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MAY 4-10, 2014 | Issue 151

Read

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MONSIEUR IBRAHIM

Oscar nominated director's Dublin based festival will showcase the best cinema from North Africa and the Middle East and welcome the Egyptian icon as a guest of honour.



DUBAI'S HIDDEN GEMS

SUMMER FESTIVAL STYLE

From boho floral dresses, to crazy t-shirts and cut-offs. Read shows you some of our favourite festival styles this season.



PORSCHE MACAN S

Which is better, the Macan S or the Cayenne S? we take a close look at both cars and let you decide for yourself.

To the Moon and Back

An Emirati to be on board the Virgin Galactic's first commercial flight into space.

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

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ELIZABETH BANKS JAMES MARSDEN

WALK OF SHAME

AWESOME NIGHT.

EPIC AFTERMATH.



IN CINEMAS MAY 8

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OCUS WORLD LAKESHORE ENTERTAINMENT SIDNEY KIMMEL ENTERTAINMENT PRESENT A LAKESHORE ENTERTAINMENT SIDNEY KIMMEL ENTERTAINMENT PRODUCTION A STEVEN BRILL FILM "WALK OF SHAME"
ELIZABETH BANKS JAMES MARSDEN GILLIAN JACOBS SARAH WRIGHT OLSEN CASTING BY DEBORAH AQUILA, CSA TRICIA WOOD, CSA MUSIC BY JOHN DEBNEY COSTUME DESIGNER LINDSAY ANN MCKAY EDITOR PATRICK J. DON VITO



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#WALKOFSHAME

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TO WATCH THE TRAILER:



Contents

Metro life 03

You 06

Health 08

Travel 10

Motoring 12

Technology 14

Careers 16

Fashion 20

Film 22

Listings 23

Metro Guide 25

Public transport 30

Sport 32

Take A Break 33

Recipes 34

Letters to the Editor

A selection of the letters we've received this week. Write in to have your say.

✉ MY METRO EXPERIENCE

I have been a frequent traveler on the Dubai Metro for quite a few years now. It is extremely convenient, efficient and comfortable. The Dubai Metro is by far the greatest and most commendable of all achievements till date. However, there is always a negative side to everything and Metro is no exception. It is extremely off-putting to witness educated people behaving in an uncivilized manner while making entry and exit. The situation sometimes gets unpleasant with commuters pushing their way through. Another issue that disappoints me is that elderly, expecting or women with children are not given priority by fellow male commuters. And lastly, it annoys me the most to have men entering from the gold class or the women-only compartment before passing

to their respective compartments. While this approach may save a few minutes of their time, I consider it to be a breach of privacy and feel that this kind of disrespectful behavior should not be tolerated under any circumstances. Those found in violation of the law and code of conduct should be penalized in order to maintain the existing world-class standards onboard the Metro.

FATIMA SUHAIL

Email: letters@readme.ae



Read. Poll

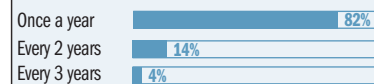
What determines your choice of a new mobile phone?

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- Brand
- Features

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LAST READ. POLL RESULTS

How often do you take a holiday with family or friends?



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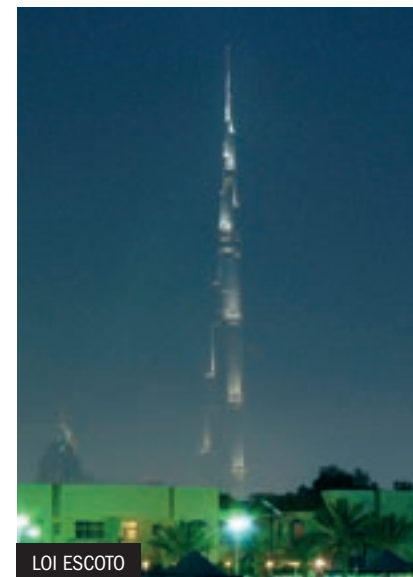
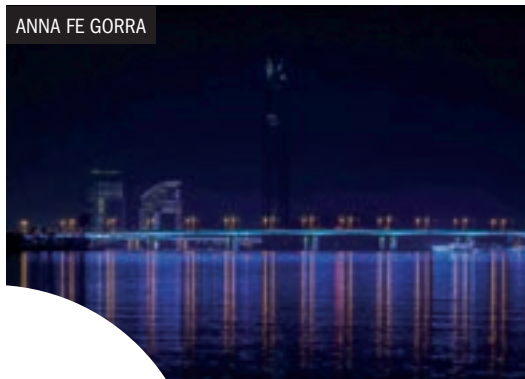
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ANNA FE GORRA



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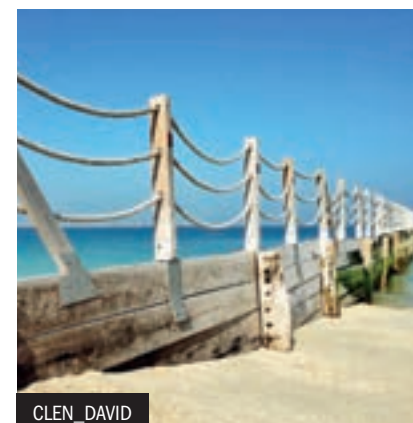
KRISHNARAJ SUKUMARAN



#MyDubai
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XIN LUN



CLEN_DAVID

The week that was readme.ae

Here are some of our favourite things either that's happened or happening this week in Dubai. Make sure you check out our website daily to see our daily specials and competitions. Like us on Facebook and follow us on Instagram where we feature our latest online features and our favourite #MyDubai pictures sent to us from you the reader.

Coming up this week

STOMP



STOMP MAY 4

Dustbins broomsticks and oil drum sounds, like the contents of the stockroom. Put them in the hands of a cast of dancers and drummers and you get STOMP, the international theatre hit. Stomp has been a big hit here in Dubai and today will be the last performance so don't miss out.

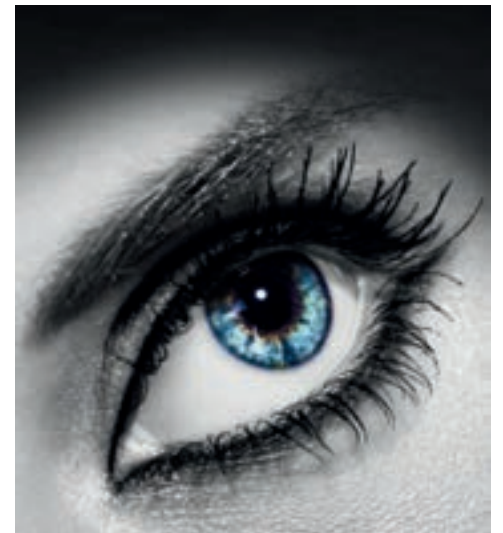
SANDANCE WITH THE PET SHOP BOYS MAY 9

Sandance is back with a superb line-up featuring the best in beach party vibes, we will witness the works of the epic Fatboy Slim, all the way from the UK. The main acts though will feature the massive Pet Shop Boys duo Chris Lowe and Neil Tennant who have been ranked as the most successful duo in the history of UK music by the Guinness World Records.



PHOTOWORLD DUBAI MAY 6-8

Photo World-Dubai is a unique exhibition that attracts professionals, businesses and enthusiasts interested in photography, video and creative imaging. It is an annual exhibition and seminar event that is increasingly attracting participants from across the MENA region and West Asia.



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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



Where are you right now?

Have you ever been driving somewhere, arrived at your destination and then recognised that you failed to remember anything about your journey or how you got there?

Have you ever been driving somewhere, arrived at your destination and then recognised that you failed to remember anything about your journey or how you got there? This is an example of us working on 'automatic pilot'. In modern day society it's extremely common that we get carried away with the demands of day to day life, going 'along with motions', juggling multiple commitments whilst failing to notice what is actually going on right now in our lives! In addition to this, many of us spend a large amount of time ruminating about the past or worrying about the future. By doing this we fail to appreciate the present moment. It is often the case that we aren't actually 'present' in our own lives, which poses the risk that we might fail to notice the beauty of how it feels to be alive, or fail to pay attention to our bodies telling us that something isn't right.

HOW DO WE BECOME MORE PRESENT? ... MINDFULNESS!

Mindfulness involves consciously paying attention to the present moment without forming a judgment and trying to change things. It is often practiced through guided meditation. A common meditation involves focussing on the breath, paying attention to the flow of air in and out the body. Unwanted thoughts and worries are likely to creep into your mind whilst practicing mindfulness but the idea is to notice these thoughts and not to judge them. In time you begin to realise that thoughts come and go; you have the choice as to whether you act or not, instead of automatically reacting to situations you will begin to mindfully respond. Mindfulness is not

a religion; anyone with any belief system can enjoy the benefits of the meditation practices.

As a psychological therapist it's important I take care of my own wellbeing in order to effectively support others through their struggles and in doing so I decided to attend a mindfulness course. This course was specifically targeted for those struggling with anxiety and depression; I thought I would share my experiences of the course -

Attending an eight week mindfulness course involved developing a sense of self-awareness that I never knew existed. I found the overall experience both physically and mentally enduring. Initially, the primary emotion I could identify with was frustration. This was due to my perceived inability to remain focussed on the current practices. I felt that aspects of perfectionism were

reinforcing my feelings of frustration in that I was forcing myself to persevere through the pain and discomfort of the meditation positions; by doing this I felt I was 'succeeding'. However, through practice I began to let go of the expectation and pressure that I was placing on myself and recognise my achievements for what they were. I feel that I have developed a fundamental sense of self-acceptance which I believe will aid my ability to be more receptive to how I manage both personal and work related stress ●



SO ONCE AGAIN, WHERE ARE YOU RIGHT NOW?



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7 ways to tone up in the office

Being a woman is already difficult, and as we all know May is detox month. It's when we pay the price for all the over indulging we have done during the winter months, try not to be too hard on ourselves and instead of thinking we have to find time in our hectic schedule to get to the gym, here I have created a few tips to help you lose that Christmas bulge, with effective easy every day exercise's you can do while you're at the office.

