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OCTOBER 13-19, 2013 | Issue 122

Read.



NO SWEAT STYLE

The most simple of items can make your wardrobe feel extra fashionable this fall, including the humble knitted sweater

THAILAND'S HIDDEN GEM



SMOOTH OPERATOR

Taking on the Germans at their own game is risky, can Lexus pull it off with the IS350?

SET FOR NEW SKILLS

A new website aims to help residents get back into the swing of learning and take up activities that appeal to them

•Going viral

Why it may be better to stay away from others when sick

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

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Letters

Email: letters@readme.ae

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

✉ WORKPLACE WOES

Scheming co-workers can be such a pain in the neck in any workplace. No matter how nice you try to be and keep your cool, they know what buttons to push to turn your day into a wreck and 'be on top of the competition' in a devious way. But thank you, *Read.*, for the tips when encountering these types of characters in the office. Let's see if I can make it work in my case.

Perry Colbert

✉ COST OF LIVING

It's hard to get by with a meagre salary in a city where the cost of living is high. Just imagine how some of us live with inhumane wages and no proper accommodation. This fact always hits me hard every time I drive through certain residential areas around Dubai

where apartments are at affordable rates (if you are working in an executive position and sharing with others, at least). You may admire the resiliency of people who live in such places to save money so they have enough left to send to their families, but they may also be sacrificing just too much.

Morris Holden



WATCH OUT AT WORK

Read. Poll

What is the right age to get married?

- 21-25
- 26-30
- 31-35
- Undecided

Cast your vote online at www.readme.ae

LAST READ. POLL RESULTS

What do you intend to buy at GITEX Shopper 2013?

Smartphone	32%
Tablet	16%
Camera	8%
TV	4%
Laptop	8%
Other gadgets/all of the above	32%

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What's happening this week on readme.ae?

Make sure you check out our web site 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

The new iPhone 5S launched Apple's new fingerprint lock technology. While fingerprint scanning has been used within secure entry systems and other applications for years, the 5S has begun a new era for mobile phones. While it may offer extra security, it does have its downsides. Take a look at the pros and cons of using your pinky as a password.



MONDAY

Unfortunately, it seems to be that time of year again when many of Dubai's residents start dropping like flies as the common cold strikes. Make sure your immune system is ready to do battle by following these helpful hints.



TUESDAY

After a hard day at work, an early night often seems like the best option. But your mattress could, in fact, harm your chances of a good night's sleep. Firm, soft, sprung or with its own memory, which type suits your needs?



WEDNESDAY

Most products, brands and places now show off their own tiny black and white checkerboard, which, when scanned, takes you directly to their website. But what exactly is a QR code?



THURSDAY

It was the series that defined the 1990s for many people across the globe and remains popular to this day. Look back at how *Friends* became one of television's biggest hits.



FRIDAY

The *Read*. Facebook page has been full of your opinions on our daily question. We find the best responses from our Facebook fans and bring you the answers that matter most to the people of Dubai.

Facebook chatter

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

(Responses only edited for length)

What is your biggest phobia and would you seek treatment for it?

My phobia is height.. Waaaa... Its so scary looking down from a high place.. Yet I'm planning to face it by going to "AT THE TOP".

— Leonard Bryan Quirit

Phobia of water which is why I am postponing my lessons to learn swimming.

— Richard D Souza

Phobia of closed doors. Not an intense one... but I get a little disturbed to open!

— Oli Murugavel

Other than simply shopping, what do you mainly visit the malls in Dubai for?

For entertainment like cinemas, cultural programs, games area for children, eating out on weekends.

— Sam Bay

I visit the malls to dine with family, to hang out with friends or to watch a movie or simply window-shop to check out the latest trends.

— Fatima Suhail



It's amazing in Dubai as there is a lot of entertainment, fun, excitement and thrill for all age groups. The numerous dining places are just awesome that satisfy all my taste buds. I can enjoy and experience everything around me.

— Merlin De Abreu

Movies and hangouts with friends.

— Janan Shi

Do you make time and maintain respect for your elders?

I always respect elders the same way I respect anyone, they are human beings! We all need to be treated with respect and dignity. When am on the bus, train or anywhere, I always give seat for anyone who seems to need it more than I.

— Arman Hossen

Our elders always give us love. It's



RESPECT YOUR ELDERS

our responsibility to give them respect. Always speak with them in low voice don't higher your voice if you agree or disagree with them. Even they are not open minded with the new world so always generation gap is matter, in this case we have to manage with them.

— Sana Naz M

I adore them and fulfill their all need Alhumdulillah.

— Rumana Raza

Five Star Billionaire

Tash Aw

BOOKS

As China's economy develops at remarkable pace, so too does the world's interest in the once shrouded country. Thankfully, Tash Aw helps outsiders to make some sense of it all with his cutting study of five central characters as they watch their lives changing in contemporary Shanghai.

A Malaysian and resident of London, Aw draws on his family background to relate the past with the thoroughly modern. So elegantly has he managed to distill real ingredients into what could so easily turn out to be caricatures that



Aw's work earned a place on the longlist of the Man Booker Prize, Britain's top literary award.

An amoral spa receptionist, a Justin Bieber wannabe, an ex-hippie businessperson, a troubled heir and a five-star billionaire in the flesh: the characters are rich in their traditions

as they struggle to reconcile age-old ideologies with everything-goes consumer modernity. Throughout, one thing rings true: that today's rules are unlikely to last until tomorrow.

If you like this, you could try...

Crazy Rich Asians by Kevin Kwan

How To Get Filthy Rich In Asia by Mohsin Hamid

The Ghost Bride by Yangsze Choo

Mechanical Bull

Artist Kings of Leon

Label RCA ★★★★★

ALBUM

The Followill family—AKA Kings of Leon—have rediscovered their sense of fun with *Mechanical Bull* in a return to form that has had both critics and fans raving.

Their knack of realising visceral rock grooves and soaring hooks, meshed together with lead singer Caleb's raw vocals takes their sixth album to Springsteen levels of folkly grandeur.

Impressive early albums up until 2008's stellar *Only By The Night*, which contained the Grammy winning *Use Somebody* and marked the Nashville fourpiece as one of the biggest bands of the last decade, gave way to a more subdued *Come Around Sundown* in 2010. The following year the Kings announced a hiatus.

Two years later, though, they have emerged apparently refreshed and



clearly with newfound enjoyment for their profession.

Although nowhere near as complex as the work produced by other similar Southern bands at the decade point in their careers, *Mechanical Bull* has a sound that is truer to Kings of Leon's nature than their last outing, and will no doubt become a classic.

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The learning curve

Why learning a new skill as an adult doesn't have to be daunting.



A NEW KIND OF LEARNING CURVE

Rather than run the risk of turning up to a class and being the only attendee, joining up for a course that turns out to be the complete opposite to what you expected, or – even worse – attending a class where the instructor doesn't even know what they're doing, The Curve allows users to search classes available in their area for free, compare prices, times, and user reviews, then book and pay online at any time of the day or night.

So, with the reassurance of tried-and-tested courses, an instructor-vetting system and even a loyalty rewards programme, perhaps it's time to push all previous excuses to one side and take the plunge into the pool of learning once again. As the people behind the The Curve state, the next time someone asks you "When did you last try something new?" there's no reason why your answer can't be, "Last week." ●

Throughout life, we are often faced with the term 'learning curve'. However, once we have completed our studies and moved into the workplace, this curve tends to naturally fall into more of a straight line for most, whereby the sole focus of future development is only within our chosen career.

However, many adults nowadays are realising that there is still plenty of opportunity to get their curve bending again, in a direction towards something that they may always wanted to do or perhaps even something completely new.

While your personal situation may not allow for a complete return to education in terms of a full-time degree or demanding open-learning course, taking up a new skill can be as simple as dedicating one evening per week to joining a class.

But, with so many options out there for the more popular classes, choosing the right class that suits all your needs can be difficult. With the transient nature of our city, no sooner can you find a suitable option

“Perhaps it's time to push all previous excuses to one side and take the plunge into the pool of learning once again.”

online than you turn up to attend and the facility has closed down. On top of this, there are many other questions that arise for those wanting to rejoin the learning loop, with “Can I afford it?” “Will I be the odd one out?” and “How can I be sure that the instructors are fully qualified?” being just a few examples.

Luckily, a new website for Dubai residents aims to solve these problems and get more adults involved with learning new skills. Basing its entire ethos on the 'learning curve' philosophy, The Curve (thecurve-me.com) is an online booking portal for adult education classes in Dubai.

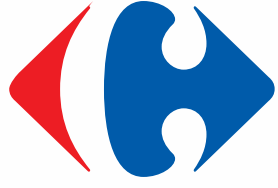
This one-stop shop for later-life learning provides a database of classes from all over the city in every domain, in an attempt to make sure that trying something new becomes

an easy and accessible option for all adults who want to challenge themselves and try something that may be outside of their comfort zone.



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Managers tend to worry most about high levels of sick leave among their teams. After

all, when an employee is unwell and away from the office, the work must still go on, and so the manager must arrange cover, deal with paperwork and make sure all work is carried out seamlessly for customers.

But what most people don't realise is that "sick presence" is an even bigger issue than sick leave, as it is usually more widespread and can lead to further instances of sickness when an illness is contagious. Sick presence often suggests there are issues with line managers' attitudes towards illness and sometimes even a problem with corporate culture.

In one study by British health insurance company AXA PPP, it was found that 45 per cent of employees self-reported one or more days of sickness presence over a four-week period, but over the same period only 18 per cent reported one or more days of sickness absence.

Employees with more sickness presence days reported higher levels of anxiety and lower levels of psychological well-being, not least because those with fewer days of sickness presence reported the converse.

Did you know?

One study, by CareerBuilder, into excuses for calling in sick included: "I got sunburned and now can't wear clothes"; "My mom said I was not allowed to go to work today"; "I was injured chasing a seagull"; and "A random person threw poison ivy in my face and now I have a rash."

Beware of presenteeism

Why experts say it is better for staff to call in sick rather than to go to work when they are suffering.

A CONTAGIOUS CAREER CHOICE?



“The fact that an unwell employee isn't functioning at 100 per cent will usually impact the employer.”

According to some recent studies, the total cost of presenteeism to American employers falls anywhere between \$150 billion to \$250 billion each year, and those costs are on the rise as presenteeism becomes more frequent in tight economic times, when employees feel less secure about their employment and feel they must continue to perform even while feeling unwell.

But instead of penalising their staff for being sick, Cooper argues that employers should, in fact, recognise the knock-on effect of them working and appreciate that they might need time at home.

Aside from contagious illnesses spreading through an office and causing widespread absenteeism, the fact that an unwell employee isn't functioning at 100 per cent will usually impact the employer, through lower quality work, poor customer service and greater likelihood of injury when it comes to manual work. And those who do continue to go to work when they are sick usually take longer to recover, and often suffer from morale issues.

To solve any issues from presenteeism, Cooper recommends that employers go over their workplace policies to make sure there is nothing—either written or unwritten—to dissuade staff from taking time off when they need to recuperate.

