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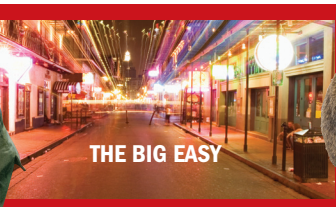


SCREEN SURVIVAL

The harrowing, intense side of performing military duty in a war-torn country takes the forefront in new flick *Lone Survivor*



THE BIG EASY



MAKING SENSE

How a new community initiative is harnessing the positive impact of animals to help Dubai residents in need of an extra little TLC



FRESH AIR FAREWELL

As modern living produces more pollutants than ever before, should we be worried about the air we breathe?



Meaningful revelations

Uncovering the true meaning of your dreams



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.

✉ THRIFT STORE TREASURE
 People have misconceptions on the practice of buying hand-me-downs, but there's a treasure trove of great stuff waiting to be found. There are a lot of great finds if you just know how to look and learn how to appreciate them. Break your misgivings about owning used clothing and you'll be amazed at the fancy items that the thrift stores have. Trust me, you don't have to spend too much money to be in style, all you've got to have is a good eye for great items that are waiting to be discovered.

Particia Cosse

✉ THE SIMPLE LIFE
 Appreciating the simple things in life is hard to come by nowadays in a place

where the elite and superlatives are everything. Maybe it's because we equate simplicity to mediocrity, which should be not the case, as simplicity can also be a fine statement of beauty, of splendour, of ingenuity, or of wealth for that matter. Becoming too engrossed with climbing the elite ladder and life's material riches can put us on a path to living a life that is empty. It is not wrong to be wealthy, but it is also not right that you let your riches get a hold of you.

Tom Colson



THRIFTY FASHION

Read. Poll

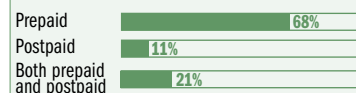
Do most countries around the world levy high visa fees on visitors?

- Yes
- No
- No clue

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Coming up this week



TODAY

It may have made the plot for hit movie *Cool Runnings*, but Jamaica getting a bobsled team to the Calgary winter Olympics in 1988 was not a work of fiction. Now, thanks to the craze for crowd-funding, it's happening again. In a tale worthy of another movie, people across the globe have gathered together to make the Olympic dreams of one nation come true.



MONDAY

They wowed the audience at last week's Grammys and are currently riding high on the charts. Considered to be one of showbiz's most powerful couples, just how did Beyoncé and hubby Jay Z come to rule the roost?



TUESDAY

You may be used to picking up products in the store that claim to be 'probiotic'. While you may be aware that probiotics can be a good thing for your digestive health, many people are still not aware of the reasons why.



WEDNESDAY

After the initial rush to help victims of Typhoon Haiyan in the Philippines starts to slow down, one group of local musicians are continuing the relief effort with what they do best.



THURSDAY

After giving us a glimpse of the future with Google Glass, Google recently revealed their new contact lens that may be able to help diabetes sufferers by measuring glucose levels.

Facebook chatter

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

(Responses only edited for length)

If you could live in any area or specific building in Dubai, what would be your ideal choice and why?

I would love to live at Burj Khalifa... Am sure, it would be unforgettable breathtaking experience if i would stay there as it is truly "The Best in The World", taking you to another reality where you feel like a King/ Queen and even more!

— **June Reynan Lariba Macario**

I would like to build an awesome tent in a desert, drinking hot tea at night watching the moon and stars, waiting for the rain for water lol. It will be hot for sure in daytime for

that I don't know what to do.

— **Ahmed Ahmed**

Jumeirah Beach Residence, because I love beaches and J. Beach is a lovely one.

— **Hiba Idris**

Dubai Marina because it offers a euro-centric lifestyle!

— **Arman Hossen**



HOME SWEET HOME?

Probably in Mirdif. Very quiet and peaceful there.

— **Fouad Shahid**

How often do you do the household chores and what is your least favourite task?

Everyday bec I'm a working mum. The least favourite task - ironing and cleaning the house.

— **Gerty Javier Firoz**

Cleaning should be done on a regular basis... It's doing my laundry that annoys me the most!

— **Joie Talana Eva**

Who was your most inspirational teacher at school or college and why did they have such a strong impact on you?

I had a teacher named Menzes when I was at school. She was one of the best and most inspirational



CHORE BOREDOM

teachers I have ever come across in life. She was extremely kind towards children, was very calm and patient under all circumstances and gave useful advice that continues to form a part of our lives even today, long after she has departed from this world. She was a gem and will be genuinely missed forever.

— **Fatima Suhail**

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Furry therapy

A new Dubai facility that's unlocking the power of pets in a therapeutic environment.

The emotional effects of spending time with animals can be great, and many species—such as horses and dolphins in particular—have been used for decades as a way of connecting with challenged individuals on a level that human interaction alone cannot provide.

Now, a nature facility on the outskirts of Dubai has tapped into the benefits of Animal Assisted Therapy (as it is known) and has recently launched a unique social enterprise based on the principle.

Located at Al Tamimi Stables, the new initiative, named Sense, is aimed towards using the facilities and surroundings of the stables to provide people with a positive outlook and offer emotional healing through interaction with both the environment and the animals that call Al Tamimi Stables home.

Winner of the Big Start 2013 competition, the new initiative was the brainchild of businesswoman and animal lover, Aditi Sen. Explaining her thinking behind the initiative, Sen explains, "I noticed a lack of exposure to animals and nature-based

by leveraging the abilities of animals in a controlled manner. This bond between humans and animals was something that Sen was already aware of through her own experience

"The technique is said to improve the physical, social emotional and cognitive function of certain individuals by leveraging the abilities of animals."



ADITI SEN



ALL AGES CAN BENEFIT

activities in Dubai. This motivated me to pitch the idea to venture capitalist firm Al Tamimi Investments. I am glad they recognised the value of the initiative and its contribution to the community in Dubai. I am immensely excited to be working hand in hand with Al Tamimi Stables, and Sense could have never found a better place to show what it offers—nature-based therapy at its best."

For those who are unfamiliar with the theory behind Animal Assisted Therapy, the technique is said to improve the physical, social, emotional and cognitive functioning of certain individuals

with animals, and played a major role in her decision to push forward with Sense.

"I have grown up in the company of my pets. This inherently led me to realise that they always showered me with unconditional love and I was always happy around them. On hectic days, my tensions vanished as soon as I would return home and my pets surrounded me. Their sheer presence proved to be a great stress buster and provided a social and emotional anchor in my life," says Sen.

She continues, "I started researching more about this unique bond between animals and human beings and came across the concept of Animal Assisted Therapy. There is a scientific rationale behind humans feeling happy and motivated in presence of animals. This reaction occurs due to Oxytocin, a neurohypophyseal hormone known for its calming effects. Animals are almost always happier to see their human companions. They rush towards them to greet them, thus putting a smile on the faces of their human companions. This reaction is instant and muscles are activated involuntarily. The mirror neurons that perform this internal response release oxytocin and thus humans experience calming and socialising sensations."

From speech therapists to physiotherapists or counsellors, a wide variety of professionals are now beginning to incorporate animals

into treatment programmes. "The therapist plans and incorporates the use of a trained therapy pet (such as horse, rabbit, fish, dog and cat) in a therapeutic setting, to motivate and help learn or improve speech and social and motor skills while simultaneously resolving emotional or behavioural problems and facilitating a person's recovery," explains Sen.

With all the Animal Assisted Therapy programmes at Sense tailored to the age, needs and abilities of each individual undergoing therapy, it seems that spending some quality one-on-one time with a furry friend could now mean a lot more for many people in Dubai. ●



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Levels of pollution in the air above developing cities has been reaching crisis point recently.

The enemy in the air

Did you know?

One billion people are exposed to outdoor air pollution annually, according to UN figures. It is linked to up to 1 million premature deaths and 1 million pre-natal deaths each year. Over 90 per cent of air pollution in developing countries comes from vehicle emissions from the high number of older and poorly maintained vehicles there.

We've all heard about how Beijing's air pollution can possibly soar off the scale, making it one of the most polluted capitals in the world.

An example of this problem was seen on the eve of the 2008 Olympic Games there, when, in an effort to remove many of the particulates contaminating the atmosphere over the city, the authorities resorted to creating rain through a massive cloud seeding operation.

This worked well, albeit temporarily, but China continues to be hit hard by its environment, both within the capital and across the wider country, to the point that a former health

ministry recently admitted that half a million people die each year as a result of pollution.

In Beijing alone, the incidence of lung cancer has nearly doubled between 2002 and 2011. And across the country, the number of deaths from lung cancer has risen by 465 per cent over the past three decades. But while smoking remains the leading

“Everyday pollutants such as car fumes and cleaning products can still affect residents' health.**”**

cause of this disease, the number of smokers has been falling as lung cancer rates continue to rise.

However, it is not only China that needs to worry about the condition of its air. Last week, official pollution figures gathered each day from New Delhi revealed how the level of particulates in the air there has often been twice as bad as in Beijing over the last month. This is part of a trend that has seen Indian authorities start to acknowledge that the air quality over Indian cities has been deteriorating alarmingly.

“Vehicular emissions are going to grow manifold and will offset the impact of control measures taken in the past. The resulting emissions will only make the air quality worse than the current levels which are already alarmingly high,” claims a study conducted by the Energy and Resources Institute in India.

“Many of these pollutants undergo further reactions in the atmosphere, which leads to increased smog levels; and this substantially affects human health and the environment at large.”

While Dubai is yet to reach the alarming levels as in some other

HANGING HEAVY OVER CHINA



countries, everyday pollutants such as car fumes and cleaning products can still affect residents' health.

While ozone pollution, which is invisible and can exacerbate chest conditions like asthma and bronchitis, is dangerous in its own right, particle pollution can increase the risk of heart disease, lung cancer and asthma attacks and can interfere with the growth and work of the lungs.

It is not only the human cost that is intolerable; economically, it can also be a stifling factor. Indeed, according to the United Nations Environment programme, urban air pollution is estimated to cost approximately 2 per cent of GDP in developed countries and a whole 5 per cent in developing countries. This is a huge cost to pay, and it's getting worse. ●



CRAVING CLEAN AIR?

