companies have found, is to stage roll-outs in chunks so that any glitches will only be apparent to a small number of users, giving engineers time to squash any bugs during the early period of the release.

The makers of email app Mailbox took an novel approach to launching their product. They used a first-come-first-served system, whereby

those who wanted to download the app had to wait in a queue that could last weeks. By using this approach, not only did this keep their servers from overloading, it also created a buzz that drove more traffic.

Facebook is forever tinkering with its interface and services and often it will pick only a small group of users to unwittingly perform testing. For example, New Zealand subscribers were chosen by default for a test roll-out of a new form of advertising last year. Facebook then gauged their opinions of the new set-up before deciding whether to implement it to the rest of the world. (In fact, the Kiwis gave it a thumbs-down, meaning that a wider roll-out would not happen.)

While developers do perform many rigorous tests in a controlled environment prior to launching any product, "real-world testing" by users is essential to iron out any glitches. When your iPhone notifies you of an update with "bug fixes", it's because the developer has fixed bugs reported by the users themselves—elements that they were unable to identify prior to public launch.

So sit tight and hold on for your Twitter update. The good news is any bugs should have been ironed out by the time it appears on your screen. ●

App check

iOS applications are subject to approval by Apple for basic reliability testing and other analysis. Since 2013, Apple has employed mostly static analysis for their app review process, which means that some coding techniques could defeat the review process. Android has traditionally been more liberal, although indications suggest Google is starting to take a harder line in its app approvals.



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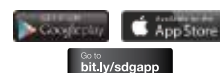


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Feeling good

Boost your mood in an instant with these quick and easy tips.

With the stresses of daily life and pressures of work, it's easy to feel down time and again. But feeling better about yourself doesn't have to cost you anything. Forget the spa, shopping and materialistic treats, simply brighten your spirits and feel happier with these quick tricks.

Have a bubble bath



Long day at work? Relieve those physical aches and pains and take a nice, long soak in the bath. According to some studies, relaxing in a warm bubble bath does more than simply relax and refresh our bodies. It can act as an effective substitute for social interaction when we're feeling lonely. If a bath doesn't appeal to you for some reason, though, why not enjoy a hot cup of tea for an instantly better mood? Research shows that a moderate amount of caffeine can elevate your mood and mental sharpness.

Let in the light

The sun plays an important role in our health and wellbeing, and not getting enough of it can make us feel miserable. If you're feeling sad, don't sit inside with the curtains closed feeling sorry for yourself. Instead, open the blinds as soon as possible to let the sunlight come flooding in. This will boost your mood instantly. Try exercising outdoors when the sun is not at its hottest to get some natural daylight.



Eat well

Boost your levels of serotonin, a calming brain chemical, with some chocolate. Higher levels of serotonin promote feelings of contentment and happiness. That doesn't mean you have to binge on junk food to feel better, try a low-fat muffin or a low-calorie chocolate treat.

Choose calming scents

A great way to instantly boost your mood when you have little time is to keep an essential oil close-by. These calming scents can help you feel relaxed and less anxious in minutes. Studies have shown that your moods can change after breathing calming scents such as lavender and oranges. Feel upbeat by putting a few drops of essential oil on a tissue and smelling it throughout the day.



Wear bright colours

Instead of wearing plain colours, go for a bright choice of clothing in orange, yellow, pink or blue. A bold colour can lift your spirits as it stimulates your brain and also projects energy.



Look at old photos

According to one study, looking at old photos can help increase your mood by 11 per cent. Looking at photographs of good times and of family and friends brings about feelings of comfort and happiness. Take a quick look through your favourite photo album to brighten up your day and feel happy. Store all your photos on one device so you can scroll through them at any time to feel happier.



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Improving productivity

Listening to old-fashioned advice may prove useful in some cases, or it could perhaps harm your career.



ing gossip and chit chat. Analyse the time spent on unproductive behaviours in order to weed out any interruptions.

ELIMINATE NOISES AND DISTRACTIONS

More and more offices are embracing open work areas as they believe it helps employees feel connected. This can be true in most cases, but it can also create distracting noise factors, which lead to reduced productivity. One solution to that issue is to create a quiet area or room where people can be alone when they need a peaceful environment away from the general office distractions. Keep in mind that small things like regulating your office temperatures and using neutral colors in the office can play a substantial role in increasing your employees' productivity.

TRY TO ELIMINATE MULTITASKING

We live in a busy world where a million things are happening at once and most employees are always on the look for ways to achieve multiple goals simultaneously. From email notifications popping up at all

times to finishing a status report during a staff meeting, a lot of us are trying to accomplish a whole lot, all at the same time.

Juggling too many tasks at the same time will reduce your employees' creativity when faced with issues that need problem-solving and creative thinking. It may not be easy to stop, but science tells us that the human brain isn't wired for multitasking. It is worth a shot to allow your employees to stay focused on one task at a time. Your employees may end up getting more done and feeling less stressed in the long run.

FOCUS ON ONE TASK AT A TIME

PRODUCTIVITY

There's only so much time in a day, a year, or a life, that's why it's highly important that your employees know how to work efficiently and effectively to boost results. Productivity depends on a mix of factors: enthusiasm, personal characteristics, training, company environment, time management, and organisational support. All companies want to increase the productivity of their employees, but how often do they examine their own management practices as a means of attaining it? Studies consistently show that an alarmingly high number of employees are disengaged and never seem to know how to achieve their full productive capacity. Since low productivity cannot be blamed on your employees entirely, Akhtaboot provides practical suggestions to help you put your employees in a more productive mood.

“The best thing that you can do to help increase employee productivity is to increase your own.”

PROVIDE REGULAR CONSTRUCTIVE FEEDBACK

Feedback is one of the main pillars of great management skills. The ability to provide regular, constructive feedback to your employees has a positive effect on their productivity. Feedback isn't about surprising someone with negative comments; it's all about helping your employees know where they stand at all times. This is not a once-a-year event; it should be provided on a regular basis. With ongoing informal feedback, nothing said during the more formal feedback sessions should come as a surprise.

KEEP YOUR EMPLOYEES FOCUSED

Focus is a key aspect of productivity. If your employees are constantly distracted by internal office politics, personal issues, or even clingy clients, it'll get hard for them to stay on track and get their job done. Therefore, it's essential that all unnecessary distractions are eliminated. Start small by managing personal phone calls. Create an office policy regard-

BE THE LEADER THEY WANT TO WORK FOR

The best thing that you can do to help increase employee productivity is to increase your own. By demonstrating your commitment to excellence, you set the bar high. Keep in mind that the best people want to work for someone who shares that spirit and has the commitment to turn ideals into results. ●
By Akhtaboot—the career network (www.akhtaboot.com).