They should also offer telecommuting positions so the unwell staff member can work from bed, if need be. And also, a corporate culture should train and empower staff to work across a number of roles, so that sick employees know that the office won't completely stop working without them. ●

As a result, the researchers concluded that higher sickness presence overall signals poorer employee health and well-being.

Like many modern phenomena, this has a name. The term "presenteeism" was coined by Cary Cooper, a psychologist who specialises in organisational management, who found its cost to employers and staff could be substantial.

DON'T SUFFER FOR THE SAKE OF A SICK DAY





Eid Mubarak

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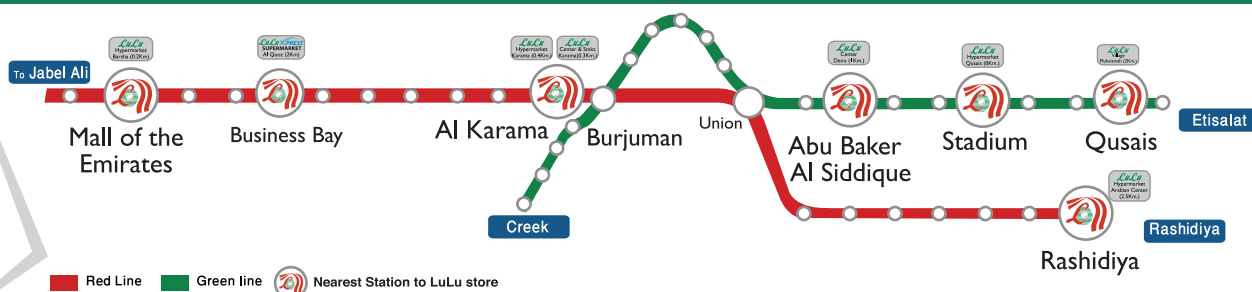
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TRAVEL NEWS

Eid Al Adha offers begin at Conrad Dubai

The Conrad Dubai is providing its guests with complimentary offers with no extra charges during the Eid Al Adha holidays. The five-star hotel's complimentary offers include high-speed internet access, a Dh200 voucher for use at one of the hotel's six bars and restaurants, and a bath master package that includes bath products, after-bath refreshments and an aromatherapy oil diffuser.



Besides the complimentary offers during the Eid Al Adha holidays, the hotel also has other offers that provide the best available rate for a sea view room including breakfast, a luxury welcome service, a bath master experience, a Dh200 food and beverage credit per room and complimentary in-room high-speed internet access. These offers are available until December 25, 2013.

Located alongside Sheikh Zayed Road, The Conrad Dubai hotel boasts dining and entertainment venues that combine flavour with local flair; examples which are the barbecue menu offered by the poolside of the Purobeach Urban Oasis, and the English delicacies served at the Marco Pierre White Grill.

Facilities in the hotel include the Executive Lounge that provides the use of a private meeting room; event spaces for meetings and weddings; a fitness centre with a yoga pavilion; a pool and a spa.

Children aged 12 years old and under stay for free when sharing a room with their parents. Children under six years old can dine for free while those aged six to 12 years old have a 50-per cent discount.



The Hollywood of Southeast Asia

Well-heeled and elegant, **Hua Hin** is Thailand's key royalty resort.

Most people think of Thailand's beaches as being on the Andaman Coast to the west, where its most famous resorts of Phuket and Koh Phangan are located. But while these are among Southeast Asia's most idyllic locations, it's worth bearing in mind the place that started it all, Hua Hin.

Located on the Gulf of Thailand, Thailand's original beach resort traces its royal roots in the 1920s, when the kings at the time would escape Bangkok for the summer to their beach residences in Hua Hin. Today, Bhumibol Adulyadej—known as Rama IX—still maintains a residence there known as Phra Ratchawang Klai Kangwon, which translates to the poetic "Palace Far From Worries".

Not only is Hua Hin different in location to Thailand's better-known resorts, it also contrasts in terms of its character, and is not a palm-fringed tropical island, like Koh Phi Phi. Instead, Hua Hin

Did you know?

One of Hua Hin's best known local products is *pha phim khommaphat*, a type of printed cotton that is sold by the metre. The finished product of the *khommaphat* print is colourful and can be turned into shirts, handkerchiefs, wraps, and even toy elephants or fish.

is a picturesque, cosmopolitan and characterful mix of city and beach.

Add to the blend some delightful markets, a wide range of tasty street food and 5km of wonderfully clean beaches, and it all adds up to

one of Thailand's least known (at least for visitors) gems.

The town and surrounding areas will especially appeal to those



THE QUAIN AND PRETTY RAILWAY STATION



who enjoy a touch of glamour in their choice of destination as wealthy Thais, along with local celebrities, models, musicians and film stars, flock to the resort for weekends and the summer season.

Wealthy locals and expats, too, retire to mansions in nearby gated communities, and as a result, the town has developed a high-end infrastructure of hotels, restaurants and tour services to cater for their visitors and for international tourists.

Golf has become extremely popular and the town is now home to several championship-standard courses, with more under construction. For many visitors, it provides an excellent golfing holiday with a difference.

And those who view Thailand as a backpacker haven, and so best to be avoided, will be pleased how Hua Hin is a gap-year wasteland, even though the town's upper-class feel isn't matched by the prices. Accommodation is available at all levels, the local seafood is quite wonderful and very affordable and transport is cheap.

Just two-and-a-half hours from Bangkok by car, Hua Hin proves there really is no reason to write off Thailand as a tourist trap just yet. ●

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الشروط والأحكام:

- نشاء المنتجات بكمية محدودة
- منتجات الحملة لا تباع بقطع منفردة
- العروض سارية حتى نفاذ الكمية
- الصور المعروضة للتوضيح فقط

NEWS ON WHEELS

New Toyota Yaris sedan cruises along highways in UAE

Al-Futtaim Motors, the exclusive distributor of Toyota in the UAE, has launched the new Yaris sedan. The new Yaris provides the lowest ownership and running costs in its segment. Making use of the new larger exterior dimensions, the sedan offers a design inspired by Toyota's 'vibrant clarity' theme. The front and rear designs offer a wide and unified stance to create the sedan's appearance.



The interior of the new sedan has an instrument panel covering the entire width of the cabin. The front and rear seat couple distance is increased by 10mm. New thin frames are developed for the front seats, increasing the knee clearance in the rear by 57mm. In line with the expanded vehicle size, the rear seat shoulder width is increased by 35mm while the cargo space is increased by 78mm. Other features in the interior include a steering wheel with built-in audio switches, a piano finish and moulded stitching.

Safety features highlighted in the new Yaris include driver and front-passenger airbags, an anti-lock braking system, brake assist and electronic brake force distribution. The new electronic power steering control fitted in the sedan provides feedback to the steering wheel, even in a near-neutral position.

The new Yaris is available in 1.5-litre and 1.3-litre engine options. The 1.3-litre option is available in the S entry model for Dh48,500, and the SE models from Dh51,900; whereas the 1.5-litre option is available in the SE entry model for Dh53,500, the SE+ model for Dh57,900 and the sport model for Dh56,900.

Smooth lines



Lexus decides to take on the Germans in their favourite playground with the IS350.

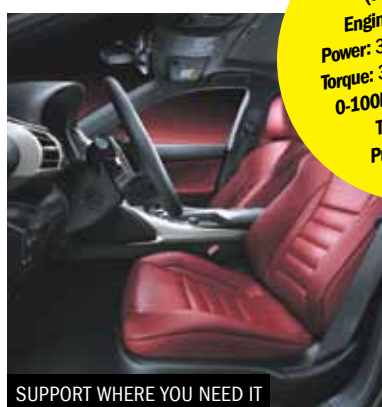
If you're going to pick a fight, it's probably best to avoid the three big guys with the big muscles sitting in the corner.

However, nobody seems to have told Lexus this, so the IS350 goes right up against the Audi A4, Mercedes C Class and BMW 3 Series. Luckily, the Lexus seems to have been working out at the local gym.

The exterior of the IS is by far its strongest argument. The designers seem to have been let loose by the accountants with this car. The front is a clever array of tight lines and the rear uses a sharp cut across the rear wing that shouldn't work, but somehow does. This is a seriously aggressive looking car, especially in this often staid category.

Inside though, the Lexus doesn't come close to its rivals. The design and feel of the dash simply isn't the same as the German cars Lexus are keen to emulate. But it's not all bad news. The seats are very supportive, plus the dash is well laid out and easy to read. The main infotainment controls are a bit tricky to operate due to the oddly floppy switch, but once you've got the hang of it, it's intuitive and fairly simple to navigate.

Popping open the boot you'll find a large load space and a low sill



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SPECS

(as tested)

Engine: 3.5litre V6

Power: 312hp@6,400rpm

Torque: 378Nm@4,800rpm

0-100km/h: 5.6 seconds

Top speed: n/a

Price: Dh190,000

The gearbox is excellent, even when you're pushing it hard and leaving the changes as late as the on-board computers will allow.

It's also nicely sprung, keeping everything smooth, while avoiding too much body roll. In a combination of bends, the IS works hard to make sure it offers the best of both worlds.

So how do you sum up the IS350? It's got a great exterior with a flick of design flair not normally found in this particular segment. It looks sportier than many of its rivals and has a power mill of an engine under the bonnet. Ultimately though, it's let down by its interior, which although perfectly acceptable, doesn't give that luxury feel its rivals are so good at. Considering you probably spend more time in your car than looking at it, that's something they'll need to address.

Granted, the IS350 is a bit of left-field choice, but in a sea of similar looking uber-saloons that may be a bonus. Add in that famous Japanese reliability and the people at Lexus just might be onto something. ●

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TECH NEWS

Transformer Book Trio ultraportable device launched

ASUS has launched the Transformer Book Trio, a new range of ultraportable device with a two-part dockable design that can be used by one person as a laptop, or by two people as a separate tablet and desktop PC. With the ability to switch between Windows 8 and Android at the press of a button, Transformer Book Trio offers unmatched three-in-one flexibility for users who want the best of all mobile worlds.



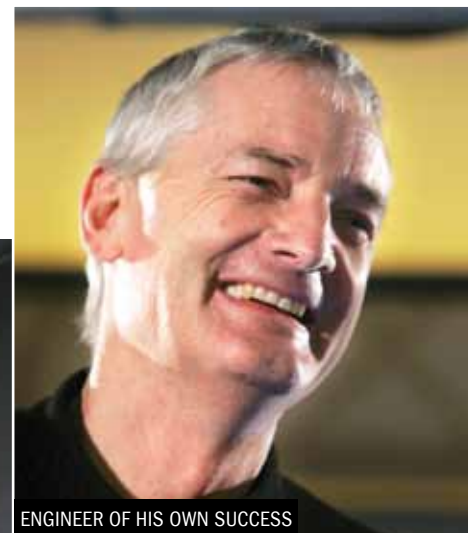
The Transformer Book Trio features a sleek and durable metallic design, and is powered by a 4th generation Intel Core processor for seamless multi-tasking performance and outstanding energy efficiency in Windows 8 laptop mode. When it is time for entertainment to take over from productivity, the 11.6-inch display detaches from the 'PC Station' keyboard dock for use as a multi-touch Android tablet with its own Intel Atom dual-core processor and up to 64GB of solid-state storage.