Tighten your behind



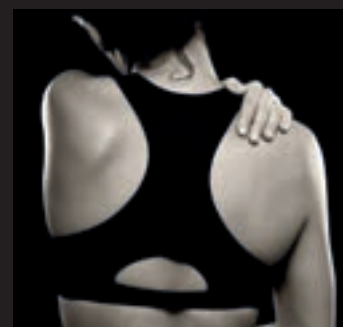
We all know squatting is the best way to tone your thighs and backside. Stand with your feet wider apart than your hips, toes facing forward. Push your hips back to shift your body weight onto your heels instead of your toes. Lean forward 45 degrees as you lower your hips to knee level. Keep your abs tight and ribcage high. Wiggle your toes-your weight should be on your heels. Keep your knees above your ankles, squeeze your bum and stand. Repeat 8-10 times.

Crunch your abs without sit-ups

For an all-day core exercise, swap your chair for a stability ball. Performing your daily work functions while sitting on a ball will allow you to work your core efficiently. While sitting on the ball your abs will be utilized for strength and balance, your back will be straight, rigid and maintain the perfect posture. Repeat 15 times.

Beat the bra bulge

Use your desk to perform a wide-angle push-up. This will help tone the flab part of the sides of your chest. Place hand a little more than shoulder-width apart on the edge of your desk, with your palms down and fingers forward, walk four to five feet away from the desk and keep your knees locked and together. Lean your hips towards the floor, don't let your bum stick out, keeping your abs tight, bend at the elbows and lower your chest to the top of the desk. Hold for 6 seconds, repeat eight times.



Sculpt a sexy back

Improvise by standing and facing your office chair. Bend your waist and grab both arms of the chair, keeping your abs tight, slightly bend your back nice and flat, slowly pick the chair up off the ground. Aim for two sets of 20.

Work the lower abs

To tone the quads and lower abs do lower body lifts. Sit up straight in your chair and extend your leg forward, lift it off the chair and hold for 10 seconds. It makes the muscles in your upper leg tremble, right? Repeat 6 times on each leg.



Tone your triceps

Try doing dips in your office chair. If it has rollers make sure you put it against the wall. Sitting on the chair, put your hands under your bum and scoot off the seat, keeping your legs straight and together and balancing on your heels, bend your elbows no more than 90 degrees and slowly straighten. Repeat 15 times.

Strengthen your thighs

This is great if you want to work your hips and glutes. Lean with your back against the wall, and then bend your legs at a right angle, as if you're sat in a chair. Push your bum against the wall and make sure your legs and knees are together. Hold for 15-60 seconds.



USE THE THINGS AROUND YOU IN THE OFFICE

Tell us your thoughts: letters@readme.ae

Our personal trainer talks nutrition

Here at **Read** we grill Jason on some of the biggest myths around when it comes to nutrition. We want to know, "Are we actually eating healthy?"

There seems to be a lot of confusion on what we should and shouldn't eat, what do you recommend?

I advocate a Paleo/ Primal Diet to all of my clients. For those not familiar with the Paleo concept, it is an effort to eat like we used to back in the day...WAY back in the day.

If a caveman couldn't eat it, neither can you. This means anything we could hunt or find within our natural habit; meats, fish, nuts, leafy greens, regional veggies, and seeds. Sorry, no processed foods, the pasta, cereal, and chocolate bars will have to go!

A few thousand years ago humans discovered farming, the agricultural revolution took off, and we advanced

from hunter gatherers to farmers. We settled down, formed societies, and the human race progressed to what we are today.

The problem is, our bodies never adjusted properly to eating all the grains that we farm now. As someone once explained it to me, think of it as a 100 meter running track. The first 99.5 meters are how long Homo sapiens spent as hunter gatherers, as they became REALLY good at hunting and gathering, our bodies adapted to that lifestyle over thousands of years. That last half meter represents our species after the agricultural revolution, where our diet has shifted but our genetics haven't.

So, instead of loading up on good sources of meat, vegetables and seasonal fruits, we've become a species "dependent" upon grains; bread, pasta, rice, corn, sugar and so on. The government continues to recommend 6-11 servings of grains a day, and people continue to get fatter and fatter. You only have to look around you and you can see something's not right. The Paleo Diet is an effort to go back to eating how we're biologically designed to eat, allowing us to tap into our genetic potential and start living healthier immediately.●



Get to know...

Jason Grange is a Personal Trainer, Strength Coach and respected teacher who lectures fitness industry professionals extensively on all matters related to the improvement of physical performance. Jason is now based in Dubai and can be contacted at jg.fitness@live.com.

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TRAVEL NEWS

Get summer ready with Alpina Gstaad's Mountain Detox programmes



The Six Senses Spa at The Alpina Gstaad is introducing the new summer 'Mountain Detox Programmes' to increase energy, vitality and recalibrate the mind and body, from 6th June to 25th September 2014.

The three detox programmes range from the purely nutritional and cleansing, Mountain Detox delight to a Mountain Detox MediCheck with heart rate variability analysis and blood test.

Additional benefits for spa goers include gentle exercise classes and Alpine nature training in the purest air and most unspoilt area in Switzerland while relaxing at the luxurious five star Alpina Gstaad.

The mountain Detox programmes vary from three to six days and range in suitability, my favorite being the Mountain Detox: This includes a six day programme that is tailored to suit the individual's needs and is the perfect starting point for improving health on all levels. This includes exercise, Detox cuisine, Spa treatments and a variety of massages.

The Alpina Gstaad is the first completely new five-star hotel in Gstaad to open in this traditional Swiss village for more than a century, opening in 2012 the stately address has been built in the local style with fresh and modern textures layered upon antique woods. It is a place where authenticity meets Swiss luxury, where commitment to the true Gstaad shows every turn of the chisel, in the hewing stone, wood carving and authentic leatherwork by local craftsmen. The Gstaad offers magnificent views of the Bernese Alps and the Saanenland.

Hidden gems

Let me introduce to you Reads Hidden Gems. Our team will endlessly scour every nut and cranny around Dubai to bring to you, our readers, some of what we will be calling our **"Hidden Gems in Dubai"**. We aim to find those amazing beauties that are lost in Dubai's ever changing concrete jungle.



Read would love for our readers to join in with **#HiddenGems** if you have any amazing places you think we should know about send them in to our Facebook page.

To kick start our first hidden gem, will be one that many of you who live in Dubai will already have heard of, yet it shocks me how many haven't yet visited. As an expat myself I sometimes find I miss nature in all its glory. That's when someone told me about 'Miracle Gardens' it's not until I Googled this

place I realized just how stunning it was. Miracle Gardens homes 45 million flowers. As well as traditional flower beds, it features topiary-style displays with blooms fashioned into all kinds of exotic shapes. Dubai is not the kind of place I would expect to see the world's biggest flower garden, yet here it is. Miracle Gardens reminds me of long strolls with family during the summer, the beautiful

exotic fragrance and sense of nostalgia really made me feel at home, it's a must visit for anyone that enjoys the beauty of nature. The best thing about miracle gardens is that you can go again and again and experience something new each time. As the seasons change so do the flowers and colours. That's a reason within itself to visit. ●



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NEWS ON WHEELS

Keep driving



The new and improved tire from Dunlop was released earlier to mark the new generation of tires.

While designing and creating this new tire, Dunlop kept in hand 3 major important points: a comfortable, safe, and economical tire. Starting off with noise reduction, and adding up more life time, this tire is targeting all popular small, mid and big sized sedans in the region.

A lot of research and simulation tests went into the development of the SP Sport LM704 and Dunlop's Technical Department in Japan emerged successful in achieving the desired results for the SP Sport LM704's performance. A significant improvement in the noise level, irregular wear and life of the tire have been noticed with the noise level reduced by 13%, irregular wear improved by 20% & life increased by 25%. The striking



new tires arrive in 46 sizes ranging from 13 inches to 18 inches. A majority of the SP Sport LM704 lineup will hail from Japan, which is a preferred choice for the region's consumers.

As much we care about our car, taking care of its wheels is one of the most important basics to driving safely and to enjoy it.

With the Macan S, Porsche has risen to a new level of excellence, based on a long history in the manufacture of luxury sports cars by launching the all new Macan S. Thanks to Macan S, Porsche has joined the category of the compact sports car with multiple uses. Macan S is the newest of Porsches; it has definitely taken driving seat of its previous models. The inside of the Macan S is as impressive as its exterior. Porsche made sure to keep all the latest technology and entertainment system. As we still find the same size of the middle screen, the watch up above all, the new shaping of all buttons. The engine of the Macan S happens to be more powerful than the Cayenne S. V6 3.0 liters, 340 horsepower. Acceleration from 0 to 100 km in 5.4 seconds and reaches a maximum speed of 254 km/hour. And the average fuel consumption in the New European Driving Cycle NEDC is between 8.7 and 9 liters/100 km.

SPECS
Engine: 3.0-litre V6 bi-turbo
Power: 340hp
Torque: 460Nm
0-100km/h: 5.4 seconds
Top speed: 254km/h



Did you know...

It used to be known as Cajun, until recently when they decided to change its name to Macan. (This means tiger in Indonesia). The Macan is the small brother of the Cayenne, smaller in size but more powerful in performance. While the Cayenne is classier and certainly bigger it's not as fast. I would personally choose the Macan. Even though it's a bit smaller, this car does all the talking.

Porsche Macan S VS. Porsche Cayenne S

We have all witnessed the Cayenne S going through changes and improvements from year to year. But we can say that the new Cayenne S 2014 looks more of a Porsche then before. Sportier, more dynamic, and fuel efficient as well. And not to forget, as I mentioned before it is bigger in size compared to the Macan S. Inside, the Cayenne S has a modern classic look. Its interior is classier then the Macan S, a more rigid design some may say. The design of the dashboard, the hand holders, the steering wheel shape, seem to be harmonically designed with the outside.