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Star Style

From cowboy boots to sequins, we take a look at **Taylor Swift's** style transformation.

2012

Taylor looked drop dead gorgeous on the carpet in a black-and-cream tailored dress. The bright red lipstick, kohl eyeliner and soft waves made Taylor look like a Hollywood screen siren of years gone by.

2008

At the Grammy Nominations concert, Taylor looked youthful in this adorable purple asymmetrical dress. The one-shouldered number was very "classical Greek" in style. Taylor wore her hair in her signature voluminous curly style and added some extra bling with open-toe sparkly pumps.



2006

Staying true to her country roots, Taylor proved that cowboy boots can go with anything. The gorgeous star dressed simply and looked every inch the girl next door in a paisley-print chiffon dress. Taylor accessorised with layered bracelets, dangly earrings and a cute sequinned bag.



2010

Taylor had truly arrived in the world of fashion by 2010. The singer showed her love of sparkles and short dresses in this eye-catching, embellished number. The sequinned detailing on the straps was the perfect addition and, paired with her strappy sparkly heels, Taylor looked like a true style star.



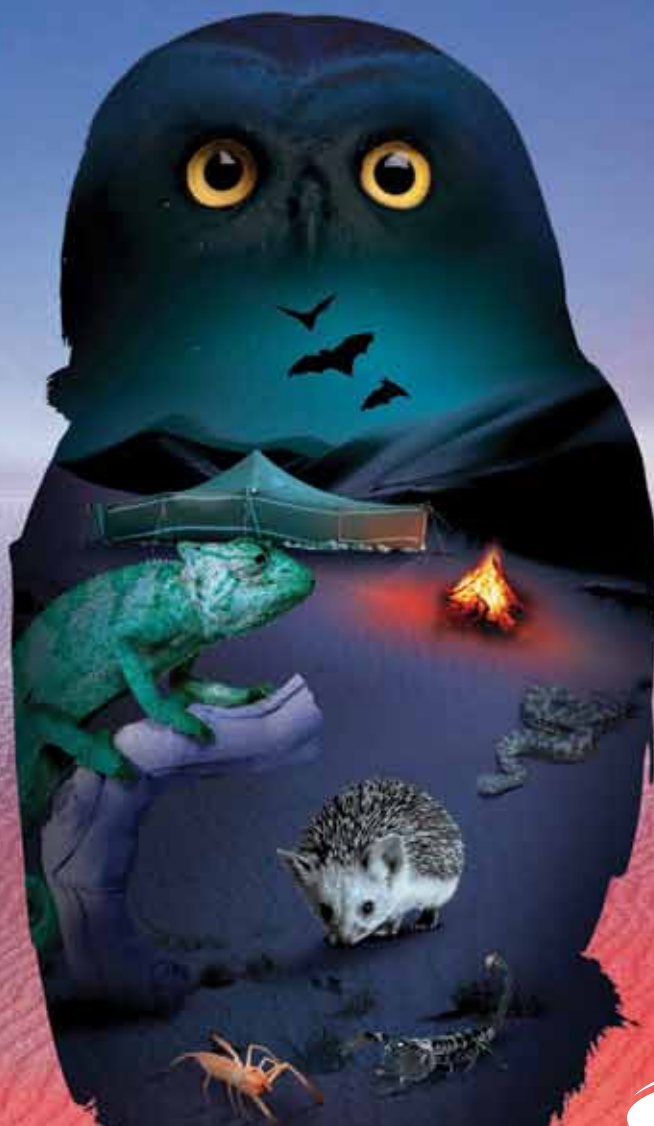
2014

Taylor looked stunning on the red carpet at the 2014 Country Music Awards in a figure-hugging two-piece ensemble. The J. Mendel dress, Casadei shoes and M2M Alletier bag were stylish enough to only require a hint of classic jewellery.



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Metaphysical return for Depp

Johnny Depp's new sci-fi flick *Transcendence* is a modern mix of *The Matrix* and *Inception*.

NEW RELEASE

In *Transcendence*, Johnny Depp (*Pirates Of The Caribbean*) plays Dr Will Caster, the world's leading researcher in the field of artificial intelligence, who is working to create a machine that combines the collective intelligence of everything ever known with the full range of human emotions.

His highly controversial experiments have made him famous, but they've also made him the prime target of "anti-technology extremists" who want to stop him.

However, in their attempt to destroy Will, they inadvertently become the catalyst for him to succeed—to become a participant in his own transcendence after being shot in the head. For his wife Evelyn (Rebecca Hall, *The Prestige*) and best friend Max Waters (Paul Bettany, *The Avengers*), both fellow researchers, the question is not if they can, but if they should.

Their worst fears are realised as Will's thirst for knowledge evolves into a seemingly omnipresent quest

for power, to what end is unknown. The only thing that is becoming terrifyingly clear is there may be no way to stop him.

Cillian Murphy, a veteran of the science-fiction genre, having appeared in *Sunshine*, *Inception* and even a brief appearance in *Tron: Legacy*, leads the murderous group of technology detractors.

Also appearing in *Transcendence* are Kate Mara (*House of Cards*) and Oscar winner Morgan Freeman (*Million Dollar Baby*). It also marks the feature film directorial debut of Academy Award-winning cinematographer Wally Pfister (*Dark Knight* movies).

Based on a screenplay by relative newcomer Jake Paglen, we are led to believe from initial press statements, that *Transcendence* will explore some timely issues, especially with artificial intelligence also being central to the Oscar-nominated *Her*, while at the same time often occupying the news from Silicon Valley.



A DIFFERENT SIDE TO DEPP

"With its action set pieces and propulsive plot, the \$100-million-budget *Transcendence* is an unmistakably Hollywood confection," wrote the LA Times after an early preview.

"Yet with its slowed-down moments hashing out questions of digital consciousness and human evolution, it also puts complex philosophical issues at the fore. The film essentially offers the man-vs.-machine tension of *The Matrix*—only this time there's a decent chance we should be rooting for the machine."

With such an intriguing storyline and a leading cast of Hollywood greats, *Transcendence* is one sci-fi film that looks set to attract movie fans from across all genres. ●



SILVER SCREEN GIANTS

“Their worst fears are realised as Will's thirst for knowledge evolves into a seemingly omnipresent quest for power.”