With the display docked, Transformer Book Trio can switch instantly between Windows 8 and Android 4.2 by pressing the dedicated 'Trio' key on the keyboard, with data shared between the two operating systems via the tablet's storage. With an external display connected via Mini DisplayPort or Micro-HDMI, the PC Station can be used as a self-contained desktop PC with Windows 8.

The Transformer Book Trio's 11.6-inch display features a crisp full-HD resolution with IPS technology for vibrant and accurate colour with wide 178-degree viewing angles.

The power of willpower

Inventor **James Dyson** is credited for his vacuum cleaner, but the British pioneer has given so much else to the world.



ENGINEER OF HIS OWN SUCCESS

Sir James Dyson's story is one of fierce determination and a sheer inability to give up.

The British inventor first began to show this quality at school where he excelled at cross-country running. He said of this time that he wasn't physically exceptional; rather, his absolute focus and willpower took him ahead of opponents who were fitter and faster, but lacked Dyson's resolve.

Today, he is best known for inventing the Dual Cyclone bagless vacuum cleaner, but this is just one of many inventions that have earned him an estimated net worth of \$4.8 billion.

An industrial designer by profession, he worked out that dust could

be removed by a process of industrial separation, and after being awarded the patent for the invention, he manufactured the vacuum himself after failing to find a buyer. Ironically, most of the companies who rejected Dyson's idea now see the Dual Cyclone outselling their products.

However, the vacuum is just one of the 66-year-old's many inventions. While he was still at art school in London, Dyson co-created the Sea Truck, a flat-hulled, high-speed watercraft that could land without a harbour or a jetty. Still in production today, the craft has sold millions since Dyson designed the first, back in 1970.

He also famously produced the Ballbarrow and Trolleyball, both using balls instead of wheels to

carry goods and replacing traditional wheelbarrows and trolleys.

Many public bathrooms in Dubai now feature the Dyson Airblade. Launched in 2006, this is a fast, hygienic hand dryer that uses a high-speed gust of air to dry the hands without having to touch any surfaces.

Explaining his philosophy towards inventing, Dyson draws on his running experience at school. "A lot of people give up when the world seems to be against them, but that's the point when you should push a little harder," he once said.

"It seems as though you can't carry on, but if you just get through the pain barrier, you'll see the end and be okay. Often, just around the corner is where the solution will happen."

Passionate about his work, Dyson set up a foundation in his name in 2002 to encourage and inspire the next generation of inventors. Bold innovation and continued inspiration have made James Dyson one of the technological pioneers of our day. ●

Problem products

One of Dyson's most notable flops was a washing machine, called the ContraRotator, in 2000. The contraption had two drums, which rotated in opposite directions. While there is no doubt it was effective, it was just too expensive to make and service, and soon went out of production.

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Mind and body

Finding your favourite form of mental relaxation can have many positive effects on your overall well-being.

For many of us, relaxation means hitting the mall for some retail therapy or lazing in front of the TV. However, there are healthier alternatives and ways to feel less stressed that don't involve raising your credit card bill and gaining weight.

Managing stress is the key to staying healthy. A variety of different relaxation techniques can help you bring your nervous system back into balance by producing a relaxation response. The right relaxation technique needs to be one that fits your lifestyle, and helps focus your mind. Luckily, with so many options out there, finding the key to your own relaxation might be easier than you first think.

Breathing meditation

Many meditations involve focusing on the breath. With its focus on deep breathing, breathing meditation is a simple yet powerful technique. The key to deep breathing is to breathe deeply from the abdomen, getting as much air as possible in your lungs. When you take deep breaths from the abdomen rather than shallow breaths from your upper chest, you inhale more oxygen. The more oxygen you get, the less tense, short of breath, and anxious you feel. The main function of breathing meditation is to strengthen mind concentration—breathing meditation allows one to better control the mind. When you slow down the breath, the thoughts racing through your mind will also slow down. Breathing meditation will allow you to obtain more balance in your life. Things that once angered you will not affect you as easily and will help you have a more positive outlook on life.

Sound healing with vocal toning

Toning in your own voice is a very powerful tool for self-healing, relaxation and helping to balance both your mind and your life experiences. Vocal toning is using your voice to express specific sounds that help you to release and balance depending upon the sounds and your intent. The vibratory sounds of single tones and vowel sounds is becoming a valuable tool for awakening people spiritually. Toning can bring relief from stress by bringing the brainwave frequencies into a state of 'alpha' helping you to feel calm.

Vocal toning can help shift your mental, emotional and thought processes as well as helping to improve your sleep, aid relaxation and help you to handle any stress in your daily life. Toning also expands the body's ability to breathe deeply, allowing the body more oxygen which helps to keep you healthy.

Qigong

Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. At a very basic level it has aspects of exercise and is used to cleanse, strengthen, and circulate the life energy (qi). Qigong practice leads to better health and vitality and a tranquil state of mind. It can be classified as martial, medical, or spiritual. The slow, gentle movements of most Qigong forms can be easily adapted for all physical abilities and can be practised by all ages. The gentle, rhythmic movements of Qigong reduce stress, build stamina, increase vitality, and enhance the immune system. It has also been found to improve cardiovascular, respiratory, circulatory, lymphatic and digestive functions.



Tibetan singing bowl

Singing bowls produce sounds that invokes a deep state of relaxation, which naturally assists one in entering into meditation. The bowls are used for deep relaxation, stress reduction and holistic healing. They are actually a type of bell known as a 'standing bell', played by either rubbing a mallet around the rim or striking the side of the bowl with the mallet. Sound has been shown to be a vital part of the healing process for cancer patients undergoing chemotherapy and its side effects, especially for pain relief management. The harmonic vibrations of the Tibetan

singing bowls engage the relaxation reflex and slow down the respiratory, brain and heart rate of a person, as well as disrupting the pain reflex to create a deep sense of well-being. It can help with healing the effects of chemotherapy, reducing pain and discomfort from fibromyalgia, chronic fatigue syndrome and depression.



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14th October : 10am - 10pm
15th October : 10am - 08pm

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Limited-edition offers at Bath & Body Works

Bath & Body Works has introduced the Sweet Peony Dream and Dahlia Rush feminine fragrances in its limited-edition collection. The collection includes Bath & Body Works' shower gel, body lotion and fine fragrance mist accompanied by a figurine-shaped shimmer mist.

The Sweet Peony Dream fragrance offers scents of tangerine and sugared honey blossoms, while the Dahlia Rush fragrance combines the scents of black dahlia petals, tonka bean and black pepper musk. The two fragrances are available in all Bath & Body Works stores.



Bath & Body Works offers a total of 170 fragrances, which are divided into eight categories: exotic, fruit, floral, fresh, citrus gourmand, woods and warm. The list of Bath & Body Works' fragrances can be seen at www.bathandbodyworks.com.

Natural ingredients are used in Bath & Body Works' products, including those for shower and bath, spa and aromatherapy, skin care, hand and foot care, and home fragrances. The products are available on Bath & Body Works' website, while some of them are only available in season. Bath & Body Works also provides gift certificates or gift packages for different occasions.

Bath & Body Works is a personal care products brand founded in the United States in 1990. The brand is owned by Limited Brands, the parent company of the brands Victoria's Secret, Pink, La Senza and Henri Bendel. Limited Brands operates more than 2,600 stores in the US, and its brands are sold in more than 680 locations around the world.

Fall favourites Statement sweaters

Make sure that you're looking stylish and snug this season in a sweater that makes a statement.

From classic cashmere to prints and colour-blocking, the sweater is one of our fall favourites. Whether you wear it tucked into a pencil skirt with a belt around your waist for a glamorous 1950s look or with leather leggings for an edgier style, the sweater will be your go-to piece for the upcoming fall season.

Try wearing a chunky oversized sweater or a loose version with denim shorts and ankle boots like Selena Gomez and Ashley Greene for a dressed-down look. Designers experimented this fall, pairing the sweater with everything from office wear to evening wear. Look out for cable-knit, ribbed and classic fine-knit sweaters. Wear them with either a pencil skirt or a flowing pleated skirt for a girly look. The mix of masculine sweaters with feminine skirts makes a casual look seem chic.



ASHLEY GREENE



SELENA GOMEZ

For the girls:



ASOS

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NEW LOOK



For the boys:



Graphic knitwear in bold colour combos and patterns has earned a place in every man's closet this fall. A simple sweater can take your casual look to the next level, so layer up with a cashmere sweater and pair with dapper brogues and tailored trousers.

A sweater worn under a blazer looks great especially if it has a quirky pattern. Opt for vintage styles that your granddad might wear—classic choices are a timeless option.



Cosy chic

The knitwear trend can also encompass the geography teacher's favourite—the cardigan. Look for chunky cardies with detail such as zippers instead of buttons, embroidered logos, and even elbow patches. The key to nailing the knitwear look is to choose an item that wouldn't look out of place on an elderly librarian. Knitwear is geek chic at its peak.

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Being perfectly prepared

Over-preparing your responses for a job interview could end up making the questions a lot harder to answer.

INTERVIEWS

The importance of preparing for a job interview cannot be underestimated. However, being too prepared can sometimes work against you. Over-preparation is an easy trap to fall into, particularly if you are keen on a job and want to give it your very best shot. Most recruiters hear those perfect answers over and over again and they can tell when someone has just memorised the whole thing and is repeating it from a book or an article. This doesn't mean that you should be under prepared, but sounding too idealistic may harm your chances of winning the interview. Akhtaboot presents some tips to help you overcome over-preparation when it comes to job interviews.

YOU RISK GIVING THE WRONG ANSWERS

Top interviewers are known for asking questions that are a challenge to prepare for beforehand. So all the efforts that you might put into coming up with perfect answers won't help you when you are surprised with an unusual question. Sticking too rigidly to the plan might lead to pushing you to repeat your memorised answers, or you might blank out and be left with no choice but to awkwardly pass on answering the question. Worst of all, you might come up with a wrong answer. Keep in mind that the best interviews feel more like conversations rather than examinations, that's why being preoccupied with what your next move is going to be might ruin the natural flow of the conversation.

YOU WON'T BE ABLE TO SHOW WHO YOU REALLY ARE

The basics of a good interview are obvious. Research the company and the job, practice answering the potential questions, give examples of previous work situations and dress the part to leave a great first impression. While finding a candidate who has the exact qualifications required might be relatively easy, finding the right candidate whose personality is also in-line with the company culture is much harder. It's highly important that you show a glimpse of



your true personality to allow interviewers to assess if you fit easily with the company culture. This is not only important for the company, but it has been proven that one of the top aspects of employee job satisfaction is how comfortable they are at work and with their colleagues.