Moving to the most important part of the car, the engine: V8 4.8 litres, 400 horsepower, and 6 speed automatic. It accelerates from 0 to 100 km in 5.9 seconds, while the average fuel consumption in the New European Driving Cycle NEDC is 14.5 liters/100 km in the city, and 8.2 liters/ 100 km on the highway.

SPECS
Engine: 4.8-litre V8
Power: 400hp
Torque: 500Nm
0-100km/h: 5.9 seconds
Top speed: 258km/h



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TECH NEWS

Samsung unveils the Galaxy S5

Who exactly is this software trying to compete with? Is it the software of the year? Or is it just any normal software without anything special?

The S5 is the latest mobile technology by Samsung, which is also available with a Samsung wrist watch. The older model was the S4. Many changes have occurred in the new one.

The design of the new handle has changed as well to a perforated pattern on the back, and a shimmery front. While the other changes took place in the camera: HDR system for brighter & more vivid captures, a fast auto-focus not to miss the action, and a selective focus to treasure moments in detailed focus.



Android 4.4.2 Kitkat software, 2 GB RAM, with Accelerometer, Gyro, Proximity, Compass, Barometer, Hall, RGB ambient light, Gesture, Fingerprint, and Heart Rate Sensor.

While many new mobile phones are suffering from a short battery life, this phone comes with an Ultra Power Saving Mode, enhancing power for important situations. Another new feature is a sensor to measure the heart rate, and special in-phone applications acting as a personal fitness tracker.

On the other hand, Samsung is like the naughty student in class that keeps copying from his colleague. While in real life Samsung keeps copying from Apple so they decided to use a fingerprint in this new model.

And of course without forgetting the all full HD 5.1" Super AMOLED screen, its accelerated network experience, and the water and dust resistance.

Sky's the limit

"Once you have tasted flight, you will forever walk the earth with your eyes turned skyward, for there you have been, and there you will always long to return,"

- **Leonardo Da Vinci**

AIRBUS A380

Have you ever dreamt of becoming a pilot? The five year old kid inside me still does, but becoming a pilot requires a lot of determination, stamina and belief that all your hard work will someday pay off and you will be rewarded by working in one of the most exciting jobs in the world. For now though, let's imagine having the opportunity to experience the life of an airline pilot and being able to navigate a real-life simulator with all the real affects.

Emirate Airlines just opened the Emirates shop at The Village in Dubai Mall, with the A380 simulator to allow visitors to experience the job of the deck crew onboard one of the latest aircrafts in the world.

A flight simulator is a device that artificially re-creates the aircraft flight and the environment in which it flies, for pilot training, design, or other purposes. It includes replicating the equations that govern how aircraft fly, how they react to applications of flight controls, the effects of other aircraft systems, and how the aircraft reacts to external factors such as air density, turbulence, wind shear, clouds and precipitation. Flight simulation is used for a variety of reasons, including flight training (mainly pilots), the design and development of the aircraft itself, and research into aircraft characteristics and control handling qualities.



SIMULATOR FLIGHT DECK

Not only will this simulator be used for all the above it will also be used to familiarize people with flying, help those with a fear of flying, and last but not least let the child inside really have a feel for what it means to be a pilot, to be able to have that sense of nostalgia that takes you back to your childhood for me, really is priceless.

The first simulator created in 1909 before World War 1, and as our world is evaluating, we landed on a top notch flight accessory. ●



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Stepping out of your comfort zone

Because your life begins at the end of your comfort zone.

Most people tend to lean towards the familiar within the comfort zone. This is not a bad thing, as it actually gives you a sense of emotional security with your decisions and minimises risk and stress. It also protects you from taking on more work than you are able to handle. But when you start to notice that your comfort zone is keeping you from learning, and experiencing new things that are potentially good for you and your career, you need to figure out a way to break out of your safe place. This doesn't mean that you need to change your entire life; it can simply mean meeting new people, changing the usual around you at work, in public, or even at home. Since there are so many directions to go in and so many paths to take, Akhtaboot is here to help you step out of your comfort zone the smart way.

“Natural talents and strengths allow us to do certain things that other people might not find easy to do.”

FACE YOUR FEARS

How many times have you imagined the worst possible consequences for a scenario, only to see none of them come true? Fear may be the biggest obstacle in getting out of your comfort zone. But who doesn't fear failure? We all do to a certain extent. But it's important to always push yourself to go above and beyond your limits as this is the only way to discover new information about yourself and things you never thought you were capable of doing. It is never easy to make changes, but you need to be willing to take risks and not worry so much about what other people think.

LEVERAGE YOUR NATURAL TALENTS

We are all good at some things and terrible at others, so naturally, we tend to navigate

towards what we like and enjoy doing. Natural talents and strengths allow us to do certain things that other people might not find easy to do. In fact, many of us often don't value these skills as we feel that there's nothing special about them. To help you identify what you should be doing outside of your comfort zone, start by listing all the things that you are good at, find easy to do and enjoy doing.

IT'S ALL ABOUT LEARNING

The area outside your comfort zone is a learning zone. When you learn new skills or gain new experiences, you are simply stretching the boundaries of your comfort zone out to include

this new area. Find something you really want to learn. It might be the skills you need to be a more effective leader, the skills to get your next job, the knowledge to improve your current job or even a better ability to communicate in your relationships.

YOU NEED TO FEEL CHALLENGED

Once you identify a new skill or project that you'd like to take on, the only requirement is that it needs to be a challenge for you. Breaking the walls of your comfort zone can be a bit uncomfortable, especially if you are happy with your current zone. However, once you set your learning goal, keep your eye on the goal. The more progress you make, the more confident you will become. Find a mentor who can

FACE YOUR FEARS



“When you learn new skills or gain new experiences, you are simply stretching the boundaries of your comfort zone out to include this new area.”

guide and support you as you move forward. It is easier to rise to a new challenge when you have people helping you and cheering you along. Keep in mind that what you will gain by breaking free from your comfort zone will easily outweigh any discomfort. ●

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



To the Moon and Back

An Emirati to be on board the Virgin Galactic's first commercial flight into space.



VIRGIN GALACTIC

If you are an Emirati, and a space buff, you might just be in for the ride of your life. Aabar Investments and Virgin Galactic are offering one lucky Emirati to win a seat on board SpaceShipTwo's virgin commercial flight into space through a competition. Details of the competition are yet to be revealed, but in the meanwhile, all space aficionados have something to look forward to.

Aabar Investments is an Abu Dhabi based company that holds a minor – but influential – share in Richard Branson's Virgin Galactic, that will start commercial space flights towards the end of 2014. Virgin Galactic CEO and President George Whitesides said that it “is an ideal way for us all to give something back to the community of the UAE. Without the support of Aabar Investments, this programme would not be where it is today. We are on the precipice of achieving our first goal — our first flight to space — which is expected to take place later

this year,” Whitesides said.

The maiden flight of the spaceship will take place on Christmas Day this year, with Branson and his family on board for the first mission. After this, SpaceShipTwo will officially start its commercial space flights.

“As the world's first spaceline gathers momentum, we'll pursue initiatives that will allow anyone the chance to experience space. For example, we will see the first series of our reality television programme,” he said. Already, Space Run, a reality show featuring the contestants in their race to win the seats is on the cards, with Mark Burnett signed up to create the show.

Celebrities including Brad Pitt, Tom Hanks, Katy Perry and Justin Timberlake have already signed up for a ride into space on SpaceShipTwo.

A spaceport in Abu Dhabi is on the cards for Aabar Investments with the collaboration of Virgin Galactic and will be opened in 2016. ●



RICHARD BRANSON


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Sunsilk shampoo 400ml + 180ml x2

Dhs 25.50
13.50

شامبو/مستحلكة بانتهن ٤٠٠ مل + مشد ٢٠٠ مل
Pantene shampoo 400ml + conditioner 200ml



Dhs 12.25
8.25

٦ PCS
لوح صابون (جوجون) ١٢٥ جم
Jergens soap 125g

Dhs 20.50
12.50

٤ PCS
لوح صابون ديتول ١٢٥ جم
Dettol soap bar assorted 120g



Dhs 20.50
11.50

٤ PCS
معجون أسنان (مكافحة التسوس) (سيفتال) ١٢٠ مل
Signal toothpaste cavity fighter 120ml

Dhs 76.50
44.75

٣ PCS
المسول الفم (مستحيز) ٥٠٠ مل
Listerine mouthwash assorted 500ml



Dhs 59.50
39.50

١٠ PCS
كريم إشراق (بوندس) ٥٠ مل
أو كريم الليل ٥٠ مل
Pond's gold radiance day cream 50ml or night repair cream 50ml

Dhs 92.75

كريم إشراق (أوليف) ٥٠ مل
+ كريم الليل ٥٠ مل + غسول الوجه ١٥٠ مل
Olay day cream 50ml + night cream 50ml + face wash 150ml

Dhs 99.75
49.75

كريم شد البشرة للشمار (ل'ورال) ٥٠ مل
+ كريم الليل ٥٠ مل
L'Oréal revitalift day cream 50ml + night cream 50ml

Dhs 156.75
86.75

كريم شد البشرة للشمار (ل'ورال) ٥٠ مل
+ كريم الليل ٥٠ مل
L'Oréal revitalift laser day cream 50ml + night cream 50ml



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Dhs 21.50
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لوشن الجسم الكول-كول 600مل assorted
Cool & Cool body lotion 600ml assorted



Dhs 34.25
2 PCS **21.25**
لوشن الجسم الجوجن-4 مل
Jergens body lotion 400ml



Dhs 38.75
2 PCS **26.75**
لوشن الجسم النيفيا-4 مل
Nivea body lotion 400ml



Dhs 26.75
2 PCS **19.75**
لوشن الجسم الكول-كول 600مل assorted
Always sanitary napkins large 30's

Dhs 46.50
3 PCS **26.50**
لوشن الجسم الكول-كول 600مل assorted
Carefree pantyliner 34's



Dhs 18.50
Dhs **12.50**
لوشن الجسم الكول-كول 600مل assorted
Dove body silk 300ml



Dhs 35.75
3 PCS **19.75**
لوشن الجسم الكول-كول 600مل assorted
Nivea shower gel 250ml

Dhs 79.75
Dhs **59.75**
لوشن الجسم الكول-كول 600مل assorted
Gillette proglide styler razor



Dhs 24.25
2 PCS **15.75**
لوشن الجسم الكول-كول 600مل assorted
Dove beauty cream 250ml



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FASHION NEWS

Victoria's Secret show going to London

The ladies of London will be getting ready to dust off their angel wings in preparation for the Victoria's Secret show landing this year.