Did you know?

Johnny Depp was one of three actors considered for the role, with James McAvoy and Tobey Maguire also in contention to play the part of Will Caster. Depp is reported to have turned down a 15 per cent share of the film's gross in favour of a \$20 million paycheque.

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

2 States - 10:00, 11:30, 13:00, 14:30, 16:00, 17:30, 19:00, 20:30, 22:00, 23:30, 01:00
Boothnath Returns - 12:00, 15:00, 18:00, 20:00, 21:00, 23:00, 00:00
Brick Mansions - 10:00, 11:00, 12:00, 13:00, 14:00, 15:00, 16:00, 17:00, 18:00, 19:00, 20:00, 21:00, 22:00, 23:00, 00:00, 01:00
Captain America: The Winter Soldier - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00, 00:30
English Teacher - 14:00, 18:00, 22:00
Halawet Rooh - 10:00, 12:00, 16:00, 20:00, 00:00
Main Tera Hero - 10:00, 12:30, 15:00, 17:30
Oculus - 11:00, 13:00, 15:20, 17:30, 19:40, 21:50, 00:00
Odd Thomas - 19:30, 21:30, 23:30
The Quiet Ones - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
Rio 2 - 11:00, 13:00, 15:00, 17:00
Rio 2 (3D) - 10:30, 12:30, 14:30, 16:30, 18:30, 20:30, 22:30

Grand Megaplex - Ibn Battuta

2 States - 11:30, 14:30, 17:30, 20:30, 23:30
Brick Mansions - 10:00, 11:00, 12:00, 13:00, 14:00, 15:00, 16:00, 17:00, 18:00, 19:00, 20:00, 21:00, 22:00, 23:00, 00:00, 01:00
Boothnath Returns - 12:00, 14:55, 17:50, 20:45, 23:40
Captain America: The Winter Soldier - 11:00, 11:30, 13:30, 14:00, 16:00, 16:30, 18:30, 19:00, 21:00, 21:30, 23:00, 00:00
English Teacher - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Habbet Loulou - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
Halawet Rooh - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Mr Peabody & Sherman - 11:00, 13:00, 15:00

Non-Stop - 10:30, 13:30, 16:30, 19:30, 21:40, 23:50
Oculus - 11:00, 13:00, 15:20, 17:30, 19:40, 21:50, 00:00
Odd Thomas - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
The Quiet Ones - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
The Railway Man - 17:00, 19:15, 21:30, 23:45
Ring Master - 11:30, 14:30, 17:30, 20:30, 23:30
Rio 2 - 10:00, 12:10, 14:20, 16:30, 18:40, 20:50, 23:00
Rio 2 (3D) - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Supercondriaque - 10:40, 12:50, 15:00, 17:10, 19:20, 21:30, 23:40
Thenali Raman - 11:00, 14:00, 17:00, 20:00, 23:00
Tokarev - 18:30, 20:30, 22:30, 00:30
Valley Of The Lost Ants - 10:30, 12:30, 14:30, 16:30

Grand Cinemas - Festival City

2 States - 11:30, 14:30, 17:30, 20:30, 23:30
Boothnath Returns - 10:30, 13:30, 16:30
Brick Mansions - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00, 01:00
Captain America: The Winter Soldier - 10:00, 11:00, 12:30, 13:30, 15:00, 16:00, 17:30, 18:30, 20:00, 21:00, 22:30, 23:30, 01:00
English Teacher - 14:00, 18:00, 22:00
Halawet Rooh - 10:00, 12:00, 16:00, 20:00, 00:00
Mr Peabody & Sherman - 10:00, 12:00, 14:00
Non-Stop - 19:30, 21:40, 23:50
Oculus - 11:00, 13:00, 15:20, 17:30, 19:40, 21:50, 00:00
Odd Thomas - 19:30, 21:30, 23:30
The Quiet Ones - 16:00, 18:00, 20:00, 22:00, 00:00
Rio 2 - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00, 01:00
Rio 2 (3D) - 11:00, 13:00, 15:00, 17:00

Grand Cinecity - Al Ghurair

2 States - 11:30, 14:30, 17:30, 20:30, 23:30
Boothnath Returns - 18:00, 20:50, 23:40
Brick Mansions - 10:00, 11:00, 12:00, 13:00, 14:00, 15:00, 16:00, 17:00, 18:00, 19:00, 20:00, 21:00, 22:00, 23:00, 00:00, 01:00
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Ring Master - 11:30, 14:30, 17:30, 20:30, 23:30
Rio 2 (3D) - 10:00, 12:00, 14:00, 16:00, 18:00
Thenali Raman - 11:00, 14:00, 17:00, 20:00, 23:00

Reel Cinemas - Dubai Mall

2 States - 13:45, 16:40, 19:35, 22:30, 01:25
Brick Mansions - 11:25, 13:20, 14:05, 15:20, 17:20, 19:20, 21:20, 23:20, 01:20
Captain America: The Winter Soldier - 11:40, 14:25, 16:10, 17:10, 18:15, 19:55, 20:20, 22:25, 22:40, 00:30, 01:25
Captain America: The Winter Soldier (3D) - 13:30, 16:15, 19:00, 21:45, 00:30
Divergent - 11:20, 14:10, 17:05, 20:00, 22:55, 01:45
Dom Hemingway - 15:45, 19:50, 23:55
The English Teacher - 14:50, 16:50, 18:50, 20:50, 22:50, 00:50
Halawet Rooh - 17:30, 19:35, 21:40, 23:45
Mr Peabody & Sherman (3D) - 11:30, 13:30, 15:30
Need For Speed - 11:30, 14:05, 16:45, 19:25, 22:05, 00:45
Non-Stop - 11:10, 13:25, 15:40, 17:55, 20:10, 22:25, 00:40
Oculus - 14:15, 16:25, 18:35, 20:45, 22:55, 01:05
Odd Thomas - 13:40, 17:45, 21:50, 01:55
The Quiet Ones - 12:05, 14:15, 16:25, 18:35, 20:45, 22:55, 01:05
Rio 2 - 11:55, 14:05, 16:20, 18:35, 20:50, 23:05