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3 Lulu Hypermarket Karama	Al Karama	8 Lulu Village Muhaisinah	Qusais
4 Lulu Center & Supermarket Karama	Al Karama		
5 Lulu Hypermarket Arabian Center	Al Rashidiya		

Red Line Green Line

TRAVEL NEWS

American airport aims to be 'World's Healthiest Airport'

The Dallas/Fort Worth (DFW) International Airport has launched a campaign entitled 'Eat Healthy at DFW' to support the effort of DFW concessionaires in providing healthy eating options to airline passengers. Participating DFW restaurants are offering at least one low-calorie, low fat, low-sodium, cholesterol-free, plant-based, or high-in-fibre entree or menu item.



"Although we are very proud to be the fourth busiest airport in the world, we are equally as proud to be one of the healthiest," said Ken Buchanan, Executive Vice President of Revenue Management at DFW Airport.

According to the Physicians Committee for Responsible Medicine's 2013 Airport Food Review, DFW Airport ranked as the fifth best for healthy eating, with 79 per cent of on-site restaurants offering at least one plant-based, fibre-packed entree.

"It is our priority to top the 2014 Airport Food Review ranking with 100 per cent of our eateries serving a nutritious option," added Buchanan. "Our concessionaires are excited about ramping up their offerings to include gourmet, fresh, and even organic selections, and our passengers are excited to know they can avoid diet 'turbulence' when travelling through DFW."

The airport's healthy eating campaign is its latest initiative aimed at supporting healthy life choices for passengers. In 2012, DFW unveiled its LiveWell Walking Path – measuring seven-tenths of a mile – to give travelling passengers an option to exercise while on the go.



The big easy

Post-Katrina New Orleans still offers visitors plenty of soul.

"I'm not going to lay down in words the lure of this place. Every great writer in the land, from Faulkner to Twain to Rice to Ford, has tried to do it and fallen short. It is impossible to capture the essence, tolerance, and spirit of south Louisiana in words and to try is to roll down a road of clichés, bouncing over beignets and beads and brass bands and it just is what it is. It is home."

This, according to writer Chris Rose, sums up his home city of New Orleans, in America's Deep South, and it does a pretty good job.

New Orleans is different. A mix of American, French and Caribbean cultures, it has its very own culture and wears this on its sleeve. Over the years it has undergone hardships in the aftermath of Katrina, America's worst ever storm, it has managed to devise its own internationally renowned style of music with jazz, and truly deserves its nickname of 'The Big Easy'.



THE CAPITAL OF COOL

Party time

Mardi Gras, the annual festival that holds New Orleans in awe in either February or March each year, is known as the biggest free party on Earth. Visitors from all over America and the world gather at this time of year to join processions and catch some of the ubiquitous strings of beads that are thrown from balconies.

Always a big draw for tourists prior to Hurricane Katrina, New Orleans was devastated to the point that half of its residents have left since 2005. It has now rebuilt on the back of local scandals, government ambivalence and civic spirit to return to what locals call, in their French

creole dialect, "Laissez les bons temps rouler" (let the good times roll).

New Orleans was originally French territory, and this shows through today with the multitude of creole fare, including its famous beignets, batter treats in icing sugar that are found in all the city's easy-going cafés and restaurants. Elsewhere, there is the world-famous gumbo, jambalaya and poboys, which cannot be found with such authenticity anywhere else in the world.

Thankfully for tourists, the old town, located in safe haven on the banks of the Mississippi, was untouched by Katrina, and this district remains the Deep South's biggest draw. This is especially so during Mardi Gras, when Bourbon Street comes to life with even greater fervour than all other weeks of the year and provides great fun for all.

The city was also where jazz luminaries like Louis Armstrong and Alex Chilton made their homes and provided the New Orleans sound.

And, no matter what obstacles may have been thrown at New Orleans in recent years, it's this mastery that still lives on in America's music and southern culture capital to this day. ●



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NEWS ON WHEELS

All that glitters is 24-carat gold for Rolls-Royce model

The Rolls-Royce Spirit of Ecstasy emblem is now available in 24-carat gold at Abu Dhabi Motors, the sole dealer of Rolls-Royce in Abu Dhabi and Al Ain. The Rolls-Royce dealer is also displaying the gold-plated Spirit of Ecstasy at its showroom.

Kadhim Al Helli, Rolls-Royce Brand Manager at Abu Dhabi Motors, said: "The gold-plated Spirit of Ecstasy is symbolic of the appeal of the Bespoke Programme in Abu Dhabi, which has gone from strength to strength."



"Abu Dhabi Motors is recognised worldwide as one of the global leaders in the Bespoke Programme, and as such we always aim to offer something truly unique to the Abu Dhabi market, and we believe that there is no sight more beautiful than the graceful figure on the bonnet of a Rolls-Royce in 24-carat gold," he added.

The Spirit of Ecstasy made its first appearance in 1911, having been originally designed by renowned illustrator and sculptor Charles Robinson Sykes. Since that time, it has become synonymous with fine automotive design and engineering.

Under the Rolls-Royce Bespoke Programme, a programme that allows Rolls-Royce customers to specify the features of their car, creating their own unique models, the highest allocation of these iconic gold-plated statues are available for customers in Abu Dhabi.

A beguiling and unique figure, the Spirit of Ecstasy, which celebrated its 100th anniversary in 2011, still has the power to intrigue and inspire. Capturing the essence of Rolls-Royce, it represents beauty, grace and speed.

Are you a highway star?

Dubai has some of the best roads in the world, so why do we use them so badly?



They are wide, fast, well marked and straight. Some of the UAE's roads match the best in the world, offering drivers a safe and easy journey to their destination. Yet those same roads are the scene of too many—apparently avoidable—accidents, and distressing reports of massive pile-ups in foggy conditions. So what is going wrong, and how do you drive safely on a busy highway?

Part of the problem lies in the very nature of the UAE itself. It is often said that there are more than 200 nationalities living and working here, which is wonderful, but that also means that there are people here driving on our roads who come from 200 different driving environments and different regulatory systems, and the rules and local habits that apply there do not necessarily work the same way here.

TIME FOR SOME BASIC TECHNIQUES

It is often said that the mark of a great driver is courtesy, and it is a very good place to start. The UK Police Roadcraft manual puts it very simply—nothing you do on the road should cause another road user to change his or her own driving plans unexpectedly. That means you should not pull out in front of someone and cause them to swerve

“A courteous driver will leave room for you to make your move, not close up the gap.”

or slow down suddenly, you should not cause them to brake suddenly by moving in front of them, they should not have to take action to avoid a collision with you, and this applies everywhere—in town, on the highway, in shopping mall car parks, on roundabouts and at junctions of every sort.

Here's how it should work on the highway. The key to a fast, smooth flowing highway is a combination of lane discipline and courtesy. Do you know which lane you should be travelling in? The answer might surprise you. On any motorway, at any time

of day or night the rule is the same. You should be travelling in the lane furthest to the right in which it is safe to do so. Obviously the slower you travel, the more likely that is to be the lane furthest to the right, but the rule still applies when you want to drive at or near the speed limit. If a lane to the right is clear, you should be in it.

What this also means is not sitting out in lane four or five in a slow-moving bus or car, forcing other faster traffic to pass either side. That is as potentially dangerous as driving too fast. It is simple—if another driver can pass you on the right without breaking the speed limit, then the person in the wrong lane is you, not him, so move over.

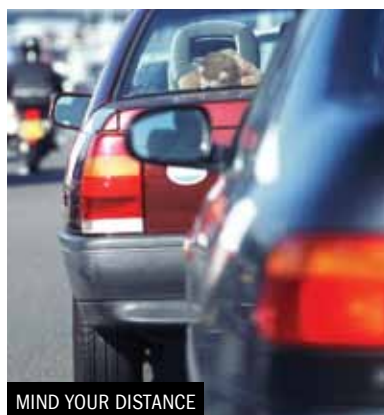
Changing lanes brings up another issue; use of indicators. They are fitted to tell other drivers what your intentions are, and should be used in every single situation where another driver needs to know what you are going to do. The method is simple, remember 'Mirror, Signal, Manoeuvre'. Do this every time you want to change lanes—check that it is safe, indicate your intentions, then complete your move. And do remember to use the indicator before you make the move, not afterwards.

Equally, a courteous driver will leave room for you to make your move, not close up the gap and prevent it, but that's another story.

Safe drivers also think ahead. Don't just look at the lights of the car in front, look at the car two or three ahead of him, and at the ones to either side. This way, you will be able to spot any potentially dangerous situations developing in good time to take avoiding action, leaving yourself space to brake or room to move aside.

Regarding how close should you be, follow the two second rule. When the car in front passes a mark on the road or goes under a bridge, you should be able to count 'one million, two million' before you pass the same marker. Anything less and you're too close. In bad weather, your distance should be at least double.

So if you want to get there fast, smoothly and safely, keep your distance, think well ahead, and always use your indicators. That way, traffic flows more smoothly and we all have a better journey. ●



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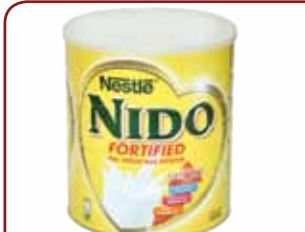
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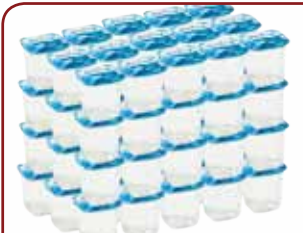
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Dream catcher

Have you ever wondered what your dreams mean?
Follow our dream decoder to find out.

Dreams can be unusual, exciting, scary and, sometimes, downright odd. They can shift suddenly and feel so real, even when you awaken. Dreams are a series of images, emotions and sensations that occur involuntarily in the mind during certain stages of sleep. There are many theories to explain why we dream, yet no one fully understands their purpose. Experts believe that dreams do have meaning but there is no evidence to prove this theory.

Psychologists Sigmund Freud and Carl Jung are famous for their interpretation of dreams. Freud believed that our dreams are manifestations of our deepest desires that are hidden within us, while Jung differed completely. He believed that we can all interpret our dreams and that each dream has a meaning behind it related to our thoughts and lives.