The models themselves confirmed the news at the brands Bond street flagship store earlier last week, they quoted "The city is a natural choice for us" in which to stage the international catwalk phenomenon that is watched with startling eyes by millions across the world.

Adrianna was quoted as saying "London is the centre of fashion around the world".

While the organizers are keeping a firm lip on most details surrounding the show and themes they did tell us that the venue would be held at Earls Court on the 2nd of December, and that a certain major British model would also be gracing the stage. It doesn't really take a genius to figure out just who that model may be AHM... Cara Delevingne!



You don't have to be a fashionista to notice Cara is the model of the moment but being British myself I can't help beaming from the seams with excitement. I have watched the Victoria's Secret catwalk in awe since way back when Adriana was just a teen. Watching it now is like watching a show in the West End.

I for one will be dusting off my wings, December can't come sooner.



ALESSANDRA AMBROSIO

VANESSA HUDGENS



CAPTIONS HERE PLS



MICHAEL POLISH & KATE BOSWORTH

Festival style

Festival season is upon us. The only rule? **Anything goes.** From boho floral dresses, to crazy t-shirts and cut-offs.

The original festival frontiers, women were all about freedom: expressing peace and love with flowing dresses and tresses, liberating their bodies and minds, bearing their bellies and weaving daisy-chain jewelry. These days, it's a slightly different story. Don't let the fringe fool you—Coachella is high fashion. But that doesn't mean it's any less authentic. After all, what could be more liberating than seeing some of your most idolized celebs wearing this year's must haves? These women go afieled in whatever they like. Talk about free spirits.

As Coachella kicks off the festival season we also have the likes of Field Day, LoveBox, Reading, Creamfields, Glastonbury and

plenty more to get ready for. So, use my top tips to create the perfect festival wardrobe this summer. If you don't have anything planned or you're not really into the whole festival thing, then don't worry, with a bit of tweaking, these looks can be suitable for casual Fridays, hanging at the beach or the park on a weekend. ●

Top 10 summer festival must haves

1. Crop top + skater skirt
2. The vintage kimono
3. Novelty prints
4. Flat form sandal
5. Fedora
6. Quirky sunglasses
7. Slogan tees
8. Tropical prints
9. Cut-out dresses
10. Crochet & lace



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Oscar-nominated director's Dublin-based festival will showcase the best cinema from North Africa and the Middle East and welcome the Egyptian icon as a guest of honour.

This month will see the start of DAFF (The Dublin Arabic film festival) it will be the first of its kind in Ireland, they will be screening feature films over a period of 4 days, as well as hosting exclusive talks with special guests at the light house cinema in Smithfield from the 8th of May to the 11th.

DAFF will celebrate guest of honour Omar Sharif's critically-acclaimed role in *Monsieur Ibrahim* with a special screening of the Golden Globe-nominated film on its opening night. The acting legend whose films include *Lawrence of*

Arabia, *Doctor Zhivago* and *Funny Girl*, will introduce the film directed by Francois Dupeyron, which tells the story of an unlikely friendship between a teenage boy and an elderly grocery store owner, played by Sharif himself. His presence is likely to prove a matchless experience from film fans from all over the world. Other special guests will also include Hany Abu-Assad, the Palestinian director of the Oscar-nominated films now and Omar; Nabil Ayouch, Ahmed Abdalla and Dr. Jim Swine.

With three Arabic films already been nominated at the recent awards,

the Arab film industry is rising in importance globally. DAFF will showcase some of the best feature films on offer and will also provide a departure from the stereotypical images of the region and the people that frequently appear in the western media.

The festival will appeal to both fans of Arabic films and cinema-goers previously unfamiliar with them; they have a great line-up of both new and old films, including *Horses of God*, *Rags & Tatters*, *They are Dogs* and *The lion of the desert*.

Amanda Burns, Tourism Ireland's General Manager - Asia Hub said:

"It is an exciting time for film in Ireland, with even more events, festivals and film making productions taking place throughout the island of Ireland. We are proud to support the DAFF and for Dublin to experience the best of cinema from the Arab world. DAFF will be an excellent platform for the exchange of ideas and traditions through film between Ireland and the Middle East, and it will be fascinating to see how the stories are received."

The intention is for DAFF to expand into a major cultural event in the future years, celebrating not just Arabic films, but also music, dance, art, food and much more. This will be the start to something great, be sure to not miss it. ●



Joe's got a secret

Small-town fry cook Odd Thomas (Anton Yelchin) is an ordinary guy with a paranormal secret: he sees dead people, everywhere. When a creepy stranger shows up with an entourage of ghostly bodachs - predators who feed on pain and portend mass destruction - Odd knows that his town is in serious trouble. Teaming up with his sweetheart Stormy (Addison Timlin) and the local sheriff (Willem Dafoe), Odd plunges into an epic battle of good vs. evil to try to stop a disaster of apocalyptic proportions. Based on the best-selling book by Dean Koontz, 'Odd Thomas' is a supernatural action thrill-ride from the acclaimed director of 'The Mummy' and 'G.I. Joe: Rise of the Cobra.'

Starring: Nicolas Cage, Tye Sheridan, Gary Poulter.

Written by: Larry Brown (novel), Gary Hawkins (screenplay).

The premiere screening of the film 'JOE' will be held at 9pm at Grand Cinemas (Ibn Batutta mall), on May 6, 2014. The film will be officially released in the UAE on May 8, 2014. See the Read. Facebook page for details.



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 - 10:30, 12:00, 14:30, 15:00, 16:30, 18:00, 19:30, 21:00, 22:30, 00:00
Al Maharjan - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Brick Mansions - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50, 01:00
Captain America: The Winter Soldier - 21:20, 23:50
In The Blood - 19:00, 21:15, 23:30
Non-Stop - 13:00, 17:20, 21:40
Purani Jeans - 10:00, 12:40, 15:20, 18:00, 20:40, 23:30
Revolver Rani - 10:30, 13:10, 15:50, 18:30, 21:10, 23:50
Rio 2 - 10:50, 13:00, 15:10, 17:20
Snowpiercer - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
The Amazing Spider-Man 2 - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45
The Amazing Spider-Man 2 (3D) - 11:00, 13:45, 16:30, 19:15, 22:00, 00:45
The Bag Man - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 0:00
The Grand Budapest Hotel - 10:00, 14:40, 19:20, 00:00
The Other Woman - 12:20, 17:00, 21:40
Tinkerbell And The Pirate Fairy - 10:20, 12:00, 13:40, 15:20, 17:00
V/H/S - 19:30, 21:45, 00:00

Grand Megaplex - Ibn Battuta

2 States - 10:30, 12:00, 13:30, 15:00, 16:30, 18:00, 19:30, 21:00, 23:30, 00:00
Al Maharjan - 14:40, 19:20, 00:00
Brick Mansions - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50, 01:00
Captain America: The Winter Soldier - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Elle S'en Va - 18:30, 21:00, 23:30
Gangster - 11:30, 14:30, 17:30, 20:30, 23:30
Le Chemin De L'ecole - 19:00, 21:25, 23:50
Nee Enge En Anbe - 11:00, 14:00, 17:00, 20:00, 23:00
Non-Stop - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Purani Jeans - 10:00, 12:40, 15:20, 18:00, 20:40, 23:30
Revolver Rani - 12:00, 14:50, 17:40
Ring Master - 20:30, 23:40
Rio 2 - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
Snowpiercer - 10:30, 12:45, 15:00, 17:15,

19:30, 21:45, 00:00
Sur Le Chemin De L'ecole - 11:00, 13:30, 16:00
The Amazing Spider-Man 2 - 10:00, 11:45, 12:45, 14:30, 15:30, 17:15, 18:15, 20:00, 21:00, 22:45, 23:45, 01:30
The Amazing Spider-Man 2 (3D) - 10:45, 11:00, 13:30, 13:45, 16:15, 16:30, 19:00, 19:15, 21:45, 22:00, 00:30, 00:45
The Bag Man - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 0:00
The Grand Budapest Hotel - 16:30, 19:00, 21:20, 23:40
The Other Woman - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Tinkerbell And The Pirate Fairy - 10:40, 12:20, 14:00, 15:40, 17:20
Tracks - 10:00, 12:20, 17:00, 21:40
Valley Of The Lost Ants - 10:30, 12:30, 14:30
V/H/S - 19:00, 21:25, 23:50

Grand Cinemas - Festival City

2 States - 10:30, 13:30, 16:30, 19:30, 22:30, 23:20
Al Maharjan - 10:50, 15:10, 19:30, 23:50
Brick Mansions - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50, 01:00
Captain America: The Winter Soldier - 19:00, 21:30, 00:00
Non-Stop - 13:00, 17:20, 21:40
Rio 2 - 10:20, 12:30, 14:40, 16:50, 19:00, 21:10
Snowpiercer - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
The Amazing Spider-Man 2 - 10:00, 10:45, 12:45, 13:30, 15:30, 16:15, 18:15, 19:00, 21:00, 21:45, 23:45, 00:30
The Amazing Spider-Man 2 (3D) - 11:00, 13:45, 16:30, 19:15, 22:00, 00:45
The Bag Man - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 0:00
The Grand Budapest Hotel - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
The Other Woman - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Tinkerbell And The Pirate Fairy - 10:40, 12:20, 14:00, 15:40, 17:20

Grand Cinecity - Al Ghurair

2 States - 10:00, 13:00, 16:00
Brick Mansions - 15:10, 17:40, 19:40, 21:40, 23:40
Gangster - 18:30, 21:10, 23:50
In The Blood - 11:00, 13:10, 15:20, 17:30,