Rio 2 (3D) - 11:00, 13:10, 15:25, 17:40, 19:55, 22:10
Transcendence - 11:50, 13:30, 14:20, 15:55, 16:50, 18:25, 19:20, 20:55, 21:50, 23:25, 00:20, 01:50
We Are What We Are - 14:30, 16:40, 18:50, 21:00, 23:10, 01:20

Reel Cinemas - Marina Mall

Brick Mansions - 11:40, 13:40, 15:40, 17:40, 19:40, 21:40, 23:40, 01:05
Captain America: The Winter Soldier - 12:50, 15:35, 18:20, 21:05, 23:50, 00:20
Divergent - 12:25, 18:00, 23:35
Need For Speed - 15:20, 20:55
Rio 2 - 11:10, 13:10, 15:10, 17:10, 19:10, 21:10
Rio 2 (3D) - 11:55, 13:55, 16:00, 18:05, 20:10, 22:15
Transcendence - 12:05, 14:35, 17:05, 19:35, 22:05, 00:35

Vox Cinemas - Deira City Centre

2 States - 12:00, 15:00, 18:00, 21:00, 00:00
Boothnath Returns - 10:30, 13:45, 17:00, 20:15, 23:30
Captain America: The Winter Soldier (3D) - 12:00, 15:00, 18:00, 21:00, 00:00
Captain America: The Winter Soldier (4D) - 20:30, 23:30
Divergent - 12:15, 15:15, 18:15, 21:15
Main Tera Hero - 10:45, 13:30, 16:15, 19:00, 21:45, 00:30
Om Shanti Oshana - 17:15
Praise The Lord - 23:00
Queen - 20:00
Ring Master - 17:15, 20:30, 23:45
Rio 2 - 10:30, 12:45, 15:00
Rio 2 (3D) - 10:00, 12:15, 14:30, 16:45, 19:00
Rio 2 (4D) - 10:45, 13:00, 15:15, 17:30
Thenali Raman - 11:00, 14:00, 00:15
Transcendence - 10:30, 13:00, 15:30, 18:00, 20:30, 23:30, 00:00

Vox Cinemas - Mall of the Emirates

2 States - 12:00, 15:00, 18:00, 21:00, 00:00
Brick Mansions - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45
Captain America: The Winter Soldier (3D) - 11:30, 14:30, 17:30, 20:30, 23:30
Divergent - 11:00, 12:00, 14:00, 15:00, 17:00, 18:00, 20:00, 23:00
Frozen - 10:45, 13:00
Halawet Rooh - 16:45, 19:00, 21:15, 23:30
The Lego Movie - 10:00, 12:15, 14:30
Mr Peabody & Sherman (3D) - 09:30, 11:45, 14:00, 16:15
Need For Speed (3D) - 18:30, 21:15, 00:00
Non-Stop - 21:00, 23:15, 01:30
Oculus - 18:00, 20:15, 22:30, 00:45
The Quiet Ones - 15:15, 17:30, 19:45, 22:00, 00:15
Rio 2 - 11:00, 13:15, 15:30
Rio 2 (3D) - 09:30, 11:45, 14:00, 16:15, 18:30, 20:45, 23:00
Transcendence - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00, 01:00

Vox Cinemas - Mirdif City Centre

2 States - 16:30, 19:45, 22:45
Brick Mansions - 15:45, 18:30, 21:15, 00:00
Captain America: The Winter Soldier - 09:30, 12:30
Captain America: The Winter Soldier (3D) - 11:30, 14:30, 17:45, 21:00, 00:00
Captain America: The Winter Soldier (4D) - 20:15, 23:15
Divergent - 12:45, 14:30, 17:30, 20:30
Halawet Rooh - 12:15, 23:30
Mr Peabody & Sherman - 10:35
The Quiet Ones - 15:30, 17:45, 20:00, 22:15, 00:30
Rio 2 (3D) - 09:30, 10:30, 12:00, 12:45, 14:15, 15:00, 17:15, 19:45, 22:00
Rio 2 (4D) - 11:15, 13:30, 15:45, 18:00
Transcendence - 10:45, 13:15, 15:45, 18:15, 20:45, 23:15, 00:15

What's happening this week in the UAE

Think Science Fair 2014



All things science will be on the minds of students as they compete for top honours.
Date: April 20 - 22
Time: Whole day
Venue: Dubai International Convention and Exhibition Centre
Admission: Free
More info: 02 404 2936

GITEX Shopper 2014

The spring edition of the popular consumer electronics show returns to Dubai.
Date: April 23 - 26
Time: 11am - 11pm
Venue: Dubai International Convention and Exhibition Centre
Admission: Dh15
More info: 04 332 1000



4th Dubai International Swimming Championships



The event will feature world-class youth and Olympic Games swimmers.
Date: April 23 - 26
Time: 9am - 5pm
Venue: Hamdan Sports Complex
Admission: Free
More info: 04 264 8717

Whose line is it anyway 2014

It is time to tickle that funny bone this week.
Date: April 24 - 26
Time: 8pm
Venue: Madinat theatre, Souk Madinat Jumeirah
Admission: Dh170 and Dh200
More info: 04 366 6546



Dubai Desert Road Run



Amateur and professional runners can have fun in a day out in the open.
Date: April 26
Time: 7am
Venue: Sevens Stadium
Admission: Registration required
More info: 055 889 4568

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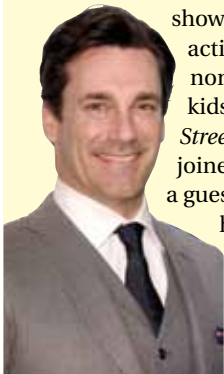
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Hollywood news

Hamming it up

As *Mad Men*'s Don Draper, Jon Hamm has got the serious, haunted-past facial expression down to a tee.

But the actor recently showed off his acting chops on none other than kids' show *Sesame Street*. Hamm joined the show for a guest spot, where he taught the pre-school puppets about facial expressions.



Dress to impress



After landing back on screens with a bang, there's no escaping *Game of Thrones*, and even weddings aren't safe from its influence. Brides-to-be across the globe have apparently been requesting gowns inspired by actress Natalie Dormer's character Margaery's dress, worn during her "Purple Wedding" to Prince Joffrey.

Still smiley Miley



TAKING A BREAK FROM TOUR

After the year she's had, it's a surprise that Miley Cyrus hasn't fallen victim to the classic celebrity 'exhaustion' just yet. However, it seems as though being one of the world's most talked-about stars has finally started to catch up with her, as the *We Can't Stop* singer has finally been ordered to stop, even just for a little while.