Common dreams and their meanings



Teeth falling out

This is perhaps one of the most common dreams that many people have. Whether you dream that your teeth are crumbling in your hands, falling out one by one or have started to rot, it is thought to represent a loss of power and low self-esteem. It may reflect anxieties about your appearance, getting older and feeling like you are losing your looks. These types of dreams may occur when you are in a transitional period in your life, for example when you change jobs or have started a new relationship.

Death

Some people often feel unsettled if they have a dream that a friend or family member—or even the dreamer themselves—has died or is dying. However, dreaming of your own death is thought to symbolise inner change and transformation. It can also be a wake-up call for something you need to get up for, as dreaming of death can be alarming enough to startle you out of sleep.



Falling dreams

Another very common dream is the dream where you are falling from a high place such as a cliff, a building, a rooftop or an aeroplane. If you dream that you are falling it's important to look at what is happening in your waking life. These types of dreams are thought to represent a loss of control. You may feel insecure about something or may be going through a major struggle. A falling dream could be a sign that you are overworked or exhausted, so ask yourself why you feel this way. You may need to slow down and adjust your lifestyle.



Chasing dreams

A lot of us have had dreams where we are being chased either by an attacker, animal or some unknown figure. When you dream that you are being chased it is believed by many people to represent certain situations or issues in everyday, waking life that you aren't facing up to. It may be that there is something happening that you have a level of anxiety over, or that perhaps you feel guilty about. It could even suggest that you are avoiding an important issue in your waking life and a dream of being chased may be how you deal with stress or fear. Try turning around in the dream if possible and ask your pursuer directly why are they chasing you.



Flying dreams

Dreaming about flying is thought by many to represent a recent positive experience that has left you feeling elated. If you find that you are flying with ease and are enjoying it, it represents that you currently have a good level of control in your life. You should consider the height, direction and speed of your flight. If you are flying low in your dream it may highlight a feeling of contentment in your waking life, whereby you're happy to hover around your current situation. Dreaming about flying high above people you know can represent a strong level of confidence and suggests that you are feeling powerful.



TECH NEWS

Toshiba introduces the new Tecra Z40 mobile workstation

Toshiba Gulf has launched the Tecra Z40, a 14-inch laptop designed for heavy data users who work with large databases, multiple spreadsheets and large presentations. Equipped with the power-saving fourth generation Intel Core i7 VPro processor and weighing 1.47kg, the Tecra Z40 delivers full performance and complete mobility.



Running on Windows 8, the Tecra Z40 provides a platform for efficient multitasking. It features a ClickPad that supports various scrolls, zoom options and launch functionalities. Because a ClickPad is buttonless and wider than regular touchpads, users have a larger area for navigation. Additionally, with the Tecra Z40's Accupoint for improved usability, typing, chatting, and multitasking have become faster and easier.

The Tecra Z40 has an anti-glare HD display that delivers bright visuals and maximum readability even when used outdoors. It also has a backlit keyboard for easy typing during varying lighting conditions.

The Tecra Z40 comes with all connectivity features. Through its full HD web camera, it provides clear images during video conferences. It has ports for HDMI, RGB, VGA and LAN, saving users the effort of using extra adapters and plug ins. It also has three USB 3.0 ports and a slot for SD connections, allowing backups and quick file transfers.

Along with the latest versions of WiF and Bluetooth, several other wireless features are supported on the Tecra Z40. Near Field Communication technology allows for low-power, short-range wireless communication, while Intel WiDi can wirelessly connect the laptop to an external HD display.



Apple's 30th birthday party

The tech giant celebrates three decades of modern personal computing.

Thirty years ago last week, a young Steve Jobs showed off the first Macintosh computer to the public.

By that time, journalists and analysts already knew what Apple had been working on, and an ad had famously just been broadcast during the 1984 Super Bowl. But now it seems that the public announcement, at the Boston Computer Society, has been cap-

tured for posterity after it was released online.

Joined on stage by other Apple pioneers, including co-founder Steve Wozniak and engineers Bill Atkinson and Steve Capps, Jobs spent around an hour answering questions about the technology product, calling it "insanely great" and comparing its imminent release to the invention of the telephone.

"Within ten years there were over 200,000 telephones on desks in America," Jobs told the audience. "It was a breakthrough, because people already knew how to use it. It performed the same basic function, but radical ease of use. And what we think we have here is the first telephone. And in addition to letting you do the old spreadsheets and word processing, it lets you sing. It lets you make pictures. It lets you make diagrams where you cut them and paste them into your documents."

It was, as Jobs said, a watershed moment for the computing industry, which he believed had run out of ideas at the time, and was ignoring the consumer market.

The new machine was to fundamentally change the way that people would use home computers. Whereas what came before it consisted of simple text-input machines, the Mac would use a graphical interface that set the benchmark for the

Future thinking

The original Macintosh was the first successful personal computer to use a graphical interface,

rather than lines of code, meaning that the user didn't have to understand programming. It also brought the world the mouse, which Jobs had first seen in an IBM lab and brought back to Apple to develop.



THE FIRST BITE OF THE APPLE

industry for decades to come.

However, while Apple built a successful business within its niche, the new Mac's operating system brought other players along to the party, such as Microsoft, which specialised in software and built strongly on the demand driven by Apple.

With its Windows operating system, which was released in 1990 and could be installed on any suitable PC, Microsoft opened up the market the way that Apple couldn't, with its hardware and software tightly knitted together, making the latter a niche player in a segment it had pretty much created.

A decade after the Macintosh launch, Apple was on its knees, and it wasn't until 1997 that the company once again called on Jobs, who had famously departed the company earlier in the decade, to restore some of the innovation the company was originally known for.

Of course, Jobs once again succeeded in what he did best and revitalised the consumer electronics market with first the iMac, then the iPod and later the iPhone and iPad, to return Apple to a level unseen since 30 years ago. ●

Tell us your thoughts: letters@readme.ae



TAKING SHAPE

Signs of true happiness

Spotting employees who are truly happy at work is easy if you know the signs.

MORALE

Have you ever wondered if your employees are happy? And if the answer is yes, how can you be sure? These are two questions that all business owners should consider as studies show very clearly that when employees like their jobs, customers get better service and are more satisfied. Organisations that care about the happiness of their employees achieve much more than just a feel good factor, they also create more productive workplaces and loyal employees. It doesn't matter what you build, invent or sell; your company can't move forward without its people. In fact, not keeping a pulse on employee job satisfaction and happiness could negatively impact your bottom line. Akhtaboot reveals the signs that your employees are truly happy.

THEY HAVE FRIENDS AT WORK

It comes as no surprise that employees who have great relationships on a personal level are happier and more willing to cooperate and help each other. Besides that, spending time with people you genuinely care about can make the days go faster and encourage creativity. If you feel that your employees hold themselves back from being friends for fear of being perceived as unprofessional, you may have to show your employees how to strike a balance through modelling. A good way to encourage amicable relationships at work is to discuss it openly during staff meetings or performance reviews.

THEY TAKE OWNERSHIP OF THEIR JOBS

A crucial part of nurturing a happy working environment is to see if your employees take ownership of their job. If your employees are always on the look for ways to step out of the confines of their typical tasks, chances are, they're happy. Employees with ownership won't work for controlling bosses for very long. If you find yourself constantly having to stay on top of people in order to get things done, you need to do something about this. Creating an environment that encourages ownership doesn't mean that there are no rules or boundaries; it's all about showing your confidence in your employees and giving them space to reach their full potential.

THEY NEVER HESITATE TO SPEAK THEIR MINDS

Employees who feel that they can freely speak out and that their opinions are heard are engaged and happy employees. By giving your employees the opportunity to voice their opinions and concerns, as well as acting upon them where appropriate, they will feel that they matter. Give your team regular opportunities to say what's on their minds during informal catch up meetings and during annual reviews. Actively listen to what people have to say, even if their opinions are different from your own.

“Organisations that care about the happiness of their employees achieve much more than just a feel good factor.”

THEY HAVE A GOOD WORK-LIFE BALANCE

Do your employees have a say when it comes to determining their working hours? If the answer is yes, chances are they are happy. There is a new norm emerging; a subtle shift towards more balance in the workplace which can be easily overlooked by many conservative companies. For many professionals, the challenge is often related to explicit or implicit expectations to spend long hours in the office. The majority desire more flexibility in working environments, yet very few have it, either because such programmes are not offered or because they fear the stigma associated with wanting such benefits. If your company works within an industry that might benefit from offering flexible working hours, why not consider doing so? You can set your own rules, policies, and procedures. ●
By Akhtaboot—the career network (www.akhtaboot.com).

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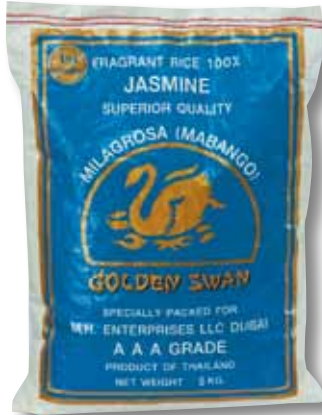


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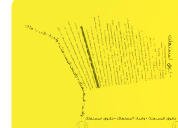
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Slip service

The iconic 1990s slip dress is back in fashion for spring/summer 2014.

TRENDS

Every fashionista will remember Carrie Bradshaw's classic neutral slip dress from *SATC*, while super-model Kate Moss made the style her go-to look throughout the early part of the decade. Now the 1990s staple dominated the catwalks of Jason Wu, Max Mara and Just Cavalli for spring/summer.

The delicate, minimalist dress with spaghetti-style straps is the ideal choice for evening wear. Victoria Beckham made headlines when she opted for a navy, lace slip dress from Louis Vuitton's Fall 2013 collection for an outing at Wimbledon last summer. The delicate lace



JASON WU



H&M



ASOS



DOROTHY PERKINS



NEW LOOK



VICTORIA BECKHAM



RIVER ISLAND



NEW LOOK

JUST CAVALLI

“Balance the dress with a cardigan and belt for a preppy daytime look.”



NEXT

detailing mixed with dainty straps was a rather daring choice for the traditional sporting event, but was a hit among the fashion pack.