FINDING THE RIGHT BALANCE

It's an obvious fact that candidates that take the extra care to prepare for a job interview and to learn about the company are considered excellent job candidates. Overly-prepared candidates also have this essential quality too, but they're also less likely to give the answers that will help the interviewee learn about the personal aspects of their ability to fill the role. An excellent way to go about this is to work hard on preparation up to 24 hours before the interview, and then stop. Let your unconscious process what you prepared. You will go into the interview feeling more confident and relaxed. Remember to leave yourself plenty of room for the things that might occur in the moment. Be flexible, be genuine, and most importantly, be human; admit you're not perfect. ●

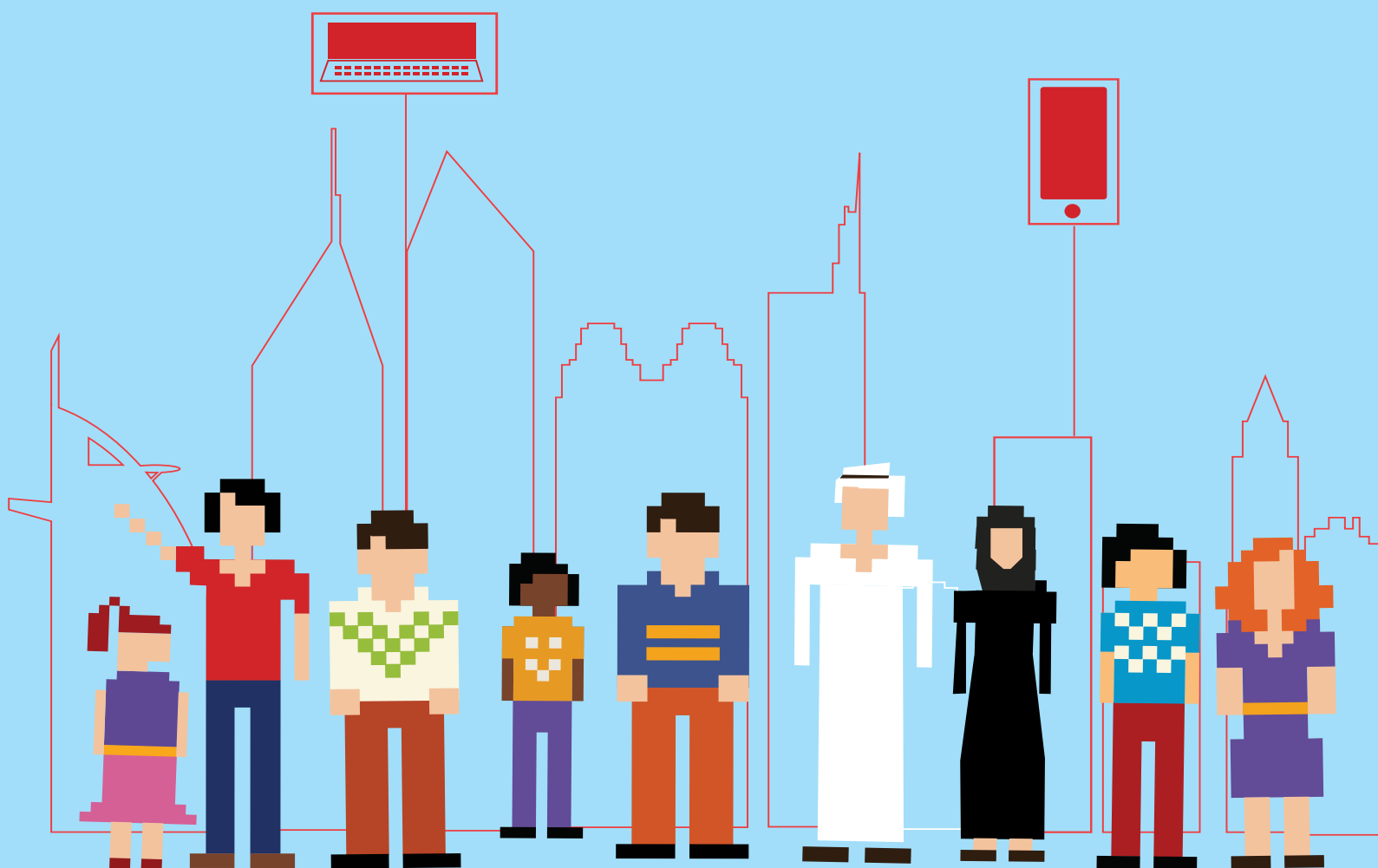
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BE PREPARED, BUT DON'T OVER-PLAN



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Station by station guide

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 Now that the evenings are cooling down and the humidity is dropping, why not gather with friends to enjoy a BBQ under the night sky? Served every Tuesday from 7pm to 2am, this beautiful poolside barbecue buffet contains everything you could want to enjoy the traditional atmosphere, from grilled meats and Lebanese delicacies to live music.



Taste of the World

OCTOBER 16, 6:45PM - 9:30PM
SCAFA, CLUSTER I, JLT

To commemorate World Food Day on October 16, SCAFA will be hosting a special cooking class for two, titled 'A Taste of the World'. Cooks of all levels and ages can have a go at whipping up speciality dishes from all across the world, from Europe to South America, with world-class chef instructors to teach you all the tricks of the trade before you sit down to enjoy the fruits of your labour.



Jeremiah and The Lucky Strikes

OCTOBER 14, 7:30PM
THE FRIDGE, ALSERKAL AVENUE, STREET 8, AL QUOZ 1

Jeremiah and The Lucky Strikes is a newly formed band of experienced musicians. Their funk rock style has seen them land previous support slots with superstars such as Michael Learns To Rock and Macy Gray in Dubai early this year. Now it's their turn to take the spotlight as part of The Fridge Concert Series. Ahead of their album release in 2014, audiences will be treated to a select set of original songs with influences ranging from powerhouse rock to Indian/Hindustani music, pop and funk.

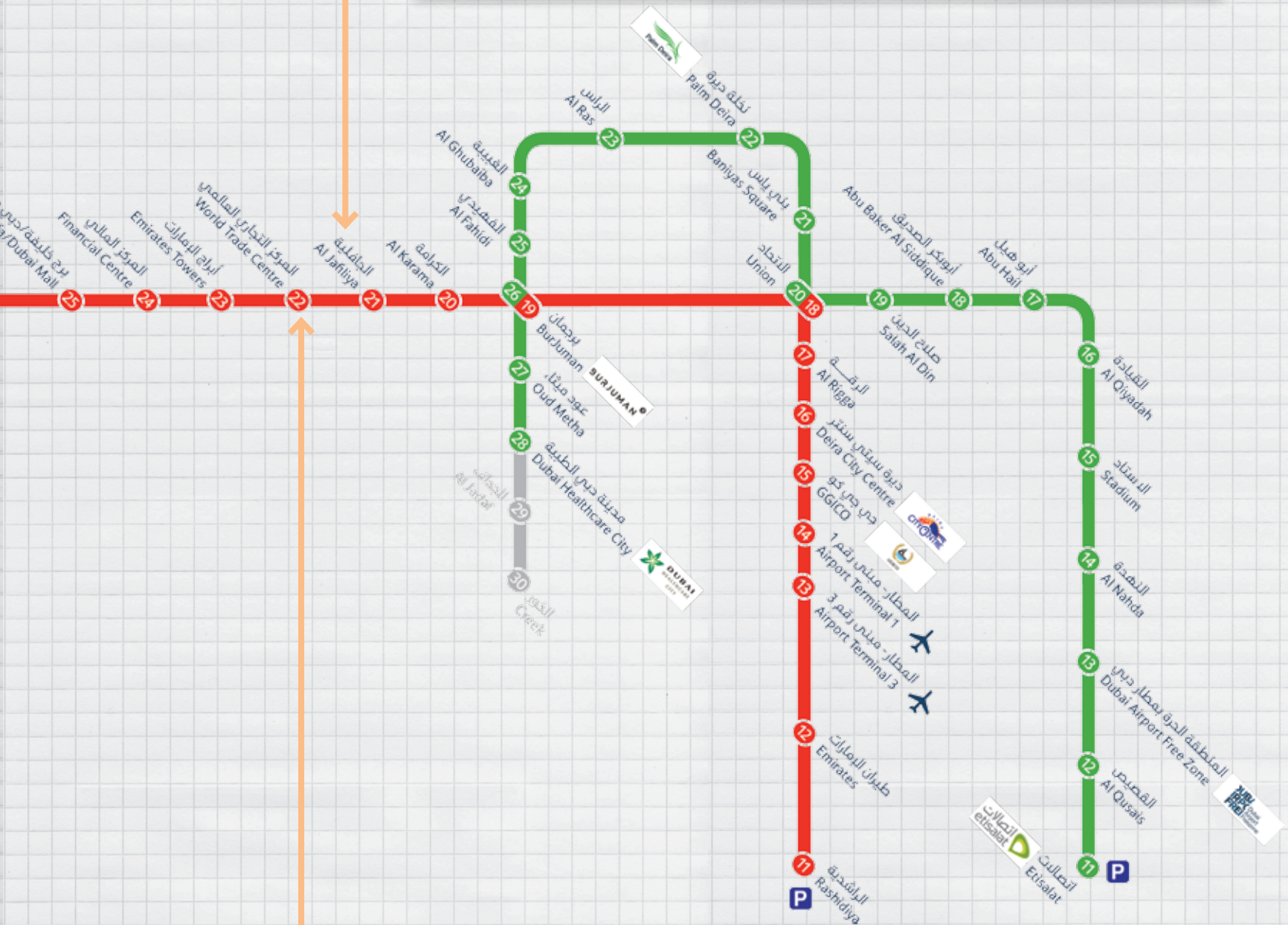
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Freshen up your weekend

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Make the most of the autumn season and get out with the whole family to enjoy a day at one of Dubai's landmark parks. With a large lake for leisurely boating trips, a cricket pitch, an amphitheatre, jogging track, and a playground for the kids, it's the perfect place to enjoy a family fun day without spending big bucks. Stay until sunset and you'll even be treated to a glorious scene as the sun heads to bed behind the impressive silhouette of the Emirates Towers.



Dariush Live in concert

OCTOBER 17, 7PM

DUBAI WORLD TRADE CENTRE

Iranian singer Dariush Eghbali is considered by many to be the greatest artist from his country within his genre. A social activist as well as a singer, Dariush's causes affect his performances as well as his personal life. Whether he sings songs or recites poems, the themes that run through are of love, peace, freedom and justice, so why not check out his unique performance for yourself?

Picture perfect

Lauded by critics and loved by audiences, new movie *Gravity* will be seen as an all-time classic.



CLOONEY AND BULLOCK MAKE A DREAM DUO

NEW RELEASE

Forget about anything that's out at the moment, the audience-packing blockbuster of the season is without doubt *Gravity*, a sci-fi masterpiece with George Clooney and Sandra Bullock at the helm.

The words of James Cameron say it all: "I think it's the best space photography ever done, I think it's the best space film ever done, and it's the movie I've been hungry to see for an awful long time." And as a noted legend of the sci-fi genre, it's hard not to take his word for it.

Set in space, Dr Ryan Stone (Bullock) is a nervous first-timer on a routine Space Shuttle mission, while Clooney's Matt Kowalski is an orbit veteran. While the pair are on a space walk, debris from an obsolete Russian satellite hammers their ship and the pair are forced to fight for their lives against the silence of space.

Just as has been the case many times previously with countless other tension-filled thrillers, it is the fear of the unknown that provides the suspense. Some use this device wisely, while others less so, but this Alfonso Cuarón (*Children of Men*) picture hits the nail square on the head.