Miley was hospitalised last week after suffering an allergic reaction to antibiotics. The incident caused the singer to postpone her upcoming gig for her *Bangerz* tour at the Kansas City Sprint Centre, a decision that was accompanied by a press release stating that Miley had been forced to cancel the show after being: "placed on medical rest by her doctors". The move came just a week after the singer cancelled another concert at the last minute due to ill health.

And it seems that Miley was as disappointed as her fans by the series of unfortunate events, tweeting: "Kansas I promise I'm as heartbroken as you are. I wanted to badly 2 b there 2night" [sic]. But, in keeping with her 'Smiley Miley' reputation, she has kept a cheerful outlook, posting a picture of herself cuddling up to a stuffed octopus in her hospital bed with the comment: "Mr. Octopussy & some amazing Drs are taking good care of me" [sic].

Festival fun

While the rumour mill may have been churning at break-neck speed recently with various reports of a planned 'intervention' from her family and friends, it seems as though Selena Gomez simply can't keep away from on-off boyfriend Justin Bieber, no matter how much her loved ones may have him marked as a bad influence. The young pair were spotted cosying up together at the Coachella music festival last week.

The famed festival—considered to be the highlight of the hipster calendar—is famous for attracting a plethora of famous faces each year, all of whom are keen to don their best 1960s hippy-inspired outfit and party from day to night. But, this year, onlookers focused in on the actions of the two young stars more than anyone else. Might be a little too late for that intervention?



Bollywood news

Wrong context

Fans of Tamil superstar Suriya may have been upset by Kareena Kapoor's claim that she's never heard of him, but it seems Bebo's comments were taken out of context. Kareena recently said: "It is a fact that I've never met him! But that doesn't mean I don't know who Suriya is. Of course I know him."



Name change

She may be riding high in the box office charts with her latest movie, *Queen*, but Kangna Ranaut is still not immune to the director's decision. For Ranaut's next film, *Revolver Rani*, director Sai Kabir has decided to change the name of her character from Alka Gujar to Alka Singh.



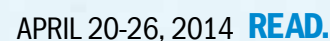
Tongue twister

One of the challenges many actors in Bollywood face is perfecting a different accent or even language for a role. Now it seems Ranveer Singh is taking no chances when it comes to his role in *Bajirao Mastani*. The actor is working with a Marathi tutor to hone his dialogue delivery in the upcoming flick,



Sports star

The movie and sport worlds have met many times, but now there's one more star getting involved. Abhishek Bachchan confirmed he has acquired a pro-kabaddi team, tweeting: "It is with great pride that I would like to announce that I have bought the Jaipur Team for the Pro Kabaddi League. Need your good wishes."



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JOBS WANTED



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Indian male on visit visa seeks job. Has 20 years experience as a driver in UAE. Can join immediately. Call 0569245167.

Electrical engineer. female, on husband's visa seeks job. Has 1-year experience in Indian government institutions. Call 0508423320 or send an email to neethi.vinith@gmail.com.

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Indian female seeks job. Has 2 years experience in UAE as office assistant/secretary. Can join immediately. Call 0569118647 or send an email to vidhyanankani7@gmail.com.

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Indian male, postgraduate seeks job in logistics and admin. Has 6 months experience in UAE. Call 05268972966 or send an email to waseemasharaf@gmail.com.

Indian female on husband's visa is looking for a part time or full time job. Call 0528408918 or send an email to elzavarghese77@yahoo.com.

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Indian male, BSC & MBA graduate seeks job in marketing and administration. Call 0566621931.

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Dubai Metro hits 40m riders

Deira City Centre Station proves the most popular with commuters, followed by Burj Khalifa/Dubai Mall.



SOME OF THE METRO MILLIONS



ABDULLAH YOUSEF AL ALI

“This year has witnessed a remarkable growth in the number of Metro riders compared to the previous year.”

DUBAI METRO

The Roads and Transport Authority (RTA) has announced that the Dubai Metro, comprising the Red and Green Lines, has posted high ridership during the first quarter of this year, clocking 40,655,978 passengers, which compares well with the ridership recorded for the same period last year, which amounted to 33,341,095 riders.

Abdullah Yousef Al Ali, Acting CEO of the RTA Rail Agency, said: “The number of Metro riders during the first three months of this year constitute a solid indicator that the Dubai Metro has become one of the prime transit means commanding the attention of Dubai residents, visitors and tourists, offering smooth mobility and access to key parts of the city in a way that measures up to the needs and expectations of users.”

He continued: “This year has witnessed a remarkable growth in the number of Metro riders compared to the previous year; which has always been the core of our plans to deliver a host of initiatives and service improvements to entice all community members to use the Metro as a primary transit means characterised by security, luxury and safety.”



METRO COMMUTERS

“The directives of HH Sheikh Mohammed Bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, to transform the Metro stations into galleries radiating the stylish as well as the heritage-inspired features of Dubai emirate, is bound to have a robust contribution to uplifting the footfall of the Metro stations,” added Al Ali.

Elaborating on the specific breakdown of the Metro ridership figures per line and station, Al Ali said: “The number of Red Line trips made during the first quarter of the current year reached 30,400 compared to 26,359 trips made during the same period last year. The total number of Green Line trips has topped 23,876 compared to 7,841 trips made dur-

ing the same period last year. He continued: “The number of passengers using the Red Line during the first quarter of this year amounted to 26,138,923 passengers, compared to 21,803,705 passengers lifted during the same period last year. The total number of users of the Green Line in the first quarter of this year soared to 14,517,055 riders compared to 11,537,390 riders last year.”

Al Ali also revealed the most popular stations, saying: “Deira City Centre Station on the Red Line has topped the passengers’ count clocking 1,841,072 passengers, with Burj Khalifa/Dubai Mall Station ranking a close second with ridership hitting 1,813,854 passengers. Union Station came third reporting 1,705,712 passengers, and Al Rigga Station was fourth in the passenger pecking order recording 1,626,775 passengers.”