Go back to basics with a simple cream or white slip dress with a V-shape neckline and pair it with strappy sandals for a look straight off the runway. We love Just Cavalli's modern update of this classic dress. The colourful floral print pattern with contrasting bold, black panels gives the dress an oriental feel. Make a statement in a bold, leopard print version from River Island or a black and white floral lace style for a truly girly and romantic vibe.

A simple, black silk slip dress is perfect for a night out, with some styles featuring details such as slits or a criss-cross back. Nicole Richie looked glamorous in a gold version with barely-there straps from Marc Jacob's at the CFDA awards last year. Wear your hair in an up-do or move your locks away from your face to highlight your 1990s-style glamour.

HOW TO WEAR

Camisole dresses skim the figure to flatter any body shape. However different fabrics suit certain shapes more than others—it really is trial and error to see which style works best for your body shape.

While the lightweight style of the slip dress may only seem appropriate for an evening look, it can also be worn during the day. Wear yours in the sunshine with flat sandals for a relaxed beachside style. Choose neon shades or wear with wedges for a fresh, springtime look.

Balance the dress with a cardigan and belt for a preppy daytime look or wear a sharp blazer and classic pumps for an elegant, polished style. Throw on a denim jacket over a floral version to instantly add a retro casual vibe.

Opt for an oversized coat in a neutral hue or a plaid pattern for a striking high-fashion look. A navy slip dress looks great when worn underneath a power pink coat while a leather jacket can add an edgy feel to a pretty, floral number. If you're going for an evening look, just add dark lips and an oversized clutch bag for super-sleek style. ●



NICOLE RICHIE



MAX MARA



More than just combat

Peter Berg's *Lone Survivor* takes an intimate look at human nature in the theatre of battle.

NEW RELEASE

You can bank on most things Mark Wahlberg does, and *Lone Survivor*, a war story set in Afghanistan and based on a non-fiction book of the same name, continues in this vein.

Wahlberg is one of those stars who surprises at every juncture, even if we should have become accustomed to his range and abilities long ago. This time out, playing one of four Navy SEALs, Marcus Luttrell, Wahlberg stands out in this tough, no-punches-pulled drama about an ill-fated covert mission to neutralise a high-level Taliban operative in 2005.

Recounting an operation against enemy forces in the Hindu Kush region of Afghanistan, writer-director Peter Berg (*The Kingdom*) studies how comrades work together as teams, how they form bonds that seem beyond reason, and how the group's dynamics operates in the making of ethics decisions.

The SEALs soon spot their target in a village in the mountains, and realise immediately that he is protected by more soldiers than they expected.

Did you know?

Lone Survivor's main actors were forced to endure three weeks of military training before production began to prepare for the physical demands of their roles. To provide even greater authenticity, Marcus Luttrell, who wrote the book on which the film is based, moved into director Peter Berg's home for one month as a consultant.

While deciding how to proceed, the group is spotted by local goatherds, forcing the unit into making a decision about the future of the Afghans: should they kill them, including one who is no more than a boy; or should they let them go free and face the chance that they will alert the Taliban?

It is obvious what will happen next during much of this production—the title itself immediately alerts audiences to how the film will play out—and as soon as the soldiers release the goatherds, they realise they are facing some serious trouble.

Lone Survivor is not a place where character development is crucial; neither is it somewhere where the rights and wrongs of armed conflicts, such as the one in Afghanistan, will have a platform for debate.

Instead, this movie is



THE HORRORS OF WAR

about the portrayal of heroism and the brutal nature of war within a context that is relatively fresh in the mind and personal to the audience. Like *Saving Private Ryan*, to which *Lone Survivor* has been compared by many critics, it captures armed combat in a starkly realistic way that most viewers would never equate to their own existing mental picture of the field of war.

But this isn't a recipe for easy viewing by any means. Instead, it is a harrowing and intimate tale, with the power to get under your skin as the casualties mount up and the tension builds. If there is a cause for optimism, though, it has to be the way that *Lone Survivor* manages to illustrate how, even when we behave at our worst, humans have a unique spirit of decency and determination.

This is not a propaganda exercise to laud the achievements of the American military. Rather, *Lone Survivor* provides a study of humanity set against a backdrop of horror. ●

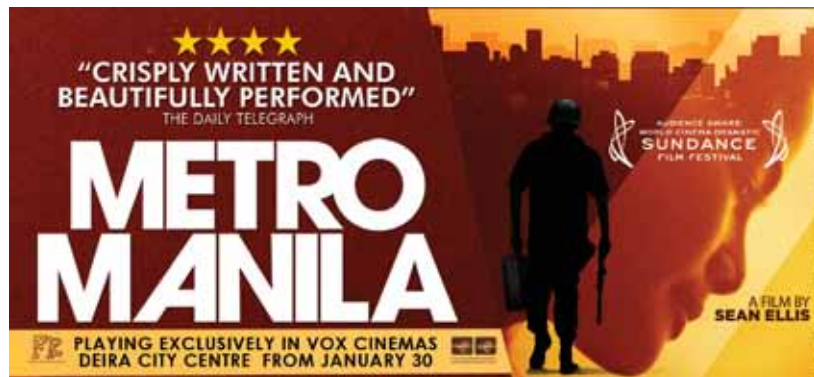
ON-SCREEN SURVIVAL



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

Dedh Ishqiya - 11:00, 17:10, 23:15
Devil's Due - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Dhoom 3 - 13:50, 20:00
Free Birds - 10:30, 12:30, 14:30
Frozen - 11:00, 13:10, 15:20
Hercules: The Legend - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
How I Live Now - 17:30, 19:30, 21:30, 23:30
Jack Ryan: Shadow Recruit - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Jai Ho - 10:00, 11:00, 12:00, 12:40, 13:40, 15:00, 15:20, 16:20, 18:00, 19:00, 20:40, 21:00, 21:40, 23:20, 00:00, 00:20
Justin And The Knights Of Valour - 10:15, 12:15, 14:15, 16:15
Mobius - 22:00, 00:00
The Numbers Station - 18:20, 20:10, 22:00, 23:50
Nut Job - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00
Ride Along - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
The Wolf Of Wall Street - 16:30, 19:00, 21:30, 00:00

Grand Megaplex - Ibn Battuta

47 Ronin - 12:00, 14:20, 16:40, 19:00, 21:25, 23:45
August: Osage Country - 23:50
Dedh Ishqiya - 21:00, 23:50
Devil's Due - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Dhoom 3 - 10:00, 13:10, 16:20, 19:30, 22:40
Drishyam - 17:30, 20:30, 23:30
Free Birds - 11:30, 13:30, 15:30
Frozen - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00
Hercules: The Legend - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 0:00
Homefront - 22:00, 00:00
How I Live Now - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
The Hunger Games: Catching Fire - 10:00, 12:50, 15:40, 18:20

Jack Ryan: Shadow Recruit - 10:30, 11:00, 11:30, 12:40, 13:10, 13:40, 14:50, 15:20, 15:50, 17:00, 17:30, 18:00, 19:10, 19:40, 20:10, 21:20, 21:50, 22:20, 23:30, 00:00, 00:30
Jai Ho - 10:00, 11:00, 12:00, 12:40, 13:40, 15:00, 15:20, 16:20, 18:00, 19:00, 20:40, 21:00, 21:40, 23:20, 00:00, 00:20
Justin And The Knights Of Valour - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00
Last Vegas - 22:00, 0:10
Mobius - 10:00, 12:00, 14:05, 16:10, 18:15, 20:20, 22:25, 00:30
Nut Job - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00
The Numbers Station - 11:00, 12:50, 14:40, 16:30, 18:20, 20:10, 22:00, 23:50
Rathrikal - 12:00, 15:00, 18:00, 21:00, 00:00
Ride Along - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
The Wolf Of Wall Street - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00

Grand Cinemas - Festival City

47 Ronin - 19:30, 21:45, 00:00
August: Osage Country - 23:50
Devil's Due - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Free Birds - 10:15, 12:15, 14:15, 16:15
Frozen - 11:00, 13:10, 15:20, 17:30
Hercules: The Legend - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Jack Ryan: Shadow Recruit - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Jai Ho - 10:00, 11:00, 12:40, 13:40, 15:20, 16:20, 18:00, 19:00, 20:40, 21:40, 23:20, 00:20
Justin And The Knights Of Valour - 10:15, 12:15, 14:15, 16:15
Mobius - 18:15, 20:20, 22:25, 00:30
The Numbers Station - 18:20, 20:10, 22:00, 23:50
Nut Job - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00
Ride Along - 11:40, 10:50, 13:00, 14:00, 15:10, 16:10, 17:20, 18:20, 19:30, 20:30, 21:40, 22:40, 23:50
The Wolf Of Wall Street - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00

Grand Cinecity - Al Ghurair

Devil's Due - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Drishyam - 21:00, 23:50
Hercules: The Legend - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Jack Ryan: Shadow Recruit - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Jai Ho - 10:00, 11:00, 12:40, 13:40, 15:20, 16:20, 18:00, 19:00, 20:40, 21:40, 23:20, 00:20
Nut Job - 11:00, 13:00, 15:00, 17:00, 19:00
Rathrikal - 12:00, 15:00, 18:00, 21:00, 00:00
Ride Along - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50

Reel Cinemas - Dubai Mall

12 Years A Slave - 23:45, 14:25, 17:10, 19:55, 22:40, 01:25
The Hobbit: The Desolation Of Smaug - 16:20, 22:15
Jack Ryan: Shadow Recruit - 11:40, 13:50, 16:05, 18:20, 20:35, 22:50, 01:00
Labor Day - 23:35, 13:55, 16:15, 18:35, 20:55, 23:15, 01:30
The Legend Of Hercules - 11:50, 13:50, 15:55, 18:00, 20:05, 22:10, 00:15
Lone Survivor - 11:10
Raze - 11:35, 13:30, 15:25, 17:20, 19:15, 21:10, 23:05, 01:00
Ride Along - 11:40, 13:50, 16:00, 18:10, 20:20, 22:30, 00:40
Sparks - 11:50, 14:00, 16:10, 18:20, 20:30, 22:40, 00:50
The Nut Job (3D) - 11:00, 12:50, 14:45, 16:40, 18:35, 20:30
The Package - 23:20, 13:30, 15:45, 18:00, 20:15, 22:30, 00:45
The Wolf Of Wall Street - 13:35, 19:30, 01:25
Thor The Dark World - 22:25, 00:50