Not once is there a moment that isn't filled with the sort of tension that has audiences gripped from the

first moment until the last. The vast expanse of pitch black vacuum is used so effectively by the Mexican director that it becomes a cinematic villain in its own right.

What is devilishly impressive is the way that Clooney and Bullock are the only faces in the film—the only other characters are heard over the radio. Contrasting against the infinite backdrop of space, this adds to both

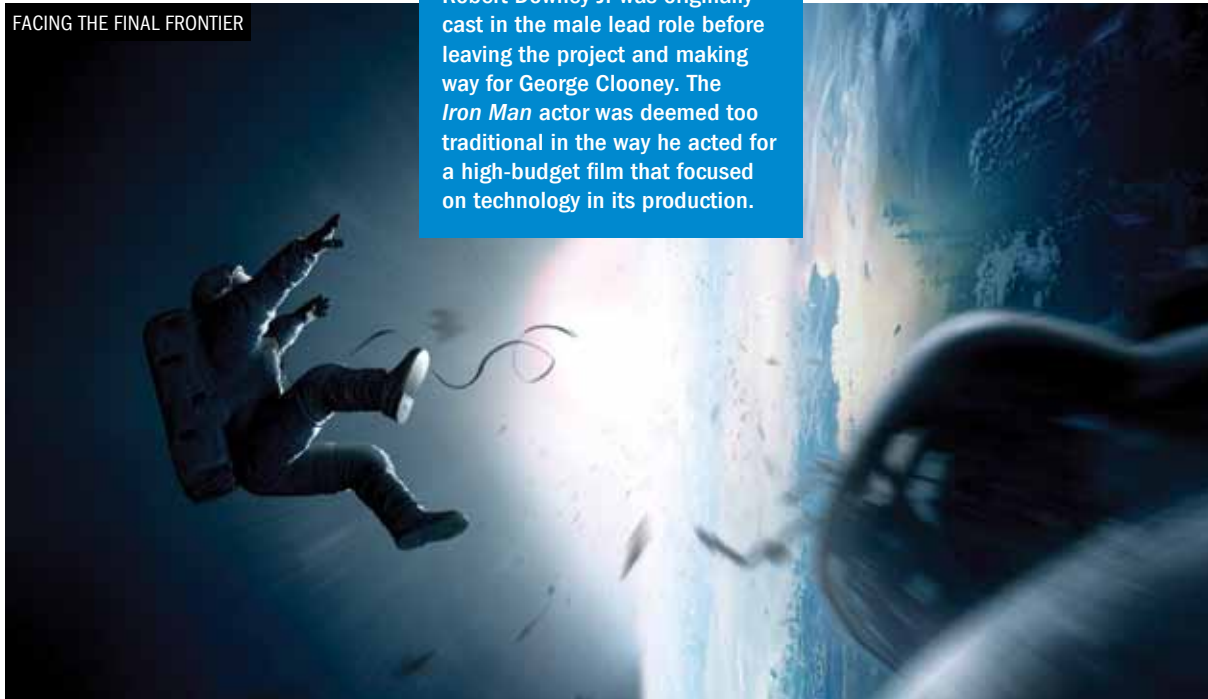
the tension and the sense of claustrophobia that develops as the characters begin to run out of air and hope.

But with this being a Hollywood film, there have to be more lay-

Did you know?

Robert Downey Jr was originally cast in the male lead role before leaving the project and making way for George Clooney. The *Iron Man* actor was deemed too traditional in the way he acted for a high-budget film that focused on technology in its production.

FACING THE FINAL FRONTIER



“With almost unanimous approval by critics and audiences, this might well be one of the classic movies of 2013.”

ers, so the subjects of love and loss, optimism and despair and a world of other themes are incorporated into *Gravity*—and the director does so exceptionally well. One would imagine that two lone figures in space would limit both the quantity and quality of dialogue and storyline available in the screenplay, but instead the film benefits from these.

While audiences are yet to give their full approval to 3D as a format, this picture has the potential to cement its success, so well does the extra dimension provide an even deeper level of intricate beauty to the tragedy in play. Forget about a conventional screen: it should be 3D all the way for *Gravity*.

With almost unanimous approval by critics and audiences, this might well be one of the classic movies of 2013—and many years to come. ●

Hollywood news

Breaking hearts

The glare of the world's media has been so focused on his personal life recently, that many people may have forgotten that Justin Bieber actually makes music. In an effort to remind the world of this fact, the singer recently announced '#MusicMondays', whereby he will release a new single at midnight every Monday for 10 consecutive weeks. Now, the first release is out and, surprisingly for many critics, it's actually rather good. Titled *Heartbreaker*, Bieber explained the track on Twitter, saying: "It's a song for people going through heartbreak - like I was when I wrote it. It means so much to me to be able to share what I was, and still am, going through, with my fans. I'm very proud of this song and I hope it gives my fans some insight into my heart."



Geri's "Wannabe" documentary



SPICING UP TV SCREENS?

As one fifth of the Spice Girls, Geri Halliwell once enjoyed the type of fame and success that most of us can only dream of. However, while bandmates Victoria Beckham and Melanie Brown have gone on to slot nicely into the LA celeb scene, Geri has struggled to keep up. Now, however, it seems that 'Ginger Spice' has found an ingenious way to get back into the spotlight. According to reports, Geri has spent thousands on her own fly-on-the-wall documentary all about, well, her. Having flown in a hot new British director over to her home in Sydney and apparently attempting to get YouTube comedy star Tom Magnus involved, Geri's documentary will follow her every move as she attempts to revive her music career. The news of the documentary comes ahead of the 41-year-old new Australia-only single release, *Half of Me*. According to sources, the documentary will be a tongue-in-cheek look at her life, showing the former Spice Girl at her craziest. Whether this will see Geri achieving Victoria Beckham levels of fame are yet to be seen. In fact, with no major network interest in the documentary as yet, perhaps the question is whether it will even be seen at all?

Separate ways

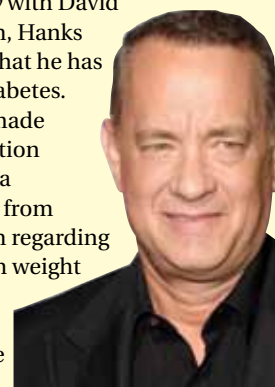


After all the fuss surrounding Khloe Kardashian's recent marriage woes, it appears that her mother, Kris Jenner, has been

experiencing her own issues behind the scenes. Kris and her husband Bruce Jenner announced last week that they have officially separated. In an interview, the Jenners revealed: "We are living separately and we are much happier this way."

Tom's diagnosis

He's dealt with plenty of serious issues in his movies, but Tom Hanks now has his own battle ahead. During an interview on the *Late Show* with David Letterman, Hanks revealed that he has Type 2 Diabetes. The star made the revelation following a comment from Letterman regarding how much weight he'd lost. Wishing you all the best, Tom.



Bollywood news

SRK's rights

According to rumours, Shah Rukh Khan could be taking one step closer to world domination by buying the rights to all his movies. While nothing has been officially confirmed, SRK has so far signed a deal with Mahesh Bhatt for his 1996 film *Chahat*. Could this signal the start of a rights-buying spree for SRK?



Perfect Pinto

She took Hollywood by storm with *Slumdog Millionaire*, and it seems Freida Pinto is still captivating La-La Land. The actress recently took part in a shoot for famed fashion mag, *Vogue*, where she struck some serious poses and shot out sultry looks. The results are nothing less than picture perfect for this Bollywood princess.



Movie madness

Releasing a movie with perfect timing is an art in itself, which is why the news of six big films releasing on the same day has come as a shock to the Bollywood world. On January 10, 2014, six new flicks will hit screens, including not one but two starring Madhuri Dixit. Better start saving for all those cinema tickets now.

Winning team?

Following on from the fuss surrounding his less-than-successful Hindi debut *Zanjeer*, Ram Charan Teja will be joining forces with one of Bollywood's biggest stars for his next flick. The young actor will team up with Salman Khan for his next project, an as-yet-untitled movie that Khan will be producing.



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Listings

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

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Grand Cineplex - Wafi

About Time - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Badge Of Fury - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Besharam - 10:00, 11:00, 12:50, 13:50, 15:40, 16:40, 18:30, 19:30, 21:20, 22:20, 00:10, 01:00
The Butler - 16:30, 19:00, 21:30, 00:00
Cloudy With A Chance 2 - 12:00, 16:00, 20:00, 00:00
Cloudy With A Chance 2 (3D) - 10:00, 14:00, 18:00, 22:00
Diana - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Escape Plan - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00, 01:15
Escape Plan - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Kiko Riki - 10:30, 12:30, 14:30
Machete Kills - 10:00, 12:20, 14:40, 17:00, 19:15, 21:35, 23:55
Man Of Tai Chi - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:10
Qalb Al Assad - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00

Grand Megaplex - Ibn Battuta

About Time - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Badge Of Fury - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Besharam - 11:00, 14:00, 17:00, 18:30, 20:00, 21:30, 23:00, 00:00
The Butler - 10:30, 12:55, 15:20, 17:45, 20:10, 22:35, 01:00
Dalvathinte Swantham Cleetus - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Cloudy With A Chance 2 - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
Cloudy With A Chance 2 (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Despicable Me 2 - 10:00, 12:10, 14:20, 16:30
Diana - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Escape Plan - 10:30, 11:30, 13:00, 14:00, 15:30, 16:30, 18:00, 19:00, 20:30, 21:30, 23:00, 00:00, 01:15
Kiko Riki - 11:00, 13:00, 15:00, 17:00
Machete Kills - 10:00, 12:20, 14:40, 17:00,

19:15, 21:35, 23:55
Malavita - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Man Of Tai Chi - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Metallica - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Naiyaandi - 12:20, 15:10, 18:00, 20:50, 23:40
Planes - 10:15, 12:15, 14:15, 16:15, 18:15
Prisoners - 12:00, 14:50, 17:40, 20:30, 23:20
Qalb Al Assad - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Runner Runner - 20:15, 22:15, 00:15
Rush - 19:00, 21:25, 23:50
Turbo - 10:30, 12:30, 14:30, 16:30
We're The Millers - 19:00, 21:15, 23:30

Grand Cinemas - Festival City

About Time - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Badge Of Fury - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Besharam - 10:00, 11:00, 12:50, 13:50, 15:40, 16:40, 18:30, 19:30, 21:20, 22:20, 00:10, 01:00
The Butler - 16:30, 19:00, 21:30, 00:00
Cloudy With A Chance 2 - 12:00, 16:00, 18:00, 20:00, 22:00, 00:00
Cloudy With A Chance 2 (3D) - 10:00, 14:00, 18:00, 22:00, 00:00
Diana - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Escape Plan - 10:30, 11:30, 13:00, 14:00, 15:30, 16:30, 18:00, 19:00, 20:30, 21:30, 23:00, 00:00, 01:15
Empire State - 12:05, 14:05, 16:10, 18:15, 20:20, 22:25, 00:30, 02:30
Escape Plan - 11:00, 13:25, 15:55, 16:15, 18:25, 20:55, 23:25, 01:50
Getaway - 14:20, 16:15
Machete Kills - 10:40, 12:50, 14:15, 15:05, 16:25, 17:20, 19:35, 21:50, 00:05
Man Of Tai Chi - 11:20, 13:40, 15:55, 18:10, 20:25, 22:40, 00:55
Qalb Al Assad - 11:30, 13:50, 16:15, 18:40, 21:05, 23:30, 1:55
Runner Runner - 11:40, 13:35, 15:35, 17:35, 19:35, 21:35, 23:35, 01:35
We're The Millers - 14:05, 16:00, 18:45, 23:25