Al Ali added: “Al Fahidi Station on the Green Line came first during the first quarter of 2014 recording a ridership of 1,657,650 passengers, followed by Bani Yas Station with 1,609,747 passengers, and in the third place came Al Ghubaiba Station recording 1,207,237 passengers, ahead of Oud Metha Station ranking fourth with ridership of 1,054,012 passengers.” ●

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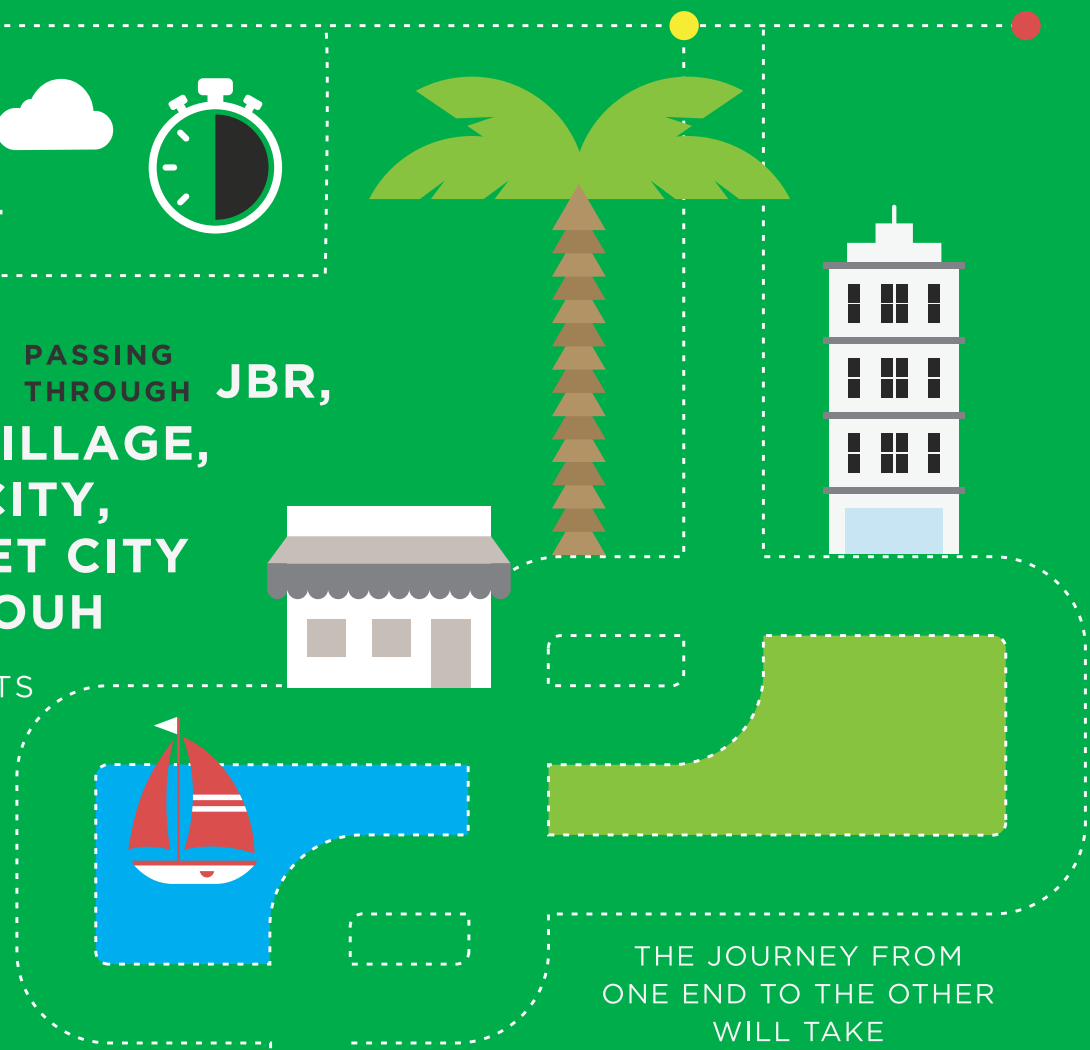


STARTING FROM
DUBAI MARINA **PASSING THROUGH JBR,**
KNOWLEDGE VILLAGE,
DUBAI MEDIA CITY,
DUBAI INTERNET CITY
ENDING AT AL SUFOUH

DUBAI TRAM CONNECTS
WITH DUBAI METRO
AT 2 STATIONS -
DUBAI MARINA & JLT
& WITH **THE PALM**
JUMEIRAH MONORAIL
ON AL SUFOUH STREET



DRIVING US
AROUND TOWN
SOON.



THE JOURNEY FROM
ONE END TO THE OTHER
WILL TAKE

**42
MIN**

ترام دبي
Dubai tram



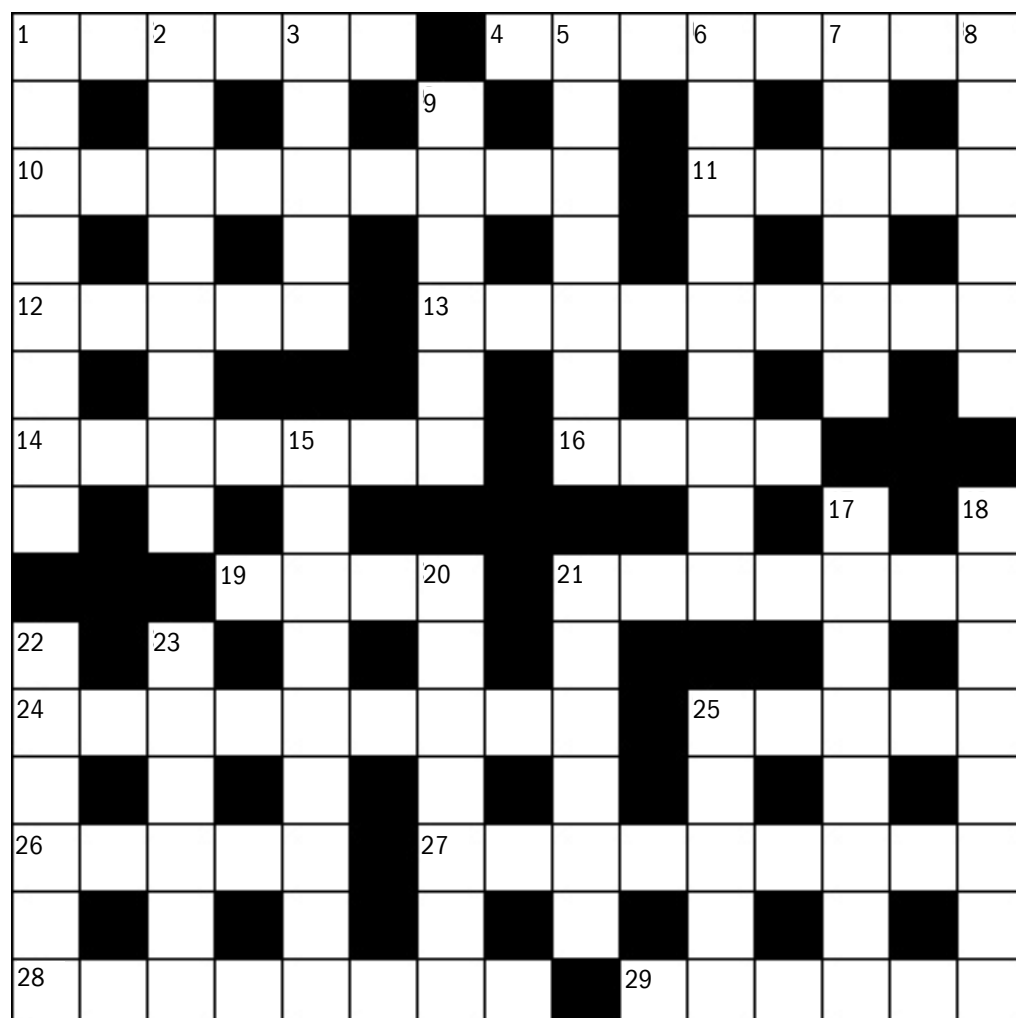
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Taking your time