Reel Cinemas - Marina Mall

12 Years A Slave - 17:55, 20:40, 23:25
Frozen - 11:10, 13:25, 15:40

I Frankenstein - 14:25, 18:35, 22:45
Jack Ryan: Shadow Recruit - 11:30, 13:40, 15:50, 18:00, 20:10, 22:20, 00:30
Labor Day - 11:20, 13:35, 15:55, 18:15, 20:35, 22:55, 01:10
The Legend Of Hercules - 12:20, 16:30, 20:40, 0:50
Lone Survivor - 23:50, 14:15, 16:45, 19:15, 21:45, 00:15
Ride Along - 11:40, 13:45, 15:55, 18:05, 20:15, 22:25, 00:35

Vox Cinemas - Deira City Centre

12 Years A Slave - 09:45, 12:30, 15:15, 18:00, 20:45, 23:30
Champ Of The Camp - 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Dhoom 3 - 16:00, 19:30, 23:00
Drishyam - 10:15, 13:30, 16:45, 20:00, 23:15
Gravity (4D) - 10:00, 14:15, 18:45, 23:15
I, Frankenstein (3D) - 10:45, 13:00, 15:15, 17:30, 19:45, 22:00, 00:15
I, Frankenstein (4D) - 12:00, 16:30, 21:00, 01:15
Jai Ho - 10:45, 11:45, 13:45, 14:45, 16:45, 17:45, 20:00, 21:00, 23:15, 00:15
The Legend Of Hercules - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Lone Survivor - 09:45, 12:30, 15:15, 18:00, 20:45, 23:30
Metro Manila - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
The Nut Job - 10:00, 12:00, 14:00
The Nut Job (3D) - 10:00, 12:00
Oru Indian - 11:00, 14:00, 17:15, 20:30, 23:45

Vox Cinemas - Mall of the Emirates

12 Years A Slave - 09:45, 11:45, 12:30, 13:00, 14:15, 15:15, 18:00, 20:45, 23:30
Devil's Due - 00:00
Frozen - 11:00, 13:30
Frozen (3D) - 09:45, 12:15, 14:45, 17:15, 19:45
I, Frankenstein (3D) - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30

Jack Ryan: Shadow Recruit - 19:45, 22:00, 00:15
Jai Ho - 11:15, 14:15, 17:15, 20:15, 23:15
Justin And The Knights Of Valour - 10:00, 12:15, 14:30
Labor Day - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30
Lone Survivor - 10:30, 11:00, 13:30, 15:45, 16:00, 18:15, 18:30, 20:45, 21:00, 23:15, 23:45, 00:15
Raze - 16:15, 18:15, 20:15, 22:15, 00:15
Ride Along - 10:30, 12:45, 15:00, 16:45, 17:15, 19:00, 19:30, 21:45, 22:00, 00:00
Sparks - 10:00, 12:15, 16:45, 19:00, 21:15, 23:30
The Hobbit: The Desolation Of Smaug - 10:45
The Legend Of Hercules - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
The Nut Job (3D) - 09:30, 11:30, 13:30, 15:30, 17:30, 19:30
The Secret Life Of Walter Mitty - 11:15, 13:15, 21:30
The Wolf Of Wall Street - 14:00, 17:00, 20:00, 23:00

Vox Cinemas - Mirdif City Centre

12 Years A Slave - 09:45, 11:15, 12:30, 15:15, 17:45, 18:00, 20:45, 23:30
Frozen - 11:00, 13:15, 15:30, 18:00
Frozen (3D) - 10:00, 12:15, 14:30
Gravity (4D) - 12:00, 16:30, 21:00
I, Frankenstein - 15:30
I, Frankenstein (3D) - 14:00
I, Frankenstein (4D) - 09:45, 14:15, 18:45, 19:45, 22:00, 23:15, 00:15
Labor Day - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30
The Legend Of Hercules - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Lone Survivor - 10:00, 10:30, 12:30, 13:00, 15:00, 16:15, 17:45, 18:45, 20:30, 21:15, 23:15, 23:45
The Nut Job (3D) - 09:30, 11:45, 13:45, 15:45, 17:45
Raze - 20:15, 22:15, 00:15
Ride Along - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00

What's happening this week in the UAE

Dubai Shopping Festival 2014



The Dubai Shopping Festival (DSF) is a shopping and entertainment paradise.
Date: February 2, 2014
Time: Whole day
Venue: Citywide
Admission: Free
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S4K's Macbeth

Shakespeare 4 Kidz comes to Dubai with a brilliantly adapted version of Macbeth.
Date: February 3-6
Time: 5:30pm
Venue: DUCTAC, Mall of the Emirates
Admission: Dh150
More info: 04 341 4777



Sunidhi and Mika live in concert



Sunidhi Chauhan and Mika Singh are joining forces to give audiences the performance of a lifetime.
Date: February 6
Time: 8pm
Venue: Dubai International Convention and Exhibition Centre, DWTC
Admission: Gold (seated) Dh295, Silver (dance arena) Dh195
More info: 052 616 0586, 050 956 6975

Ghinwa - Live Show for Kids

The popular French/English show from Lebanon is coming to Dubai.
Date: February 7-8
Time: 11am (French) and 4:30pm (English) on Friday; 3:30pm (French) on Saturday
Venue: Dubai Centre for Special Needs, Al Safa
Admission: Free
More info: 04 344 0966



Dubai Classics presents Magida El Roumi



Dubai Classics presents Lebanese soprano Magida El Roumi.
Date: February 8
Time: 9pm
Venue: Dubai World Trade Centre
Admission: Royal Dh1,399, VIP Dh999, Platinum Dh699, Gold Dh399, Balcony Dh299
More info: 050 379 6162

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Hollywood news

Final farewell



Rock fans across the globe are preparing to say goodbye to one of the biggest bands of the last few decades, Mötley Crüe. The band, which has been together for an astonishing 33 years, recently announced that they will be hanging up their instruments for the final time following a 2014 farewell tour.

Perfect picture

It's been anticipated for some time, but lovers of the 'aca-awkward' hit movie *Pitch Perfect* can finally get excited about a sequel.

Confirming that a follow-up film is happening, *Hunger Games* actress Elizabeth Banks and husband Max Handelman have been announced as the film's producers.



The secret's out



QUENTIN PULLS THE PLUG

His films are always big news for both fans and the film industry, so after gossip site Gawker leaked the script for his upcoming movie *The Hateful Eight*, Quentin Tarantino—quite understandably—has since decided to pull the movie from production.

After making the decision to cancel filming and put the script up for sale to other producers, Tarantino is also suing the website for, "Blatant copyright infringement by the promotion and dissemination of unauthorised downloadable copies of the leaked unreleased complete screenplay." While Gawker did not actually post the leaked script to its own site, they did post a link to it several times, even after requests to remove the download link.

The movie itself was set to be a Western flick, in the same vein as Tarantino's huge 2013 hit *Django Unchained*. And, after winning an Oscar for *Django*, it's not hard to see why Tarantino was so keen to have the leaked document removed from the internet quickly. But, more pressingly, after only six people had copies of the script to begin with, including actors Michael Madsen and Tim Roth, many people have been left questioning how the secret document even got out in the first place.

Got to dance

It seems that the social media world just can't get enough of actor and muscle man Vin Diesel at the moment. In one of the most

unusual—yet weirdly brilliant—self-filmed celebrity videos we've seen in a long time, the *Fast and Furious* star takes the meaning of 'selfie' to a whole new level. For no apparent reason, 46-year-old Diesel decided to film himself for a whole seven minutes dancing around an empty room and lip-syncing to Katy Perry's *Dark Horse*, followed by the latest Beyoncé hit.

Apparently, the hard-man actor has since stated that he had just received news that his 2013 flick, *Riddick*, had topped the DVD sales chart and he just felt like celebrating. After the heartache of losing his pal Paul Walker, it's good to see Vin shake a leg.



Bollywood news

SRK's slip

It seems that upcoming Shah Rukh Khan flick *Happy New Year* may have suffered another setback. After filming was delayed last year due to SRK's back injury, the actor has suffered another on-set mishap, fracturing his shoulder and damaging his knee, and has been advised by doctors to rest completely.



Mobile man

He's the guy men want to be and ladies want to be with, so whispers that Hrithik Roshan will be lending his face to one of India's biggest mobile phone companies are not surprising. Apparently, Roshan is set to front the company, adding yet another knot to his string of endorsements.