Grand Cinecity - Al Ghurair

Badge Of Fury - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Besharam - 10:00, 12:50, 15:40, 18:30, 21:20, 00:10

The Butler - 12:20, 17:10, 22:00
Dalvathinte Swantham Cleetus - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Cloudy With A Chance 2 - 12:00, 16:00, 20:00, 00:00
Cloudy With A Chance 2 (3D) - 10:00, 14:00, 18:00, 22:00
Escape Plan - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Kiko Riki - 10:30, 12:20, 14:10
Machete Kills - 10:00, 12:20, 14:40, 17:00, 19:15, 21:35, 23:55
Naiyaandi - 16:00, 18:40, 21:20, 00:00
Qalb Al Assad - 10:00, 15:40, 19:40, 00:30

Reel Cinemas - Dubai Mall

2 Guns - 11:50, 16:25, 21:05, 01:45
About Time - 10:25, 12:55, 15:30, 16:15, 18:05, 20:40, 23:15, 01:45
Badge Of Fury - 11:10, 13:15, 14:15, 15:25, 16:20, 17:35, 19:45, 21:55, 00:05
Cloudy With A Chance 2 (3D) - 10:00, 15:55, 18:00, 20:05, 22:10, 00:15
Empire State - 12:05, 14:05, 16:10, 18:15, 20:20, 22:25, 00:30, 02:30
Escape Plan - 11:00, 13:25, 15:55, 16:15, 18:25, 20:55, 23:25, 01:50
Getaway - 14:20, 16:15
Machete Kills - 10:40, 12:50, 14:15, 15:05, 16:25, 17:20, 19:35, 21:50, 00:05
Man Of Tai Chi - 11:20, 13:40, 15:55, 18:10, 20:25, 22:40, 00:55
Qalb Al Assad - 11:30, 13:50, 16:15, 18:40, 21:05, 23:30, 1:55
Runner Runner - 11:40, 13:35, 15:35, 17:35, 19:35, 21:35, 23:35, 01:35
We're The Millers - 14:05, 16:00, 18:45, 23:25

Reel Cinemas - Marina Mall

About Time - 10:30, 13:00, 15:30, 18:05, 20:40, 23:15, 13:45
The Butler - 11:10, 13:50, 16:35, 19:20, 22:05, 00:50
Cloudy With A Chance 2 - 10:05, 13:20, 15:55, 18:00
Cloudy With A Chance 2 (3D) - 10:40, 12:40, 14:45, 16:50, 18:55, 21:00, 23:00

Escape Plan - 11:00, 13:25, 15:55, 18:25, 20:55, 23:25, 01:00, 01:50
Runner Runner - 12:05, 14:00, 17:55, 19:50, 21:45, 23:40, 01:35
Rush - 10:50, 15:25, 20:05, 22:40, 01:10

Vox Cinemas - Deira City Centre

Badges Of Fury - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Besharam - 11:30, 14:30, 17:30, 20:30, 23:30
Boss - 10:00, 11:00, 13:00, 14:00, 16:00, 17:00, 19:00, 20:00, 22:00, 23:00, 01:00, 02:00
Cloudy With A Chance 2 (3D) - 10:00, 12:15, 14:30, 16:45, 19:00
Cloudy With A Chance 2 (3D) - 11:00, 13:15, 15:30, 17:45, 20:00, 22:15
Dalvathinte Swantham Cleetus - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30, 01:45
Escape Plan - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00, 02:30
Diana - 10:15, 13:00, 15:30, 18:00, 20:45, 23:15
Machete Kills - 19:30, 21:45, 00:00
Man Of Tai Chi - 10:30, 12:45, 15:00, 17:15, 00:15
Naiyaandi - 10:30, 13:30
Naiyaandi - 14:45, 17:00, 20:00, 23:00, 02:00
Percy Jackson 2 - 11:30, 13:45
Planes (3D) - 10:45, 12:45, 14:45
Qalb Al Assad - 13:45, 16:00, 18:30, 21:00, 23:30
Raja Rani - 16:30, 20:00, 23:30
Rush - 19:00, 21:30
Switch III - 11:00, 13:30, 15:30, 18:30, 21:00, 23:30, 00:30

Vox Cinemas - Mall of the Emirates

About Time - 09:30, 12:00, 14:45, 17:30, 20:15, 23:00
Badges Of Fury - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Besharam - 20:00
The Butler - 14:45, 17:30, 20:15, 23:00
Boss - 20:00, 21:45, 23:00, 00:15, 01:30
Cloudy With A Chance 2 (3D) - 10:00, 10:30, 11:00, 12:00, 12:45, 13:00, 14:15, 15:00,

15:15, 16:15, 16:30, 17:15, 18:30, 18:45, 19:30, 20:45, 21:00, 21:45, 23:00
Despicable Me 2 - 09:00, 11:15, 13:30
Escape Plan - 10:30, 11:00, 11:15, 13:00, 13:30, 13:45, 15:30, 16:00, 16:15, 16:30, 18:00, 18:30, 18:45, 19:00, 20:30, 21:00, 21:15, 21:30, 23:00, 23:30, 23:45, 00:00, 02:15
Insidious Chapter 2 - 23:00, 02:15
Diana - 10:45, 12:00, 13:15, 15:45, 17:00, 18:15, 20:45, 23:15
Machete Kills - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00, 01:35, 03:45
Malavita - 00:00, 01:00, 01:45
Man Of Tai Chi - 10:00, 14:45, 19:30, 00:15
Planes (3D) - 09:45, 11:45, 13:45, 15:45, 17:45
Prisoners - 11:15, 18:45
Qalb Al Assad - 15:45, 18:15, 20:40, 23:15
Runner Runner - 2:00
Rush - 01:45, 12:15, 17:00, 21:45
Switch III - 11:30, 14:40, 16:45, 19:15, 21:45, 00:15
The Smurfs 2 (3D) - 10:00, 12:30
We're The Millers - 14:15, 21:45, 22:45, 01:00

Vox Cinemas - Mirdif City Centre

Badge Of Fury - 10:45, 13:00, 15:15, 17:30, 19:45, 22:00, 00:15
Besharam - 18:00, 23:45
Boss - 10:15, 18:00, 21:00, 00:00
The Butler - 12:30, 12:45, 15:15
Cloudy With A Chance 2 (3D) - 9:45, 11:00, 11:45, 13:15, 13:30, 14:00, 15:30, 16:00, 16:15, 17:45, 18:30, 20:00, 21:00, 22:15, 23:30, 00:30
Escape Plan - 09:30, 12:00, 14:30, 17:00, 18:30, 19:30, 21:00, 22:00, 23:30, 00:30
Diana - 10:00, 10:15, 15:15, 15:30, 20:30, 20:45
Machete Kills - 17:45, 20:00, 22:15, 00:30
Man Of Tai Chi - 11:15, 13:30, 14:15, 15:45, 22:15
Planes (3D) - 09:45, 10:45, 11:45, 12:45, 13:45, 14:45, 15:45, 16:45
Prisoners - 11:15, 19:00, 19:15, 02:15
Qalb Al Assad - 18:45, 21:15, 23:45
Runner Runner - 14:15
Rush - 00:15
Switch III - 19:00, 21:30, 00:00, 02:30

What's happening this week in the UAE

Rock Academy



This week-long course is set to offer kids the opportunity to form rock bands and even write an original song.
Date: October 13 - 17
Time: 9am - 3pm
Venue: Dubai British School
Admission: Dh2,000
More info: 055 957 6446

Holistic Happy Hour

Give yourself a break from worries and enjoy a great time with other people for a rejuvenated mind and spirit.
Date: October 14
Time: 4 - 6pm
Venue: Illuminations, Jumeirah Lakes Towers
Admission: Free
More info: 04 448 7043

KidsFest Abu Dhabi

Let your kids have a blast in the capital by enjoying carnival rides, sport clinics, talent competitions, a petting zoo and much more!
Date: October 15 - 19
Time: 3 - 11pm
Venue: Zayed Sports City
Admission: Free
More info: 02 403 4200, www.kidsfestabudhabi.com

FINA Swimming World Cup



Watch some of the world's top swimmers dive their way to victory and bring glory to their respective countries.
Date: October 17 - 18
Time: 10am, 6pm
Venue: Hamdan Bin Mohammed Bin Rashid Sports Complex, Dubai
Admission: Dh20, Dh40
More info: 04 264 8717

Saucony Half Marathon



It's time to put those running shoes on and hit the track for a fitter you.
Date: October 18
Time: 6am
Venue: Emirates Golf Club, Dubai
Admission: Register online via www.premiermarathons.com
More info: info@fba-sports.com

Dandiya Raas with Aadesh Srivastava

Tap a pair of colourfully decorated sticks with your family or friends to the music of playback singer Aadesh Srivastava.
Date: October 18
Time: 9pm
Venue: Wonderland, Oud Methua
Admission: Dh50
More info: 052 861 3249

Battle of the Continents

A tournament where golf players will be divided according to the following regions: Africa and the Middle East; the Americas and Australia; Asia; and Europe.
Date: October 18
Time: 1pm onwards
Venue: Sharjah Golf and Shooting Club
Admission: Dh190, Dh285, Dh355, Dh385, Dh595
More info: 06 548 777

Kids Yoga Teacher Training



Want to learn more about teaching yoga to youngsters? Yoga expert Lucie Beyer will be on hand to help you out.
Date: October 18 - 22
Time: 10am - 4:30pm
Venue: Dubai Offshore Sailing Club, Jumeirah
Admission: Dh3,500
More info: 050 152 5961, 050 735 9683

FIFA U17 World Cup UAE 2013



Watch out for the next generation of football stars who will go all out to claim the championship trophy.
Date: October 19
Time: 5 - 7pm
Venue: Al Ahli Stadium, Dubai
Admission: Dh10
More info: 04 607 1888

Rihanna Diamonds World Tour

The iconic pop singer is set to 'shine bright like a diamond' while performing her precious hits on stage.
Date: October 19
Time: 7pm
Venue: du Arena, Yas Island, Abu Dhabi
Admission: Dh495, Dh695, Dh995, Dh1,295
More info: 02 509 8000

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Water Canal project agreed

Meydan and Meraas join RTA in key infrastructure project that will boost Dubai's international image.



SIGNING OF THE CONTRACT TAKES PLACE

DEVELOPMENTS

The Roads and Transport Authority (RTA) has signed an agreement with Meydan Group and Meraas Holding for the construction of a development along the Dubai Water Canal project, stretching from the Business Bay district to Jumeirah Beach Park.