19:40, 21:50, 00:00
Kaanchi - 10:00, 12:50, 15:40, 18:30, 21:20, 00:10
Nee Enge En Anbe - 19:00, 21:40, 00:20
Purani Jeans - 10:00, 12:40, 15:20, 18:00, 20:40, 23:30
The Amazing Spider-Man 2 - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45
The Amazing Spider-Man 2 (3D) - 11:00, 13:45, 16:30, 19:15, 22:00, 00:45
The Bag Man - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
The Other Woman - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Revolver Rani - 10:30, 13:10, 15:50, 18:30, 21:10, 23:50
Ring Master - 12:30, 15:30
Rio 2 - 11:00, 13:00, 15:00
Snowpiercer - 17:15, 19:30, 21:45, 00:00
Tinkerbell And The Pirate Fairy - 10:20, 12:00, 13:40

Reel Cinemas - Dubai Mall

Brick Mansions - 11:35, 15:40, 19:45, 23:50, 01:45
Captain America: The Winter Soldier - 13:10, 17:40, 00:10
Captain America: The Winter Soldier (3D) - 15:55, 21:25
In The Blood - 13:30, 17:35, 21:40
Purani Jeans - 13:55, 16:45, 19:35, 22:25, 01:15
The Amazing Spider-Man 2 - 11:10, 11:50, 12:30, 14:00, 14:40, 15:20, 16:50, 17:30, 18:10, 19:40, 20:20, 21:00, 22:30, 23:10, 23:50, 01:20, 02:00, 02:35
The Amazing Spider-Man 2 (3D) - 13:00, 15:50, 18:40, 21:30, 00:20
The Bag Man - 11:30, 13:45, 16:05, 18:25, 20:45, 23:50, 01:25
The Grand Budapest Hotel - 11:55
The Other Woman - 11:20, 13:40, 16:00, 18:20, 20:40, 23:00, 01:20
Rio 2 - 11:45
Snowpiercer - 14:00, 16:20, 18:40, 21:00, 23:20, 01:35

Reel Cinemas - Marina Mall

The Amazing Spider-Man 2 - 13:00, 15:50, 16:40, 21:30, 22:25, 00:20, 01:10
The Amazing Spider-Man 2 (3D) - 12:05, 14:55, 17:45, 20:35, 23:25
The Grand Budapest Hotel - 16:50, 21:30
The Other Woman - 12:30, 14:50, 17:10,



19:30, 21:50, 00:10
Tracks - 11:25, 15:55, 20:20, 22:40
Rio 2 - 12:55, 16:40, 20:25
Tinkerbell And The Pirate Fairy - 11:10, 14:55, 18:40
Tinkerbell And The Pirate Fairy (3D) - 12:55, 16:25
Transcendence - 11:50, 14:20, 19:00, 23:40

Reel Cinemas - The Beach

Brick Mansions - 11:35, 15:40, 19:45, 23:50, 01:45
Captain America: The Winter Soldier - 13:00, 17:50, 22:40
Captain America: The Winter Soldier (3D) - 15:55, 21:25
In The Blood - 13:30, 17:35, 21:40
Non-Stop - 15:40, 20:30
Purani Jeans - 13:55, 16:45, 19:35, 22:25, 01:15
The Amazing Spider-Man 2 - 12:05, 14:55, 16:00, 19:00, 22:00, 01:00
The Amazing Spider-Man 2 (3D) - 13:05, 15:55, 17:00, 18:45, 20:00, 21:35, 23:00
The Bag Man - 13:20, 15:40, 18:20, 22:40, 01:00
The Grand Budapest Hotel - 11:55
The Other Woman - 16:30, 19:30, 22:30, 01:10
Tinkerbell and the Pirate Fairy - 12:10, 16:05, 20:00
Rio 2 (3D) - 13:55, 17:50, 21:45
Snowpiercer - 14:00, 16:20, 18:40, 21:00, 23:20, 01:35
Transcendence - 12:30, 15:00, 17:30, 20:00, 22:30, 01:00

Vox Cinemas - Deira City Centre

2 States - 11:15, 14:00, 17:00, 20:00, 23:00
Captain America 2: The Winter Soldier - 10:45, 20:15, 23:15
Divergent - 13:45
Divergent My VOX - 21:30
Gangster - 11:15, 14:15, 17:15, 20:15, 23:15
Nee Enge En Anbe - 14:00, 20:00
Purani Jeans - 11:00, 17:00, 23:00
Rio 2 - 10:15, 12:30, 14:45
Rio 2(3D) - 11:15, 13:30, 15:45, 18:00, 20:15, 23:15
Rio 2(3D) My VOX - 10:15, 12:30, 14:45, 17:00, 19:15
Revolver Rani - 11:30, 14:30, 17:30, 20:30, 23:30
The Amazing Spider-Man 2 - 10:00, 13:00, 16:00, 19:00, 22:00, 01:00
The Amazing Spider-Man 2 (3D) - 12:00, 15:00, 18:00, 21:00, 00:00
The Amazing Spider-Man 2 (3D) MAX - 11:00, 14:00, 17:00, 20:00, 23:00
The Amazing Spider-Man 2 (4D) - 11:30, 14:30, 17:30, 20:30, 23:30
The Other Woman - 10:45, 13:15, 15:45, 18:15, 20:45, 23:15

The Other Woman MyVOX - 0:30
Transcendence - 16:45, 19:15, 21:45, 0:15

Vox Cinemas - Mall of the Emirates

2 States - 0:45
Captain America 2: The Winter Soldier - 11:00, 11:15, 15:10, 18:00
Captain America 2: The Winter Soldier (3D) - 20:45
Divergent - 12:15, 15:15, 18:15, 21:15
Jss Priv School - 09:00, 10:30, 12:00
Mr. Peabody and Sherman - 10:10, 12:20, 14:30
Rio 2 - 10:45, 13:00
Rio 2 (3D) - 09:45, 12:00, 14:15, 16:30, 18:45, 21:00, 23:15
Snowpiercer - 21:00, 23:45
Spring Dales - 10:30
The Amazing Spider-Man 2 - 12:30, 15:30, 18:30, 21:30, 0:30
The Amazing Spider-Man 2 (3D) - 10:15, 11:45, 13:15, 14:45, 16:15, 17:45, 19:15, 20:45, 22:15, 23:45, 01:15
The Amazing Spider-Man 2 (3D) MAX - 11:00, 14:00, 17:00, 20:00, 23:00
The Amazing Spider-Man 2 VOX GOLD - 11:45, 14:45, 17:45, 20:45, 23:45
The Amazing Spider-Man 2 (3D) VOX GOLD - 10:45, 13:45, 16:45, 19:45, 22:45
The Bag Man - 10:45, 13:15, 15:45, 18:15, 20:45, 23:15, 0:15
The Grand Budapest Hotel - 09:45, 12:00, 14:15, 16:30, 18:45, 21:00, 23:15
The Lego Movie - 10:45, 13:00
The Other Woman - 11:00, 13:30, 16:00, 18:30, 21:15, 22:30, 23:45
Tinkerbell and the Pirate Fairy - 10:30, 12:20, 14:15, 16:10, 18:00
Transcendence - 14:00, 16:30, 19:00, 21:30, 0:00

Vox Cinemas - Mirdif City Centre

Captain America 2: The Winter Soldier (3D) - 10:30, 16:15
Rio 2 - 10:00, 12:15, 14:30, 16:45
Rio 2 (3D) - 11:00, 13:15, 15:30, 17:45, 20:00
Snowpiercer - 10:15, 0:45
The Amazing Spider-Man 2 - 10:00, 13:00, 16:00, 19:00, 22:00, 01:00
The Amazing Spider-Man 2 (3D) - 12:00, 15:00, 18:00, 21:00, 00:00
The Amazing Spider-Man 2 (3D) MAX - 11:00, 14:00, 17:00, 20:00, 23:00
The Amazing Spider-Man 2 (3D) VOX GOLD - 11:15, 14:15, 17:15, 20:15, 23:15
The Amazing Spider-Man 2 VOX GOLD - 11:45, 14:45, 17:45, 20:45, 23:45
The Amazing Spider-Man 2 (4D) - 10:30, 13:30, 16:30, 19:30, 22:30
The Bag Man - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
The Other Woman - 11:30, 14:00, 16:30, 19:00, 21:30, 23:45
Tinkerbell and the Pirate Fairy - 09:45, 11:40, 13:30, 15:20, 17:10
Transcendence - 13:30, 19:15, 22:00, 00:30



Hollywood News

Band of brothers

Paul Walker's brothers Caleb and Cody will be filling in their brother's role to complete *Fast and Furious 7* and have now arrived in Abu Dhabi for the filming that was put on hold after the sudden death of Paul Walker in November.



Depp's woes

For Johnny Depp things seem to be going from bad to worse. His latest film *Transcendence* bombed at the box office summing just \$11.5 million during its first weekend runs. This marks Depp's worst ever feature showing. Other major flops in recent times include *The Rum Diary*, *Dark Shadows* and *The Lone Ranger*.



Tight lipped Julia opens up

For the first time since the death of her sister, Julia Roberts has opened up about the subject in an interview. "It's just heartbreak," Julia said about losing her half-sister Nancy Motes aged 37. "There aren't words to explain what any of us have been through... It's hour by hour some days, but you just keep looking ahead," Julia said.

The Oscar winner actress had been subjected to widespread criticism and slander for having abandoning her sister and causing her grief during her last months. Julia, however, chose to remain tight-lipped about the backlash and did not respond. She chose instead to surround herself with loved ones.

"You don't want anything bad to happen to anyone, but there are so many tragic, painful, inexplicable things in the world. But [as with] any situation of challenge and despair, we must find a way, as a family. It's so hard to formulate a sentence about it outside the weepy huddle of my family," she said.

"Meditation or chanting or any of those things can be so joyous and also very quieting," Julia said.