Rising star

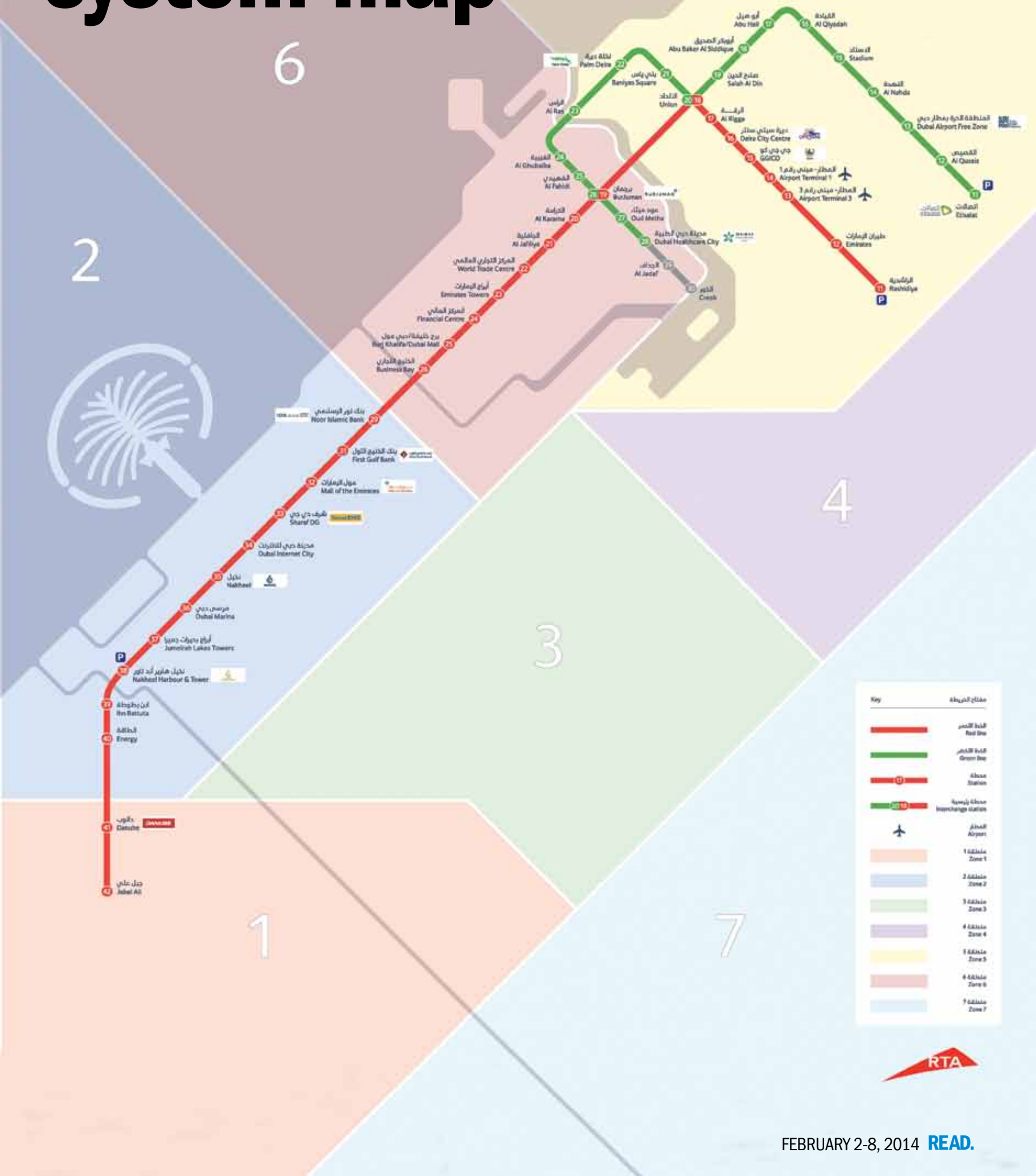
After making his name in the UK with a series of Bollywood remixes, artist and producer Arjun has caught the eye of India's leading music company, T-Series. And, with nearly 30 million YouTube views, it's no surprise that the music moguls are keen to get working on an album of Arjun's hits as soon as possible.



Top title

She has been recognised and awarded for her work as an actress many times, but now Vidya Balan has achieved possibly her most prestigious honour yet. On the occasion of the 65th Republic Day of India, Balan was awarded the title of Padma Shri, and award she dedicated to her family for all their support over the years.

Dubai Metro system map



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Filipino accountancy graduate required for a trading company in JLT. Must have 3 to 4 years of experience in Tally ERP and accounts for data entry, bank reconciliation, petty cash handling and pay roll. Please send your CV with photograph to info@camaraexim.com.

Full-time job available for a motorcycle rider and pickup driver for a courier company. Must have knowledge of all roads and areas in Dubai. Send your CV to info@armanexpress.com.

Office boy required for a software company. Please send your CV to victoryfalcon9@gmail.com.

Vacancies available for waiters, waitresses, cooks, drivers and chefs. Send your CV to cvrequired13@gmail.com.

Female nail technician and manicurist required for an award-winning group in spa and beauty industry. Please send your CV to spaoperations@hotmail.com.

A reputed furniture company and The Leather Doctor company are looking for a curtain maker cum installer with Gulf experience in Dubai. Send your CV to theleatherdoctorme@gmail.com or call 043806880.

Filipino beautician required for a ladies salon located in Sharjah. Interested candidates call 065752692 or 0505307192.

Looking for an extra income? Flexible timing, simple and legal part-time job available. Preferably Filipinos. For inquiries, call 0555571784.

Financial services company in Dubai seeks individuals for marketing and client relationship. Training will be provided. Send an email to 107marketing@gmail.com.

Financial services company in Dubai seeks management trainees for its marketing department. Send an email to 2015gold@gmail.com.

Caretaker or nurse required to look after an elderly Indian lady. Preferably Indian who can speak Hindi. Those who are interested call 0506252775.

JOBS WANTED



Indian male, BCom, MBA and ICWA graduate is looking for a suitable job. Call 0507568722 or send an email to jeryjohn777@gmail.com.

Indian Male, MBA finance graduate on visit visa seeks a job as junior accountant. Has 2 years of experience in the same field. Call 0528272713 or send an email to

nazeer_ak85@yahoo.com.

Indian female, BS commerce graduate and PGDCA is looking for a suitable job. Has 5 years of experience in UAE as secretary and administrator. Call 0566752332.

MBA (HR) graduate on husband's visa is looking for a suitable job. Has 5 years of UAE experience in the same field. Please call 0563661945.

Recovery and collection officer is looking for a suitable job. Call 0553658449 or send an email to heidwardclark@rocketmail.com.

Indian male, diploma holder, seeks job as MEP QA/QC engineer. Has 4 years of experience in the UAE. Call 0553224086 or send an email to njineel@gmail.com.

Electrical engineer with 2 years of related experience is looking for a job. Call 0558371317 or send an email to ananthualways@gmail.com.

Indian male on visit visa, BS commerce graduate with UAE experience, is looking for any suitable job. Call 0553254753.

CCNA and MSCE graduate seeks job in networking or in any suitable IT position. Has 5 years of experience in the same field. Call 0561702113 or send an email to aslambcs@yahoo.com.

Male, BS commerce graduate on visit visa looking for a suitable job. Has 7 years of experience in admin, accounts, management and IT fields. Call 0563546762.

Indian male (BE mechanical) graduate seeks job as procurement engineer. Has 5 years of experience in UAE. Call 0566171231 or send an email to faiz.javid@gmail.com.

Indian male on visit visa, BBM CA and MBA marketing graduate, is looking for any suitable job. Call 0567989024 or send an email to jubingorgek@gmail.com.

Dutch female on husband's visa seeks job as software tester or system administrator. Has 7 years of experience in IT field. Specialised in financial system and web applications. Speaks Dutch, English and German. Send an email to tester@wiemail.nl.

CCNA and MCSE graduate and registered computer system engineer seeks job in networking or in any suitable IT position. Call 0566791985 or send an email to muddasirisalam@gmail.com.

Bahraini male with UAE driving licence seeks job. Has 8 years of experience as health and safety officer and 3 years of experience as security supervisor. Holding IOSH, OSHA, RosPA certificate and attended NEBOSH training. Can join immediately and willing to transfer to the UAE. Call 0097337773435, 0097337773435, 0097333434353 or 0097333309032 or send an email to safebh@gmail.com.

French female, diploma holder seeks job. Has more than 10 years of experience as sales and marketing manager. Can join immediately. Call 0566941981 or send an email to egk.dxb@gmail.com.

Filipino female seeks job. Has 3 years of experience in construction companies in the UAE as document controller. Call 0567597751.

Filipino female, diploma holder, seeks job as receptionist, secretary or accounting assistant. Has 5 years of related experience in the UAE. Call 0508475877.

Indian male, stock controller with UAE driving licence seeks job. Has 6 years of UAE experience in a retail jewellery company. Call 0529295162.

ITEMS



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Cars for sale: Nissan Tiida 2011 model in golden colour, Toyota Yaris 2010 model in black colour, Toyota Yaris 2009 model in silver colour, Toyota Corolla automatic 2010 model in grey colour, Honda Civic 2010 automatic in red colour, Honda Civic 2008 model in grey colour and Mitsubishi Lancer 2010 model. Call 0562245779.

Honda Civic 2008 model, white colour, available for sale. In excellent condition. Family owned car. Serious buyers please call 0561770113.

Toyota Yaris 2011 model available for sale. In excellent condition. Fully automatic. Price Dh31,500. Bank loan will be arranged. No down payment. First payment is after four months. Call 0566234236.

Mitsubishi Lancer Ex 2.0 2011 model available for sale. In excellent condition. Fully automatic. Price Dh35,000. Bank loan will be arranged. No down payment. First payment is after four months. Call 0566234236.

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ACCOMMODATION



Newly fitted office space with 3 internal offices, plus ample parking space available for rent. Located in Oud Metha, Dubai. Yearly rent Dh170,000 Call 0529135153 or 0507963928.

Furnished bedroom available for executive lady. Located near Dafza Metro Station in Al Qusais. Call 050 7848640.

Bed space available for Indian lady. Located near Salah Al Uddin Metro Station. Monthly rent Dh800. Dewa is included. Call 055 1799671.

Room with separate bathroom and kitchen available from February 2014 for family only. Located near Etisalat Metro Station. Call 0553590496, 0557314003.

Bed space available for working ladies. Located near Dafza Metro Station in Al Qusais. Monthly rent Dh700. Dewa and Internet are included. For urgent inquiries please call 0507077265.

Bed space available in furnished room with 50Mbps Wi-Fi. For Executive Indian male who don't drink alcohol and non-smoker. Located near Ghubaiba Station. Monthly rent Dh1200. Call 0504953128.

Bed space available in a room for two persons. Located in Al Rashidiya. For Non-smoker Keralite executive bachelors only. Call 0553681048.

Room available for a single family. Located in Naif area near West hotel & East hotel. Call 055 6901128.

Room with attached bathroom available for Keralite couple. Located in Damascus Street in Al Qusais. Call 0505492012.

Bed space available on February 1, 2014 for Keralite bachelor. Located near Naif area in Deira. Monthly rent Dh650 plus Dewa. Call 055 8583010.

Bed space available in a clean flat. Located in Bur Dubai. Including all facilities. For inquiries call 0556372637.

New room available from February 2014 for executive bachelors. Located near Abu Baker Metro Station in Hor Al Anz area. Call 0505285795, 0553590496.

Room available from 5th of January for small South Indian family. Located Naif area near Sunrise and Talal Supermarket. Call 0504952906.

Bed space available for Indian male to share with one family in one flat. Located in Bur Dubai area. Monthly rent Dh1,200. Call 0504953128.

For sale: 7,154 square metres villa in Hills Abu Dhabi. Located opposite Army Officers Club. Directly from the owner. Call 0507701599.