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



Crossword

Across

1 Surprise attack (6) **4** Learned (8) **10** Slept (9) **11** Genus of rhubarb (5) **12** Work (5) **13** Transcription (9) **14** Inflict agony (7) **16** Slide (4) **19** City in Norway (4) **21** Entrails (7) **24** Silence (9) **25** Introduction (abbrev.) (5) **26** Proof of innocence (5) **27** Coalitions (9) **28** Forces (8) **29** Lovely young women (6)

Down

1 Perfect or complete (8) **2** Thrush (8) **3** Not intoxicated (5) **5** Surmises (7) **6** A spice-scented flower (9) **7** A clasp for "neckwear" (6) **8** Request forcefully (6) **9** Plod (6) **15** Disturbing (9) **17** Vital (8) **18** Adopts a theory or policy (8) **20** Perform surgery (7) **21** An inner sole of a shoe (6) **22** A quadrilateral (6) **23** A figure of speech (6) **25** Picture (5)

ANSWERS



Recipe

Fresh and easy falafel

This easy recipe makes a tasty and healthy snack.

Ingredients

500g chickpeas
1 chopped red onion
2 crushed garlic cloves
Handful of finely chopped coriander
1-2 tsp Ras el hanout
1 egg, beaten
2 tbsp toasted sesame seeds
2 tbsp dry breadcrumbs
Sea salt and black pepper
Olive oil cooking spray

Method

1. Preheat the oven to 200C and drain

any water from the chickpeas.

2. Put the chickpeas into a food processor and blend until the consistency becomes a rough paste. Pour into a bowl and combine with the rest of the ingredients, except for the Ras el hanout.

3. With clean hands, knead the ingredients together until well combined.

4. Season to your own personal taste with the Ras el hanout, salt and

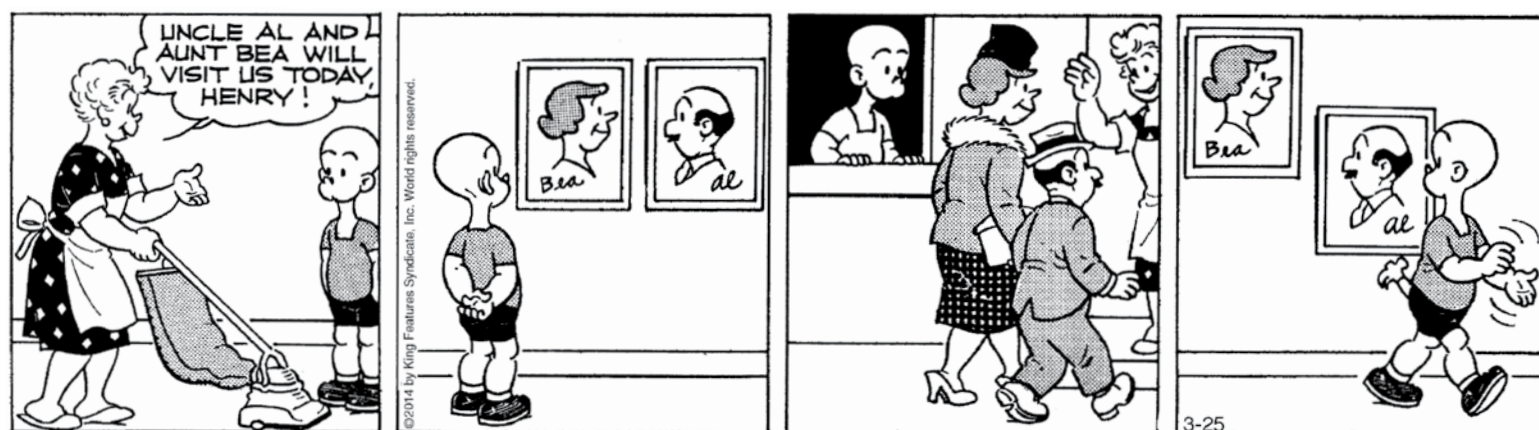
black pepper.

5. Shape the mixture into golf ball-sized balls and place on a baking tray. Spray a little oil over the top and bake for 15-20 minutes, or until the falafels turn golden-brown.

6. Once the falafel is cooked through and crisp on the outside, remove from the oven. Serve with a low-fat yoghurt dip or hummus for dipping, or wrap in a tortilla with salad for an on-the-go snack.