The chef and the gentleman

It has been reported that Richard Gere's latest lady love is Padma Lakshmi, an Indian born cookbook author and television personality. Gere, who is in the midst of a divorce from his wife of 11 years Carey Lowell, is filming *Time of out of Mind* these days.



Bollywood News

Shocks and selfies at IIFAs

Aptly termed the 'Oscars' of Bollywood, the IIFA awards this year featured numerous firsts. It was the first time the awards were conducted in the US, taking Bollywood fans in Tampa Bay, Florida, by storm. Another first was the selfie mania that hit B-town. There was a selfie booth on the green carpet, and, Shahid Kapoor reenacted the iconic Ellen DeGeneres selfie from the Oscars back in March. Talking of Shahid Kapoor and firsts, his past lady love, Kareen Kapoor Khan, said a polite "Hello Shahid" at the ceremony – the first verbal exchange after seven years of their breakup. Kevin Spacey danced – we're assuming for the first time – in a lungi with Bollywood beauty Deepika Padukone and John Travolta broke into an impromptu dance with Priyanka Chopra. Hosts Shahid Kapoor and Farhan Akhtar showed up dressed as pirates, and had the audience roaring with their punchy gimmicks. Plenty of firsts during this edition of IIFAs!



Deepika praises Rajinikanth's simplicity

Actress Deepika Padukone, who will be seen in Rajinikanth starrer 'Kochadaiyaan', admires the southern superstar's simplicity, humbleness and enthusiasm for his work. "I loved the whole experience of being with him. I take back with me Rajini sir's simplicity and humbleness," Deepika said. "After working for so many years, his enthusiasm towards work hasn't changed. I admire him."



Regretful Rishi

Months after Abhinav Kashyap's *Besharam* bombed at the box office, Rishi Kapoor has recently admitted regret doing the film with wife Neetu Kappor and son Ranbir Kapoor. "It was

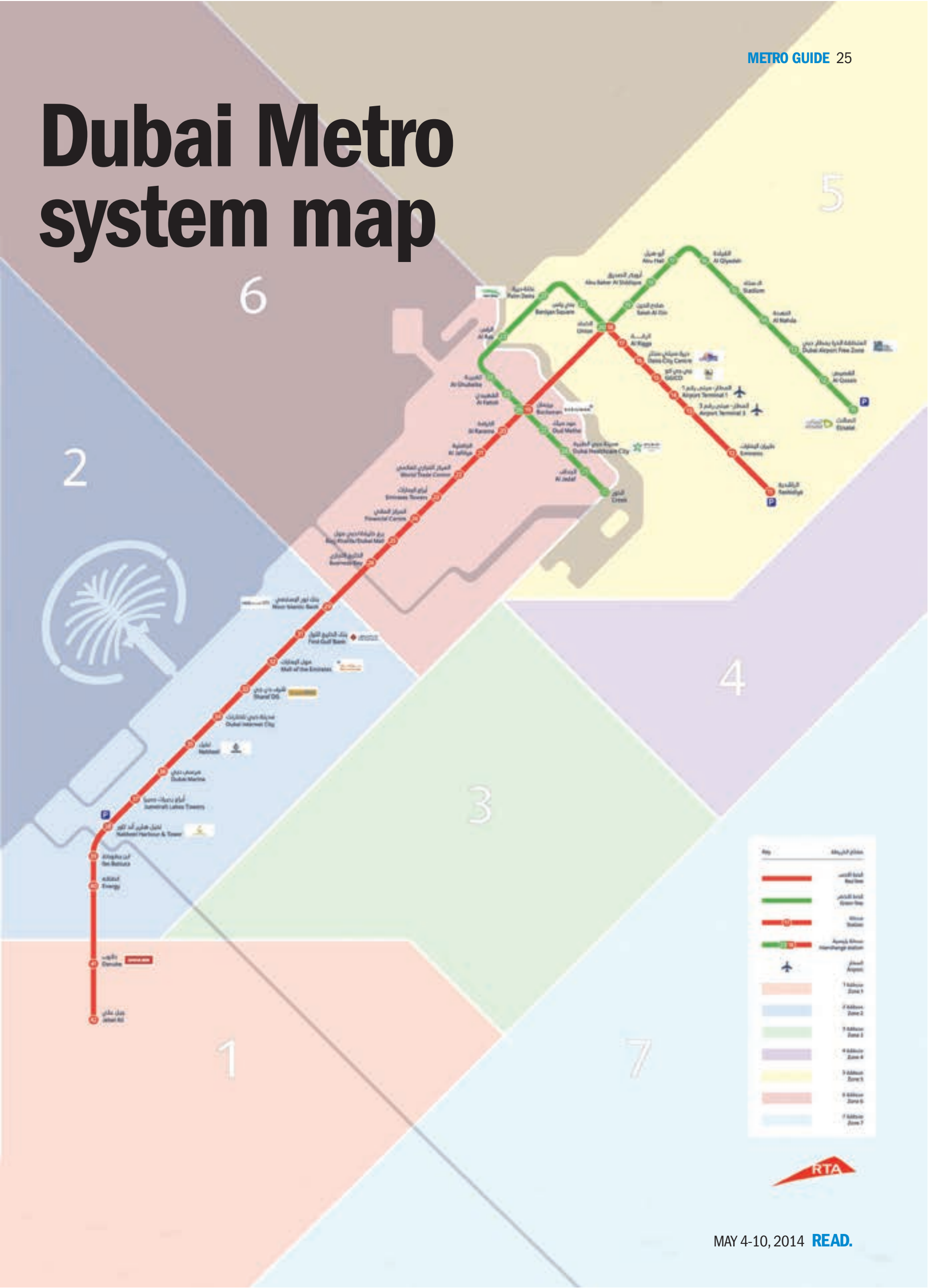
bloody disappointing. Neetu, Ranbir and I are all sorry we did that film. When Abhinav approached us, I thought it would be an entertaining film but it went terribly wrong," he noted.

Villain voiceover for Vivek Oberoi

Vivek Oberoi, will lend his voice for the Hindi dubbed version of *The Amazing Spider Man 2*. "The call from Sony Pictures was like a bolt from the blue. Someone saw my performance as Kaal and thought that I could do the voiceover for Jamie Foxx. It's a natural extension," he said.



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Filipino document controller on visit visa. Can join immediately. Please call 0501409460 or send an email to erwie_reyes@yahoo.com.ph.

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.

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.

Indian male, post graduate, seeks job in logistics and admin. Has 6 months experience in UAE. Call 05268972966 or send an email to

waseemasharaf@gmail.com.

Software Programmer with 2 Yrs Exp. in India specifically in Asp.Net C#, Sql Server 2005,2008,2010. on Visit Visa. Please Call 055-9927198 or mail. rahulviswan003@gmail.com

AUTOS

Honda civic, GCC 2011 model available for sale. In excellent condition. Fully automatic. Price Dh44,000. Bank loan will be arranged. No down payment. First payment is after four months. Call 0566234236.

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ACCOMMODATION

Bed space available for female executive. Located near Al Qusais Metro Station and Fortune Plaza Hotel. Monthly rent Dh800, Dewa and internet are included. Call 0504186356.

Bed space available for ladies. Located near Clock Tower dnata area. Near Al Rigga and Deira City centre. Monthly rent Dh750 including Dewa and internet. Call 0505975471.

Shared accommodation available. Big room for executive ladies or working couple. Bed spaces are also available. Located in Al Nahda, Sharjah, five minutes to Sahara Centre, Carrefour, and Lulu Hypermarket. Call 0506361519.

Room and partition available for Kabayan only. Located in Al Rashidiya area near metro station. Call 0554169708.

Room with separate bathroom

and kitchen available for executive bachelor. Located in Hor Al Anz, Deira. Call 0505285795, 0553590496.

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Al Tayer meets youth panels

RTA chief encourages visiting youth to diffuse public transport culture around the world and in Dubai.



AL TAYER WITH THE VISITING YOUTH AMBASSADORS

INITIATIVES

Mattar Al Tayer, Chairman of the Board and Executive Director of the Roads and Transport Authority (RTA), recently received members of the International Youth for Public Transport Foundation as well as members of the Dubai Youth for Public Transport (Y4PT). The youth act as ambassadors in raising awareness about the importance of public transport around the world and in Dubai.

The gathering was attended by Alain Flausch, Secretary General of the UITP; Mohammed Obaid Al Mulla, RTA Board Member and Chairman of the Higher Committee of the MENA Transport Congress and Exhibition; and Alessandra Gorini, Executive Director of the International Youth for Public Transport Foundation. Al Tayer wished the visiting youth members a pleasant stay in the UAE and invited them to benefit from their visit to the country by exploring the rich cultural, historical and urban potential found in abundance in the UAE, besides acquainting themselves with the RTA's experience in providing an integrated infrastructure for public transport systems. "The RTA has developed a master

integrated plan for uplifting public transport systems in Dubai emirate focused on raising the profile of Dubai as a pioneering city worldwide and a suitable, safe and sustainable place for living. The plan was put into action through a host of projects in the fields of rail, buses, marine transit modes, traffic systems and road networks. The Dubai Metro, comprising the Red and Green Lines, is the backbone of public transport in Dubai. The Metro ridership currently hovers around 450-500,000 riders per day, and Dubai is bracing itself for another quality addition to its rail network service offerings with the launch of the Dubai Tram project; the third project worldwide powered

"The RTA has developed a master integrated plan for uplifting public transport systems in Dubai"

by ground cabling system stretching all over the track, with no overhead cables involved to provide electric feed," said Al Tayer. "Public buses play a key role in providing mobility services to the population of the emirate with a fleet comprising 1,572 buses, including 347 articulated buses, and 170 double deckers. The RTA also operate marine transit modes consisting of

155 abras, 10 water buses, 10 water taxis, and 10 ferries; which play a vital role in the mobility of people in the emirate," noted Al Tayer. "These integrated public transport systems have contributed to doubling the share of public transport in the mobility of people from 6 per cent in 2006 to as much as 13 per cent in 2013, as the number of public transport riders rocketed from 163 million riders in 2006 to 440 million riders last year, and public transport ridership in the emirate has touched 1.2 million riders per day," explained Al Tayer.