The agreement was signed by Mattar Al Tayer, Chairman and Executive Director of the RTA; Saeed Bin Humaid Al Tayer, Chairman and CEO of Meydan Group; and Abdullah Ahmed Al Habbai, Group Chairman

of Meraas Holding. The signing was also attended by senior executives of the three parties.

Mattar Al Tayer said: "The project works have been divided into three contracts. The first and second contracts relate to the construction of crossings over the canal linking with key roads intersecting the canal course, which are the Sheikh Zayed Road, Al Wasl Road and Jumeirah Beach Road. The crossings will rise 8.5 metres above the water. The third contract relates to drilling and landscaping works, in addition to the

construction of pedestrian crossings and four marine transport stations. These developments will ease the movement of the public and promote mass transport and tourist business.

"The RTA will carry out improvements in the main roads intersecting the canal in addition to road works in the Jumeirah and Al Safa districts. The works will include the construction of roads along the two banks of the canal to ease mobility in those districts. For pedestrians, a free and safe traffic movement will be provided through the construction

of four pedestrian crossings over the canal. One of them will even contain retail and dining outlets. Jogging and cycling lanes will also be provided on both sides of the canal as well as landscaping work that will offer greenery, sitting areas and tourist facilities," Al Tayer added.

Saeed Bin Humaid Al Tayer, said: "Meydan and Meraas will be the prime developers in charge to create a destination development that will embrace a canal and waterfront lifestyle, and nurture integrated community services in Dubai. Our development will generate over 80 per cent of waterfront property, planned with the aim to preserve Safa Park. Jumeirah Beach Park will also be increased by 25 per cent with an additional length of public beach."

Al Habbai said: "The Dubai Water Canal project is an example of the vision of His Highness Sheikh Mohammed Bin Rashid Al Maktoum, Vice President and Prime Minister of the UAE and Ruler of Dubai, to use infrastructure as a catalyst for development and growth of the economy. This project will help increase investor interest in Dubai's real estate market, as well as provide growth in job opportunities. I am confident that our agreement with Meydan and the RTA will deliver on Dubai's tourism and economic objectives."

New pilgrim bus requirements issued

Registered buses in Dubai will be checked for safety and security specifications as required by the RTA.

BUSES

The Roads and Transport Authority (RTA) has issued the requirements and specifications for buses transporting pilgrims to Mecca and Medina this year. The requirements conform to those issued by the UAE Ministry of Interior, as well as the laws issued by authorities in Saudi Arabia, in an aim to reduce accidents and technical failures.

Tariq Al Ghaith, Acting Director of the RTA's Franchise and Monitoring Department, pointed out that the technical requirements and specifications were issued by the franchise



TARIQ AL GHAITH

and monitoring department in coordination with the vehicles licensing departments, commercial transportation agencies and the supervision and inspection section at the licensing agency of the RTA.

Al Ghaith said: "We created a plan for disseminating the technical requirements and specifications after presenting them to and gaining the approval of the authorities in Saudi Arabia. We assigned Warsan registration centre and Tamam Al Kindy vehicle inspection centre to check registered buses in Dubai."

He also noted that pilgrim transport buses should provide the

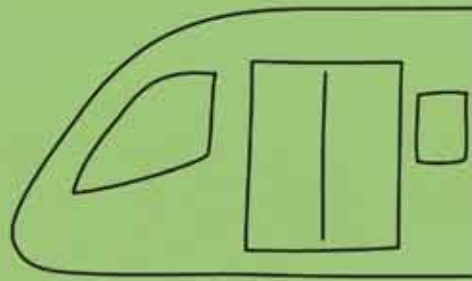
required comfort for long journeys, including wide and movable windows, luggage packages and a front bumper trailer ring. In addition, buses must be equipped with fire extinguishers, sufficient first-aid kits and electro-mechanic maintenance equipment and wheels. Buses that have their steering wheel shifted from left to right may not be used.

"The RTA is always keen to offer world-class quality transport services for the sake of increasing safety and security of passengers, particularly to those travelling to perform religious rituals in Mecca and Medina," Al Ghaith added.

تنقلك الذكي على بُعد رسالة نصية واحدة

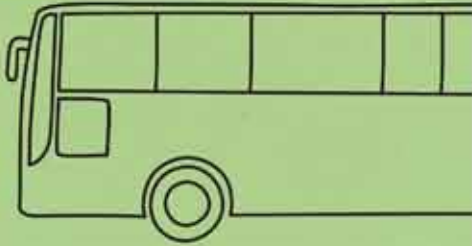
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5223 لمعرفة مواعيد المترو



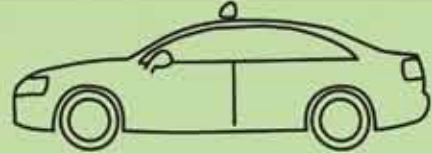
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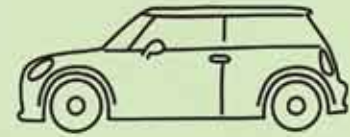
أرسل: رمز منطقتك إلى

4774 لطلب تاكسي



أرسل: رمز لوحة سيارتك ورقمها (فراغ) رقم المنطقة (فراغ)
عدد ساعات الركن إلى

7275 لخدمة mParking



تنقل بذكاء مع هيئة الطرق والمواصلات

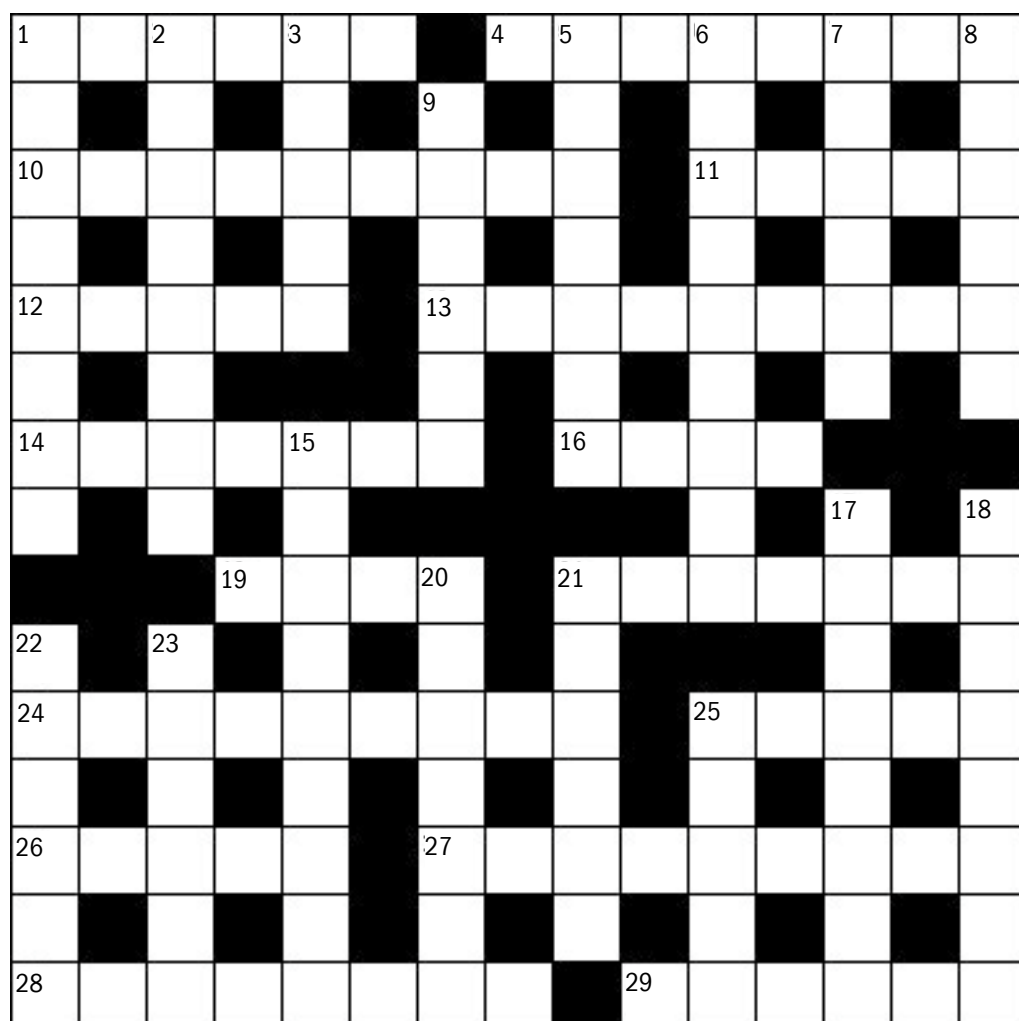
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Taking your time

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



Crossword

Across

1 Clothes fastener (6) **4** Receptacles for cigarette ash (8) **10** Imitating (9) **11** Less dangerous (5) **12** Stroll (5) **13** Visualising (9) **14** Going on foot (7) **16** Death notice (4) **19** Nature of being (4) **21** News (7) **24** Listen in (9) **25** A monetary unit of Oman (5) **26** A ballroom line dance (5) **27** A loose high-necked blouse (9) **28** Late afternoon to dusk (8) **29** Frankfurter (6)

Down

1 Formerly Rhodesia (8) **2** A mathematical curve (8) **3** Run away to marry (5) **5** A very large cactus (7) **6** Bore witness (9) **7** Illicit relationship (6) **8** Gestures of indifference (6) **9** Vinyl or aluminum, for example (6) **15** Demanding attention (9) **17** Qualified by right or law (8) **18** Fleeing (8) **20** Angered (7) **21** Nocturnal ungulates of southeast Asia (6) **22** Save from harm (6) **23** Boulevard (6) **25** Hindu for "Mister" (5)

ANSWERS



Recipe

Lemon drizzle cake

This easy-to-make cake is zesty, sweet and perfect with your afternoon tea.

Ingredients

For the cake

225g unsalted butter, softened
225g self-raising flour
225g caster sugar
4 eggs
Zest of 1 lemon, finely
grated
8x21cm loaf tin

For the drizzle

Juice of 1½ lemons
85g caster sugar

Method

1. Preheat the oven to 180C/gas mark 4 and line the loaf tin with greaseproof paper.
2. Beat together the softened butter

Serves
6



with the caster sugar until pale and creamy. Then add the eggs one at a time, slowly mixing through.