Bed space available for Tamil/ Kerala bachelors and strictly for vegetarian person. Internet and Evison are included on monthly rent. Located near Rolla Res, Bur Dubai. For inquiries, Call 055 2511287 / 055 8840769.

RTA holds customer meeting

Brainstorming session was held as part of the second Customers Week and focused on improving services.



RTA OFFICIALS ATTEND TO CUSTOMERS' SUGGESTIONS FOR IMPROVED SERVICES

MEETINGS

The Roads and Transport Authority (RTA) recently held its 45th Customers Council session as part of the RTA Fair held at the Dubai Mall. A number of the RTA's e-services were showcased in the context of the second Customers Week's events, with the aim of boosting communication with customers and identifying their needs and views.

Ahmed Hashim Bahrozyan, CEO of the RTA Licensing Agency cum Chairperson of the Customers Council, said: "Customers Council gatherings are held with the aim of identifying the RTA's customers' needs, views and suggestions to improve its service. They also open new horizons and add to our third strategic goal 'Customers First', particularly as we provide more than 206 diversified services through multiple channels including the RTA website, and customer service centres among others. This warranted us to cater to customers' feedback on time and

“Customers Council gatherings are held with the aim of identifying the RTA's customers' needs, views and suggestions to improve its service.”

take them on board in all our current and future initiatives on the basis of which we work out improvement mechanisms.”

During the session, which was attended by Ahmed Mahboob, Director of Customer Service Centres; Adel Al Marzooki, Director of Parking; Sheikha Al Jarman, Director of Development and Corporate Performance, and a host of RTA officials, questions were raised and suggestions were made by customers. These included staging awareness campaigns targeting cab drivers and private motorists to highlight the importance of giving priority to pedestrian traffic.

Bahrozyan stated that suggestions

would be duly examined and referred to the Strategic Planning Department for further action as appropriate.

Commenting on a suggestion to provide Nol card vending machines onboard buses, Bahrozyan said: "These machines are provided in some bus stations and a study is currently underway to generalise them to the rest of the stations."

As to a suggestion of a customer to route more buses through the Lulu Hypermarket at Al Qusais and Al Karama stops due to the high intensity of bus riders in these two stations, Bahrozyan promised to refer this suggestion to the concerned bodies to study it further. He responded to a question about the future projects of Dubai saying: "Dubai is launching mega projects including the Dubai Water Canal, and is contemplating roads widening, and new roads construction projects following the successful bidding to host Expo 2020."

One of the attendants asked for the provision of new parking facilities in Deira, and Adel Al Marzooki

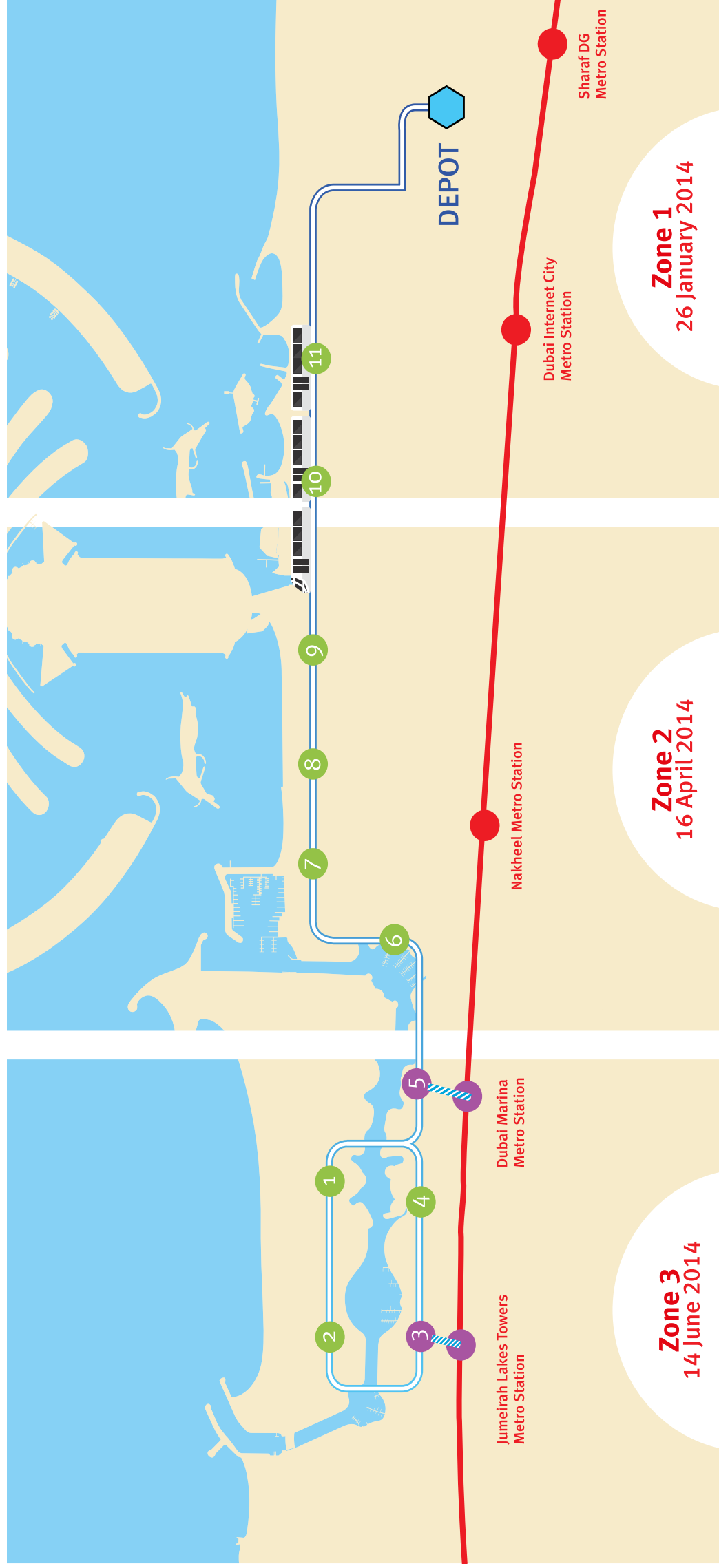
responded by saying that there are three multi-level parking terminals currently in place, and a study is being commissioned to construct similar parking facilities in Dubai to encourage the commuters to use public transport.

Another customer suggested giving public bus drivers a break at breakfast time during Ramadan, and another suggestion was made for an awareness campaign to stimulate a change in the mindset of road users, regarding how to cope with traffic congestion during peak times to alleviate the psychological stresses to which they are subjected. It was confirmed that these suggestions would be considered and subjected to a further detailed scientific study.

Bahrozyan paid tribute to the suggestions and the ideas presented by customers, which highlights the importance of maintaining effective interaction with RTA services, particularly as customers command utmost attention in the RTA's customer service drive. ●

DUBAI TRAM TESTING BEGINS.

TESTING COMMENCES 26.01.2014. DURING TESTING, DUBAI TRAM WILL NOT BE OPEN TO PASSENGERS. BE SAFE.



TRAM STATIONS

DUBAI METRO LINE
TRAM - METRO LINK

- 1 JUMEIRAH BEACH RESIDENCE 1
- 2 JUMEIRAH BEACH RESIDENCE 2
- 3 JUMEIRAH LAKES TOWERS
- 4 DUBAI MARINA MALL

- 5 DUBAI MARINA
- 6 MARINA TOWERS
- 7 MINA SEYAH
- 8 MEDIA CITY

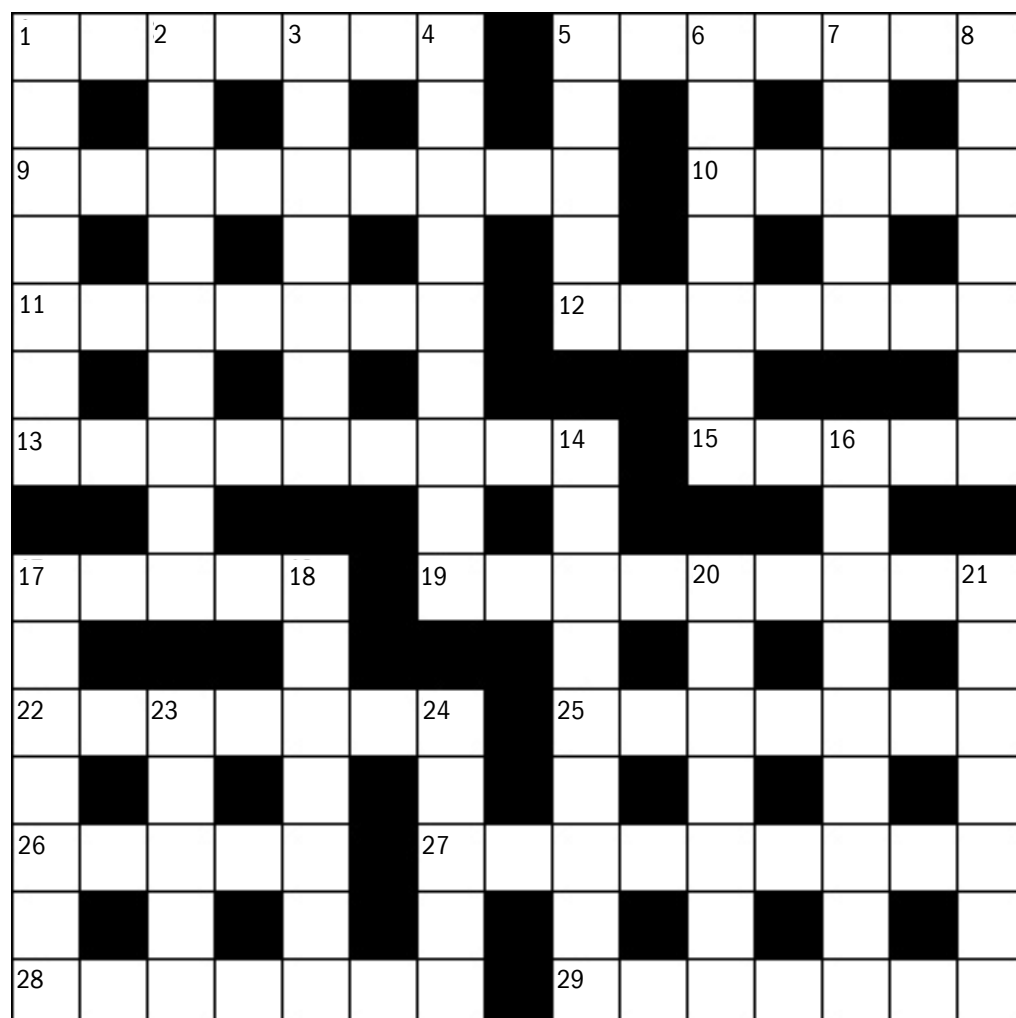
- 9 PALM JUMEIRAH
- 10 KNOWLEDGE VILLAGE
- 11 AL SUFOUH