Al Tayer expressed hope that the Y4PT Foundation, and the Dubai Y4PT will join hands in building a global environmental system for youth leaders who share common values, and who diffuse public transport culture. The 34 youth from 19 countries who attended the gathering with Al Tayer commended the RTA's initiative in inviting them to attend the events of the MENA Transport Congress & Exhibition 2014, stating that they were impressed with what they had seen in terms of a unique development pattern in Dubai, and hailed the public transport system provided by the RTA.



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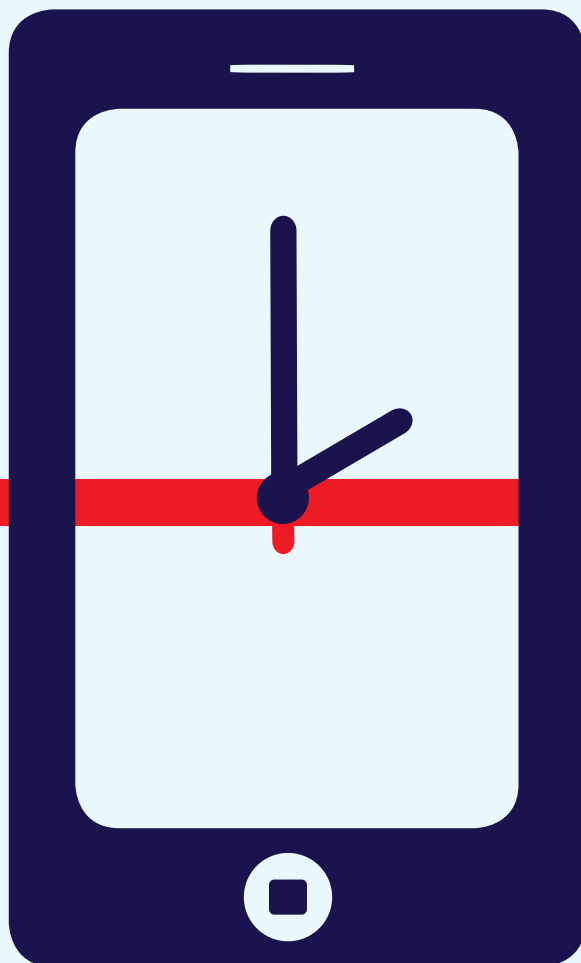
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**SPORT
SHORTS**

Golf: England's Simon Dyson is firmly in contention after the first round of the China Open. His five-under-par 67 gave him the joint lead with Spain's Alvaro Quiros. Dyson spoke to the European Tour, saying, "The first nine holes were the best I have played for quite some time."



Snooker: The 2014 World Snooker Championship is underway at the famous Crucible Theatre in Sheffield. Four-time champion John Higgins was dumped out in the first round by his good friend and fellow Scot Alan McManus after a 10-7 defeat. However the biggest shock of the first



round was reserved for Michael Wasley, the tournament debutant edging to a 10-9 victory over world number two Ding Junhui.

Basketball: The NBA is investigating whether Los Angeles Clippers owner Donald Sterling made racially insensitive comments in an audio recording obtained by TMZ. "The remarks



heard on the recording are disturbing and offensive, but at this time we have no further information," NBA executive vice president of communication Mike Bass said. He also said the league is conducting a "full investigation."

Giggs holds talks with reds chief



Geoffrey Chaucer was right of course; all good things must come to an end. Manchester United's stranglehold over English football was vice-like but the never ending narrative of sport means that there's never a happily-ever-after.

Spare a thought for David Moyes then; one of football's thoroughly good eggs who must have felt a little Tom Cruise such was his mission impossible.

He inherited a distinctly average team and ageing star players whose previous success existed on fragile foundations and their great leader, Sir Alex. He also inherited the worse thing of all; success.

In much the same way as cracks started to appear in the Labour party once their charismatic figurehead Tony Blair reluctantly handed over the keys to power, Moyes was merely cast into the shadows of his predecessor and never really emerged. The job was too big. Anything less

than silverware would have been classed as failure and in the footballing merry-go-round of the Premier League, a lack of European football proved costly.

The cracks that had been carefully papered over by one of the sport's all-time greats, wouldn't hold. They soon became exposed and the roof began to cave in.

Sir Alex must have known it was coming. He was like a captain abandoning the Titanic with foresight of a collision course that would engulf everything he had known to grow and love.

He'd steered the club for 27 years; he'd established its worldwide reputation, made its players global stars, expanded its fanbase and made Manchester a name forever synonymous with football.

Could he really bear to watch as the chandeliers began to fall from the ceiling? Moyes was the one who he felt could stem the flow but it was

only a matter of time before the force of the water became unstoppable.

Moyes, in truth, never had time to catch his breath before the next wave. In his heart of hearts, Ferguson must have known that.

As one footballing empire falters, another former power, Liverpool, has emerged from the shadows which its great rival cast many moons ago.

Despite a slip-up in their recent 2-0 loss to Mourinho's Chelsea there's no doubt they're remain a key ingredient to one of the tastiest titles races in years.

It's a two horse, perhaps even a three horse race, as we enter the final furlong. Whether there's a photo finish remains to be seen - Steven Gerrard's slip could yet prove to be the costliest move of his illustrious career.

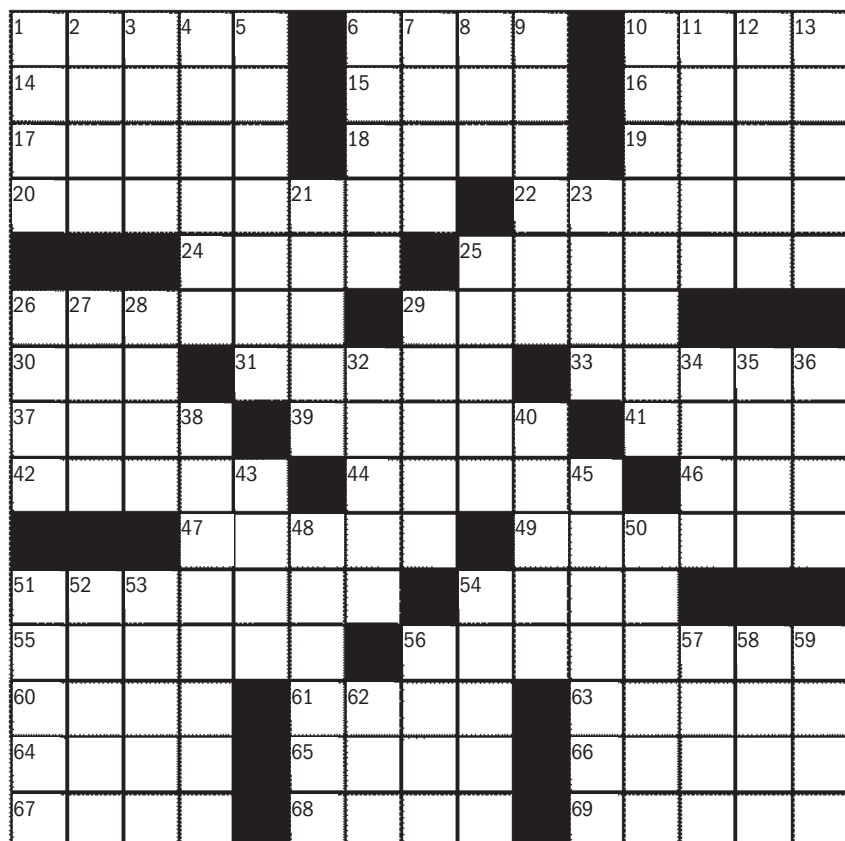
Perhaps then, when it's all said and done, there may be a title heading to Manchester after all with one half of the city ready to rub salt into a gaping wound.

Nadal goes through the third round

Rafael Nadal is through to the third round of the Barcelona Open, bouncing back from his shock exit in the recent Monte Carlo Masters event. He defeated fellow Spaniard Albert Ramos 7-6, 6-4 and now faces Croat Ivan Dodig.



Taking your time



Crossword

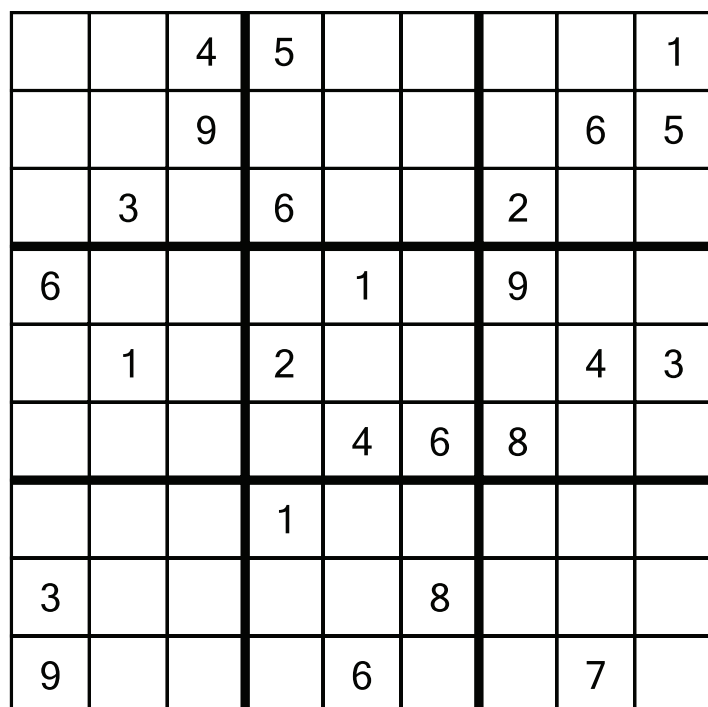
Across

1 Frock 6 One guilty of perjury 10 Corporals' superiors: abbr. 14 Spooky
15 "___ upon a time..." 16 Actor Stoltz 17 Rarin' to go 18 Small bills
19 Pepsi, for one 20 TV shows 22 Author James Fenimore ___ 24 All ___;
listening 25 Convent 26 Unsullied 29 Actress Sally 30 Head restraint
31 Bird of prey 33 Bread ingredient 37 ___-crazy; tired of being confined
39 Pesto or Hollandaise 41 Yahtzee cubes 42 Religious belief 44 Bleacher
levels 46 Actress West 47 Courted 49 Perches 51 Eight-armed sea
creature 54 Penniless 55 Need for water 56 Visitors from another planet
60 Female red deer 61 Carnival 63 TV's Mandel 64 Border 65 Doing
nothing 66 Vote into office 67 Donna or Rex 68 Foot digits 69 Classroom
furniture