3. Sift in the flour through a sieve, then add the grated lemon zest and mix until well combined.

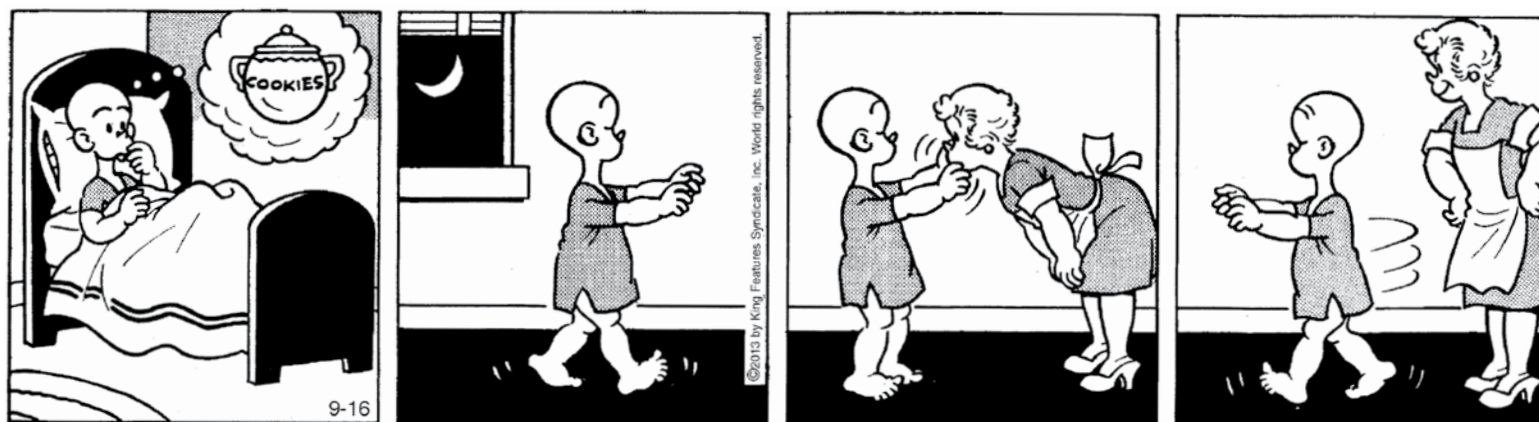
4. Spoon the mixture into the loaf tin and leave to settle until the surface falls flat.

5. Bake for 45-50 minutes until a knife inserted into the centre of the cake comes out clean. Leave the cake in the tin to cool while you prepare the drizzle mixture.

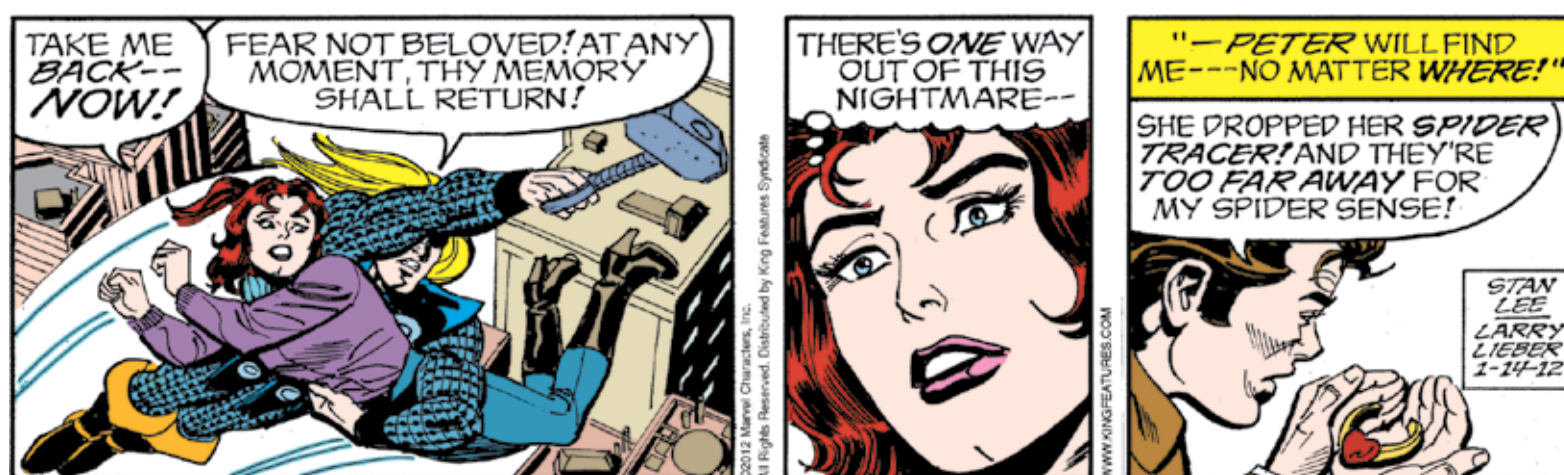
6. In a medium bowl, mix together the lemon juice and caster sugar needed to make the drizzle. Stir together until you have a slightly runny paste.

7. While the cake is still lukewarm, pierce some holes in the top with a fork. Drizzle the sugar and lemon mixture over the cake and into the holes. Leave to set into a nice crunchy and sweet topping.

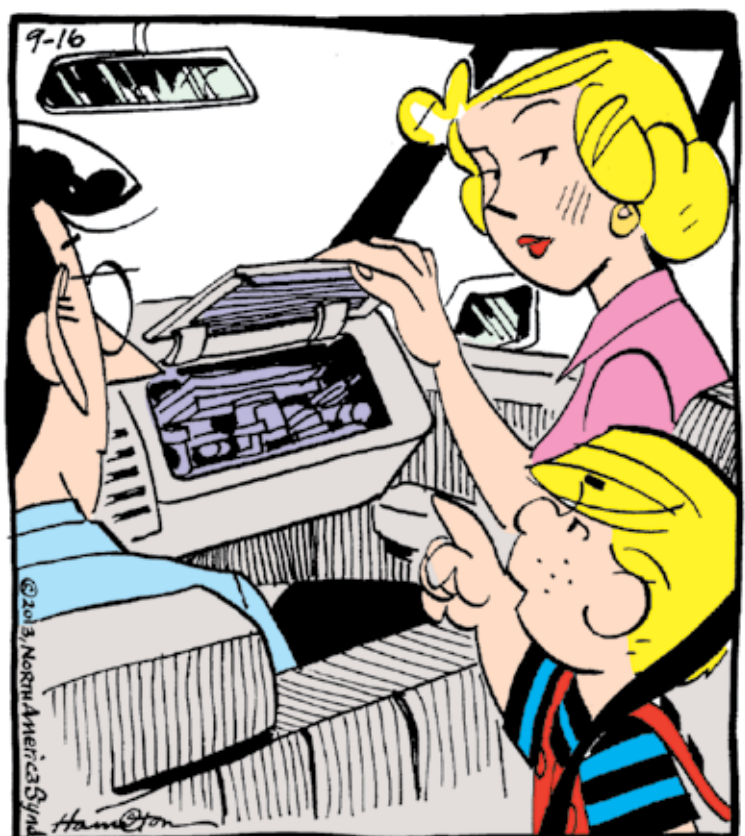
Henry



Spiderman



Dennis the menace



"WHY IS IT A GLOVE COMPARTMENT? THERE'S EVERYTHING BUT GLOVES IN THERE."

Who's this?

ANSWER ON PAGE 34



Puzzles

Arrowword

Toothed gardening tool		Unassisted vision (5,3)		Sums paid into an account	No. 1 record	Military plane centre (3,4)		Preference		Great weight		Challenged the validity	"... International"
				Mouth instrument									
Remove legal sanctions		US law officer		Roman numeral for 3				Brine-cured salmon		Kind of rock		Equipped with weapons	
									Bridge length				
Computer system (1,1,1)				Seb..., former athlete	Advertising booklet								
Heroic story					French city				Cash dispensers (1,1,1,1)				
..... James, Bank robber		Browned sliced bread						Rain with snow					
					Look at				Small whirlpool or whirlwind				

Spot the 10 differences



Sudoku

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

ANSWERS

ARROWWORD

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

SUDOKU

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

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)

Should an unbelievable opportunity come your way, are you the type to grab it with both hands? Chances are you're more likely to sit back and wait to see what others do first. This is the reason why you may feel left behind. Trust your instinct and jump in.



TAURUS

(APR 21 - MAY 21)

It may be acceptable to run a few minutes late every now and then, but in certain situations tardiness is simply not a good look. An important event or meeting towards the middle of the week is one such example—give yourself plenty of time to get there.



GEMINI

(MAY 22 - JUN 21)

A wave of confidence is giving you a glow right now, and other people are soaking up some of your positive vibes. Be aware that not everyone may be in the mood for fun and good times however, so don't push an invitation onto a friend who doesn't seem keen.



CANCER

(JUN 22 - JUL 23)

It may be that you've been biting your tongue for some time now over a relatively important issue, but now is the time to speak out. If you don't make your priorities clear to those involved you could end up coming out of the process with an unfair deal.



LEO

(JUL 24 - AUG 23)

As a formerly close relationship comes to a natural end, you may be left feeling a little down. Try not to focus on the end of an era, rather the beginning of a new one. There are plenty of new friends out there so get out and start making fresh connections.



VIRGO

(AUG 24 - SEP 23)

As someone who thrives on ritual and routine, the need to make a snap decision this week could knock you for six. However, you are well prepared for this, although you may not realise it at first. Weigh up the situation quickly before coming to your conclusion.



LIBRA

(SEP 24 - OCT 23)

There may be a new business contact on the scene that you are keen to impress. Don't lose sight of the reason why, however. You may get carried away with a few tall tales and end up moving away from the initial purpose of connecting with him or her.



SCORPIO

(OCT 24 - NOV 22)

A loved one seems to have been in the firing line recently when it comes to your emotions. While those closest to us can take it better than anyone, you may be piling too much onto this person and your frustration could come across as direct anger.



SAGITTARIUS

(NOV 23 - DEC 21)

An elderly relative would be glad of some company right now. Even if it's simply a phone call, make the time to get in touch and catch up on their news, as well as filling them in on yours. A recent opportunity that came along will make your family very proud.



CAPRICORN

(DEC 22 - JAN 20)

Keep a close eye on your outgoings this week, as there may be a hidden horror to deal with in the near future. Having to spend a fair bit of money to solve the problem may remind you that it's often better to get things seen to straight away rather than wait it out.



AQUARIUS

(JAN 21 - FEB 19)

Your feelings are going haywire right now—one minute you are in love with the world and everything in it, the next you could live in isolation for the rest of your life. These polar extremes could be down to a deeper problem, so think before blaming others.



PISCES

(FEB 20 - MAR 20)

There may be an imbalance between the amount of responsibility you share with your siblings. Try to even out the load when it comes to looking after family members and running errands—it's not fair for you to be the only one who sorts things out.



This week's local weather

SUN

13th

HOT
HIGH 34C
LOW 29C
HUMIDITY 41%

MON

14th

HOT
HIGH 34C
LOW 29C
HUMIDITY 43%

TUE

15th

HOT
HIGH 35C
LOW 30C
HUMIDITY 40%

WED

16th

HOT
HIGH 34C
LOW 30C
HUMIDITY 41%

THU

17th

HOT
HIGH 33C
LOW 29C
HUMIDITY 40%

FRI

18th

HOT
HIGH 34C
LOW 29C
HUMIDITY 40%

SAT

19th

HOT
HIGH 35C
LOW 30C
HUMIDITY 42%

gheeta

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WONDERFUL GIFTS FROM DAMAS**

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Shoppers receive a raffle ticket for every gold or diamond
jewellery purchase worth AED 1,000.

WIN A 1KG GOLD WITH 5 WEEKLY DRAWS
Shoppers receive a raffle ticket for every gold or diamond
jewellery purchase worth AED 1,000.

FREE GIFTS (25TH SEPT - 3RD NOV)

WITH GOLD AND DIAMOND PURCHASES



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GOLD COINS



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