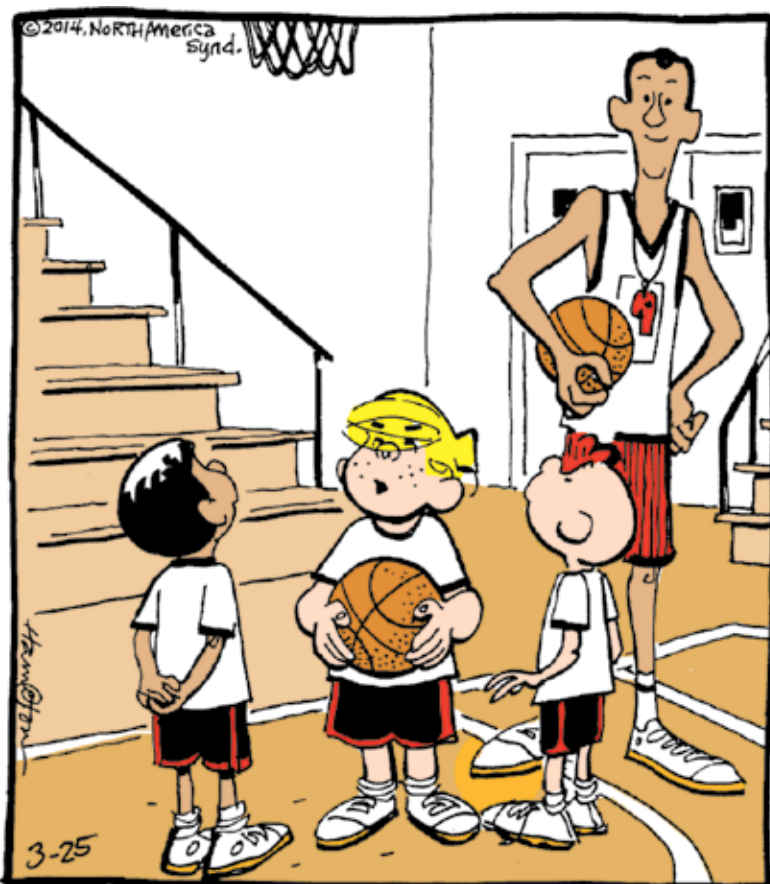
Henry



Spiderman



Dennis the menace



"WE MIGHT AS WELL PRACTICE OUR DRIBBLIN' TILL WE GET TALL ENOUGH TO SHOOT HOOPS."

Who's this?

ANSWER ON PAGE 34



Puzzles

Arrowword

Eye-glasses	▼	Serious, earnest	▼	Former Brazilian footballer	▼	Seventh Greek letter	▼	Sharp gasp	▼	Distance covered	▼	Own	▼
▶								English architect, ... Jones	▶				
Antagonist		1994 film with Jean Reno		Competes		Thorny flower		Yemen port		Steep rugged rock		"Let it stand"	
Smart	▶	▼	▼	▼	▼	Way in	▶	▼	▼	▼	▼	▼	▼
						Honey maker	▼						
Prefix denoting "half"	▶					Unyielding	▶						
Food can		"... Of Us", Abba song	▶			Leaks	▶						
▶				Lustre	▶					Obtains	▶		

Spot the 10 differences



Sudoku

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

ANSWERS

S	I	E	G	N	E	E	H	S	N	I	L
S	E	G	V	P	E	S	E	N	O		
E	I	V	R	U	D	O		I	W	E	S
S	S	S	C	C	A	V	E	R	A	V	E
S	T	C	Y	T	L	L	E				
O	G	I	N	I	I	N	E	N	O	d	O
d	M	H	E	P	S	S					

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

WHO'S THIS? ANSWER
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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)**

The signs are all pointing towards a new start, perhaps even a career move that you've been considering for some time. The nervous energy that comes alongside this could also drive you towards making improvements in other areas.

**TAURUS****(APR 21 - MAY 21)**

You may have recently enjoyed a much-needed visit from a friend or family member. Although their visit may have been short and sweet, their calming and comforting influence will stick around for much longer than their physical presence.

**GEMINI****(MAY 22 - JUN 21)**

There may be a slightly rocky road ahead of you at work, particularly regarding a company decision that could affect everyone. Try not to panic; just keep your wits about you and focus on maintaining a good reputation within the workplace.

**CANCER****(JUN 22 - JUL 23)**

Good advice can often come from an unexpected source; so don't be surprised if guidance comes from a person you would never have thought could have the answers. A relative or friend that usually keeps their opinions quiet could be about to speak out.

**LEO****(JUL 24 - AUG 23)**

A drive to get your fitness levels in order is picking up pace and you're starting to feel much better in yourself. This leaves you full of positivity and self-confidence, so use this energy to go after something you've wanted for a while now.

**VIRGO****(AUG 24 - SEP 23)**

Sad news may have struck within the family recently, which has left everyone reeling. While there is naturally going to be a period of adjustment and sadness, try to remember the good times. Your wounds will heal quicker by sharing your thoughts.

**LIBRA****(SEP 24 - OCT 23)**

Listen to the opinions of those people you trust the most, but don't let them completely change your plans. While your ideas may seem crazy to others, you do have a solid plan deep down. Believe in your own abilities and things will fall into place.

**SCORPIO****(OCT 24 - NOV 22)**

You may have recently made the decision to follow your own path towards your goals, and this is no bad thing. Constantly trying to live up to the demands of pushy relatives will only leave you feeling drained both physically and emotionally.

**SAGITTARIUS****(NOV 23 - DEC 21)**

Stop being so hard on yourself when it comes to your appearance. Low self-esteem will only send out a negative vibe to new people you meet, which could leave you struggling to show off your naturally outgoing, fun side. It's what's inside that really matters.

**CAPRICORN****(DEC 22 - JAN 20)**

Things at work may seem too good to be true at the moment and, unfortunately, you may be about to find out that they are. While there is no major catastrophe to prepare for, you should be open to a few changes in the way things get done.

**AQUARIUS****(JAN 21 - FEB 19)**

While it's fine to hold your friends and loved ones in high regard, try to avoid comparing yourself to them. Everybody has their own problems to deal with and their own daily troubles, but perhaps some people are just better at hiding it than others?

**PISCES****(FEB 20 - MAR 20)**

The pensive cloud surrounding you is making you question everything that you've believed in for so long. Mulling over life, love and work is fine, but finding fault in all areas of your life could stir up issues that shouldn't even be a problem to begin with.



This week's local weather

SUN

20th

HOT
HIGH 34C
LOW 24C
HUMIDITY 46%

MON

21st

HOT
HIGH 32C
LOW 23C
HUMIDITY 44%

TUE

22nd

HOT
HIGH 32C
LOW 22C
HUMIDITY 42%

WED

23rd

HOT
HIGH 31C
LOW 21C
HUMIDITY 42%

THU

24th

HOT
HIGH 33C
LOW 23C
HUMIDITY 45%

FRI

25th

HOT
HIGH 34C
LOW 22C
HUMIDITY 46%

SAT

26th

HOT
HIGH 35C
LOW 24C
HUMIDITY 44%

Apple Cinnamon Sundae

*limited
time*

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