Down

1 ___-dish apple pie 2 Fanny 3 Consequently 4 Lasting attacks 5
Notched, like a knife's edge 6 Weaving frames 7 Hostels 8 Highest spade
9 Save from danger 10 Immediately backed, as a proposal 11 Feel about
blindly 12 Roof layer 13 Frightening 21 Zones 23 Exclusively 25 Female
relative 26 Price 27 Detest 28 Related 29 Liquid 32 Microsoft's Bill
34 Intentions 35 "Get lost!" 36 Palmer's pegs 38 Said again, but
differently 40 Mistake 43 Surpasses 45 Comforted 48 Coordinated set of
clothes 50 Baltimore baseball player 51 Each ___; one another 52 Scold
53 Slight coloring 54 Removes skin, as from apples 56 5,280 feet 57
Astounds 58 Actor Nolte 59 Matching pairs 62 Fuss & bother

Sudoku



Spot the difference



ANSWERS

SUDOKU

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

CROSSWORD

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Healthy & wholesome

Here's our selection of some healthy recipes for a healthier and fitter you this summer.

Baked Sweet Potatoes & Beans

A super healthy supper that's perfect for a busy weeknight, try making double the beans and freezing for next time.

Calories: 724
Protein: 29g
Carbohydrates: 138g
Fat: 10g

Saturates: 1g
Fibre: 43g
Sugar: 43g
Salt: 0.7g

Ingredients

4 small sweet potatoes
1 tbsp smoked paprika,
plus extra to serve
1 tbsp olive oil
1 large onion, chopped
2 garlic cloves, crushed
1 tbsp brown sugar
1 tbsp red wine vinegar
Splash of Worcester sauce
2 x 400g can mixed beans in water,
drained
400g chopped tomatoes
4 tbsp light soured cream, to serve

Serves
4

the microwave on high for 8 minutes or until soft. Rub with one tsp of oil and some seasoning. Transfer to a baking tray, put in the oven for 15 minutes until crispy.

2. Meanwhile, make the beans. Cook the onion in the remaining oil until soft. Add the garlic, sugar, vinegar, Worcester sauce and the remaining paprika, and cook for a further 2 minutes until sticky. Tip in the beans, tomatoes and a splash of water, and simmer until the sweet potatoes are ready.

3. Serve the sweet potatoes with the beans on top, a dollop of soured cream and a pinch of paprika.



Method

1. Heat oven to 200C/gas mark 6. Pierce the sweet potatoes a few times with a fork, and then cook them in

Ultimate Fish Cakes

Fresh, tasty, quick and healthy!

Serves
4

Calories: 359
Protein: 29g
Carbohydrates: 36g
Fat: 12g

Saturates: 2g
Fibre: 2g
Sugar: 3g
Salt: 0.7g

Season well with salt and pepper.

4. Drain the fish, grind some pepper over it, and then flake into big chunks into the pan of potatoes. Using your hands, gently lift the fish and potatoes together so they just mix. You'll only need a couple of turns, or the fish will break up too much. Put to one side and cool.

5. Beat the egg on a large plate and lightly flour a board. Spread the breadcrumbs on a baking sheet. Divide the fish cake mixture into four. On the floured board, and with floured hands, carefully shape into four cakes, about 2.5cm thick. One by one, sit each cake in the egg, and brush over the top and the sides, so it's completely covered. Sit the cakes on the crumbs, patting all over. Transfer to a plate, cover and chill for 30 minutes.

6. Heat the oil in a frying pan. To test when ready drop a piece of dry breadcrumbs in-if it sizzles and quickly turns golden brown, it's ready to use. Fry the fish cakes over medium heat for about 5 minutes or until golden. Serve with the rest of the sauce, use the lemon to squeeze over the watercress.



1 small shallot, finely chopped
1 tsp flat leaf parsley, finely chopped

For the fish cakes

450g skinned cod or haddock fillet,
from a sustainable source
2 bay leaves
150ml milk
350g potatoes
½ tsp finely grated lemon zest
1 tbsp fresh white flat leaf parsley,
chopped
1 tbsp snipped chives
1 egg
Flour, for shaping
85g fresh white breadcrumbs,
preferably a day or two old
3-4 tbsp olive oil, for shallow frying
Lemon wedges and watercress, to
serve

Method

1. Mix all the sauce ingredients together. Set aside. Lay the fish and bay leaves in a frying pan. Pour over the milk and 150ml of water. Cover,

bring to the boil, then lower the heat and simmer for 4 minutes. Take off the heat and let stand, covered, for 10 minutes to gently finish cooking the fish.

2. Meanwhile, peel and chop the potatoes into even-sized chunks. Put them in a saucepan and just cover with boiling water. Add a pinch of salt, bring back to the boil and simmer for 10 minutes or until tender, but not broken up.

3. Lift the fish out of the milk with a slotted spoon and put on a plate to cool. Drain the potatoes in a colander and leave for a minute. Tip them back into a hot pan on the lowest heat you can and let them dry out, mashing them with a fork and stirring so they don't stick. You should have a light, dry fluffy mash. Take off the heat and beat in 1 rounded tbsp. of the sauce, then the lemon zest, parsley and chives.

Ingredients

For the tartare sauce
125ml Mayonnaise
1 tbsp capers, roughly chopped
(rinsed and drained if salted)
1 tsp creamed horseradish
1 tsp Dijon mustard

What's in your stars?

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

ARIES

(MAR 21 - APR 20)

This is one of those extremely potent planetary days that is sure to rock your world for weeks to come, Aries. The Full Moon Lunar Eclipse arrives in your relationship zone to stir up any issues that have been conveniently tucked away.



TAURUS

(APR 21 - MAY 21)

A person may make a demand that would simply be impossible for you to fulfill. Make sure you tell them this from the outset. Agreeing to help out—when you know that you will be unable to—will only cause friction to grow between you.



GEMINI

(MAY 22 - JUN 21)

Your romantic world is about to turn completely upside down under today's ridiculously strong Full Moon Lunar Eclipse. Any lingering imbalance or lack of reciprocity (on either your end or that of your lover) will be glaringly obvious now.



CANCER

(JUN 22 - JUL 23)

The colossal Full Moon Lunar eclipse has indeed arrived! You're feeling the impact most strongly at the base of your horoscope, Cancer. Issues with family, relatives or the past are up for review now. There is no point in trying to hide from the truth.



LEO

(JUL 24 - AUG 23)

The volcanic energy of this month's Full Moon Lunar Eclipse is peaking today. You'll experience this potent force most noticeably in the realm of communication. Don't be surprised if you find yourself blurting out a dramatic monologue to settle some old score.



VIRGO

(AUG 24 - SEP 23)

This is a day to lie as low as possible, Virgo. The Full Moon Lunar eclipse is here and it's no joke. Any issues of imbalance in your relationships and financial contracts with others are about to reach a fever pitch. You must be prepared for some upheaval.



LIBRA

(SEP 24 - OCT 23)

This is a day for the record books, Libra. The Full Moon Lunar Eclipse arrives in your stars to radically speed up change in life and love. If you suddenly feel like your world is full throttle with dramatic shifts, blame it on the Moon. By October, you won't even recognise yourself.



SCORPIO

(OCT 24 - NOV 22)

You may think you know what intense looks and feels like, but the astrological weather for April is sure to blow your mind. You'll be feeling the initial bit of this mayhem leading up to, when the Full Moon Lunar Eclipse hits you like a hurricane.



SAGITTARIUS

(NOV 23 - DEC 21)

Your long-term goals and friendships are in the midst of such an intense transformation that you may feel you can't keep up with the rapid speed. The Full Moon Lunar Eclipse is creating dramatic changes today, so all you can do is hang out and breathe deeply.



CAPRICORN

(DEC 22 - JAN 20)

The Full Moon Lunar Eclipse arrives at the top of your horoscope today, Capricorn. You've been feeling this pressure and potential mount for some time now; something in your professional world is on the verge of blowing up.



AQUARIUS

(JAN 21 - FEB 19)

Today's Full Moon Lunar Eclipse is not for the faint of heart. It might feel like bombs are going off in your world, but the stars are just resetting the balance point. Luckily your detached and observant nature will serve you well under such an intense influence.



PISCES

(FEB 20 - MAR 20)

The Full Moon Lunar Eclipse is sure to bring profound revelations and secrets. Don't be afraid to see something you've never wanted to look at before, Pisces. Facing the truth about anything that is out of balance will only make you that much stronger.



Read.

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This week's local weather

SUN



SUNNY
HIGH 36°C
LOW 27°C
HUMIDITY 44%

MON



SUNNY
HIGH 34°C
LOW 25°C
HUMIDITY 51%

TUE



SUNNY
HIGH 34°C
LOW 24°C
HUMIDITY 49%

WED



SUNNY
HIGH 35°C
LOW 27°C
HUMIDITY 41%

THU



SUNNY
HIGH 36°C
LOW 27°C
HUMIDITY 42%

FRI



CLOUDY
HIGH 36°C
LOW 28°C
HUMIDITY 43%

SAT



CLOUDY
HIGH 36°C
LOW 29°C
HUMIDITY 45%

THE ITALIAN

with garlic basil sauce

*limited
time*



**TASTES OF
THE WORLD**

Garlic and basil sauce, green shredded lettuce, red tomatoes, Emmental cheese and a Grand Chicken patty. Nothing screams Italia more than this trophy of deliciousness.



**FIFA WORLD CUP
Brasil**

official restaurant