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Taking your time

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



Crossword

Across

1 One who talks excessively (7) **5** Intimation (7) **9** Exclusive (9) **10** Markedly masculine (5) **11** False teeth (7) **12** Wriggles (7) **13** An aromatic ointment (9) **15** Kinds or sorts (5) **17** Legerdemain (5) **19** Making better (9) **22** Arrayed (7) **25** Deceive (7) **26** Faithful (5) **27** Impudent (9) **28** Showy (7) **29** Breadwinners (7)

Down

1 In addition (7) **2** Possessing (9) **3** A public speech (7) **4** State again (9) **5** Concepts (5) **6** Small orange-coloured fruit (7) **7** Become liable to (5) **8** Partridges (7) **14** Dry up (9) **16** Special advantage (9) **17** A childhood disease (7) **18** Burning sticks of paraffin (7) **20** Atomic (7) **21** Lubricates (7) **23** Pastoral (5) **24** Beautiful (slang) (5)

ANSWERS



Recipe

Bakewell tart

This classic British treat is the perfect accompaniment for afternoon tea.

Ingredients

For the pastry

175g plain flour
75g chilled butter
3 tbsp cold water

For the filling

1 tbsp raspberry jam
125g butter
125g caster sugar
125g ground almonds
1 egg, beaten
½ tsp almond extract
50g flaked almonds

Serves
8

with your fingertips until the mixture resembles finely ground breadcrumbs. Add water and knead into a soft dough.

2. Roll the dough out on a lightly floured work surface until it is around 5mm thick. Line a 20cm flan tin with the rolled dough and trim off the overhanging edges. Leave in the fridge to chill for 30 minutes.

3. Preheat the oven to 200C then place a layer of foil inside the pastry case. Fill the case with baking beans and bake for around 15 minutes.

Remove the baking beans and bake the flan case for a further five minutes.

4. Spread the base of the flan generously with raspberry jam. Melt butter in a pan, remove from the heat and stir in the sugar. Add the ground almonds, egg and almond extract. Pour into the flan tin and sprinkle flaked almonds over the top.

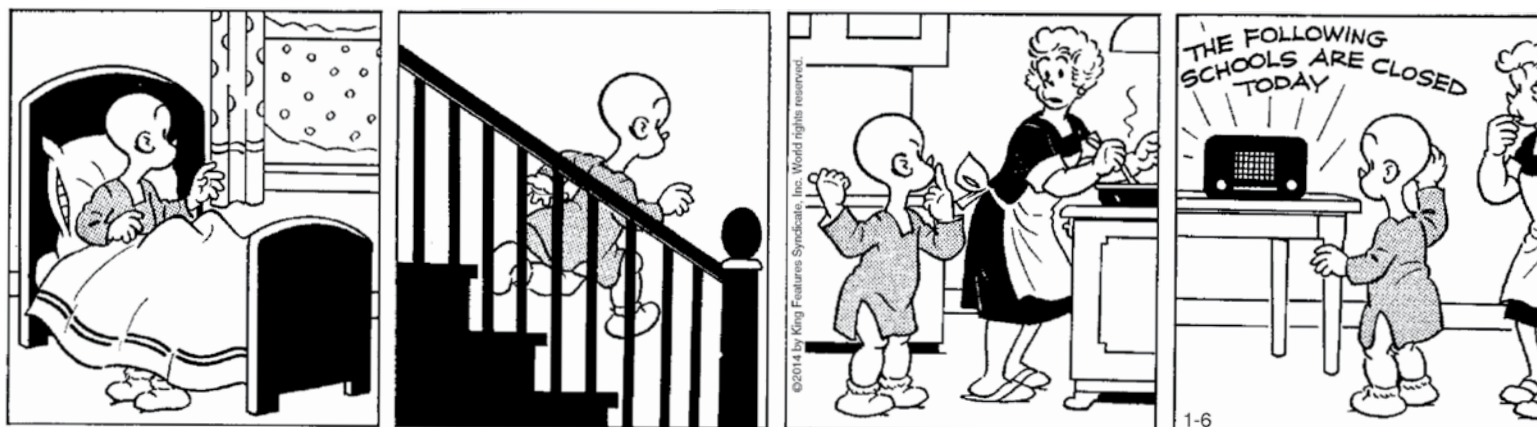
5. Bake for around 35 minutes. If the almonds seem to be browning too quickly during baking, add a layer of foil over the top of the tart and return to the oven.

Method

1. In a large mixing bowl, rub together the flour and butter



Henry



Spiderman



Dennis the menace



"MARGARET SAYS I LIVE IN MY OWN WORLD, BECAUSE SHE'S FROM ANOTHER PLANET."

Who's this?

ANSWER ON PAGE 34



Puzzles

Arrowword

Unneces- sary fuss	Old cooker	Peter ..., actor	Company letters	Lower leg part	▼	Sudden decrease in value	▼	French wire service (1,1,1)	▼	State of a ball with no air	▼	Miss out	▼
▶	▼	▼	▼					Odd person	▶				
Fetched	▶			Peter ..., snooker player		Race-track circuit	▶			South American country		Imitating	
▶				▼		Boy's name		Has ..., person of declining fame		Sudden noise like thunder	▶	▼	
Cultivated area	Denoting disgust		Army sergeant (1,1,1)		Crane operator compart- ment	▶		▼		Chance	▶		Fairy
Ward off	▶	▼	▼		Snack taken before a meal	▶							▼
Long leg- ged bird		Vulgar	▶						Veteran singer, ...Home	▶			
▶					Author, ... Deighton	▶			Nervous	▶			

Spot the 10 differences



Sudoku

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

ANSWERS

ARROWWORD

A	G	D	E	N	E	L	E	N	O	R	E	H
V	N	E	L	E	S	S	A	V	A	O	O	I
J	I	I	I	R	A	P	E	R	A	N	E	I
d	V	L	A	P	C	L	A	P	C	L	A	P
T	L	A	P	C	L	A	P	C	L	A	P	C
S	A	D	S	A	D	S	A	D	S	A	D	S

SUDOKU

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

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)

Could it be that you've been slightly neglecting an important person recently? If so, take the time to show them how much you care. Even just a small gesture will lift their spirits and introduce a new wave of happiness into your relationship.



TAURUS

(APR 21 - MAY 21)

Take a deep breath before agreeing to future travel plans with a friend. While it may be tempting to say yes straight away, you need to be a little more realistic and account for time, budget, and other commitments before coming to a decision.



GEMINI

(MAY 22 - JUN 21)

Facing the truth can be more difficult than living a lie, but when it comes to matters of the heart you need to be honest with yourself. This is not only for your own good, as stringing someone else along with your indecisiveness is only causing them pain.



CANCER

(JUN 22 - JUL 23)

While it's fine to delegate, be careful how you approach those people from whom you need help. Ordering them around could end up causing more hassle than it's worth, so ask tactfully and explain why you would appreciate their assistance.



LEO

(JUL 24 - AUG 23)

Perhaps it would make you feel better if you confronted someone over an issue rather than keeping it bottled up? There's no need to go in with all guns blazing prepared for an argument, but discussing the problem will do you both a world of good.



VIRGO

(AUG 24 - SEP 23)

You may be feeling a little under the weather so make sure to take good care of yourself to avoid a full-blown sickness. This includes getting plenty of sleep and eating right, so it's time to ditch the late nights and pay a little attention to your body's needs.



LIBRA

(SEP 24 - OCT 23)

Your friends and family have been an emotional crutch through a recent difficult patch, but make sure you don't take them for granted. Even simply thanking them for listening will be appreciated; it's not easy for them to hear all the gritty details.



SCORPIO

(OCT 24 - NOV 22)

Work continues to pile up around you and it may feel as if the last glimmer of light is fading fast. Try your hardest not to panic. Start with a simple list and start to work your way through it; slowly but surely you'll start to break down the barrage of tasks.



SAGITTARIUS

(NOV 23 - DEC 21)

You may have been putting off an important phone call for some time now, but the only way to deal with it is to take a deep breath and dial. It may be that you don't want to hear what you know is coming, but if you don't do it now then it will only be another day.



CAPRICORN

(DEC 22 - JAN 20)

If someone asks you to remind him or her of something important later on this week, make sure you note it down somewhere you simply can't miss it. It may seem trivial in the grand scheme of things, but your timely reminder will help avoid a crisis.



AQUARIUS

(JAN 21 - FEB 19)

Well done for sticking with your New Year's resolution, but perhaps it's time to ease off the pressure slightly? Making a gradual lifestyle change will be easier to keep up than a dramatic decision, so take it steady and you'll continue to see success.



PISCES

(FEB 20 - MAR 20)

No matter how hard you try not to, there is always that one person or situation that you end up cleaning up after—physically or hypothetically. Whether it's at work or home, unless you let them learn from their mistakes they will never change.



This week's local weather

SUN



2nd

WARM
HIGH 24C
LOW 20C
HUMIDITY 36%

MON



3rd

WARM
HIGH 23C
LOW 20C
HUMIDITY 34%

TUE



4th

WARM
HIGH 24C
LOW 21C
HUMIDITY 37%

WED



5th

CLOUDY
HIGH 22C
LOW 19C
HUMIDITY 34%

THU



6th

CLOUDY
HIGH 23C
LOW 20C
HUMIDITY 34%

FRI



7th

WARM
HIGH 24C
LOW 20C
HUMIDITY 35%

SAT



8th

WARM
HIGH 25C
LOW 21C
HUMIDITY 34%



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