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JUNE 15-21, 2014 | Issue 157

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TRYING TO GET AHEAD IN YOUR CAREER?

Try these tips to ensure looking after your well being while getting ahead in your career

WEEKEND GETAWAY

WORLD CUP FIXTURES

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TAKE A TANTALISING TUSCAN TRIP

We share with you some of our favourite traditional Tuscan recipes to celebrate the Regatta.

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Boxing champ David Haye gets ready to set a world sporting record in Dubai

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

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Poem of the week

To My Wife by Osacr Wilde

I can write no stately poem
 As a prelude to my lay;
 From a poet to a poem
 I would dare to say.

For if of these fallen petals
 One to you seem fair,
 Love will waft it till it settles
 On your hair.

And when wind and winter harden
 All the loveless land,
 It will whisper of the garden,
 You will understand.



Quick Facts:

Name: Oscar Fingal O'Flahertie Wills Wilde
Born: October 16, 1854
Period: Victorian Era
Spouse: Constance Lloyd
Children: Cyril Holland, Vyvyan Holland
Notable Works: The Importance of Being Earnest
 The Picture of Dorian Gray

Read. Quiz

In which decade was the American Ballet set up in New York?

- 1933
- 1995
- 1960
- 1854

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LAST READ. QUIZ RESULTS

What capital is the oldest continuously inhabited city in the world? **Answer: Damascus, Syria**

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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



5 tips on how to stay sane while getting ahead in your career

Though there are about a **million things** you can do during your **staycation**, here are my **top five** selections for some well-deserved **R&R**.

If you're anything like me, your job doesn't allow for much down time. Taking a vacation is often out of the question when you work in a digital world filled with Kimye weddings, award shows, and pending deadlines. Technically, yes, I can take time off. But again, I love my job and what to get ahead, and let's

face it if you don't put that extra time in, someone else will.

So, in order to get some uninterrupted me time every now and again, I have become a huge fan of the staycation. It means minimal time away from the office, full access to wifi, just in case and a few blissful moments dedicated to yours truly. Not to mention less stress in the way of finances.

Stay two nights in a luxe hotel.

Turn your bedroom into a haven, candles, dimmed lights and your favourite music. So relaxing, a great way to just relax.



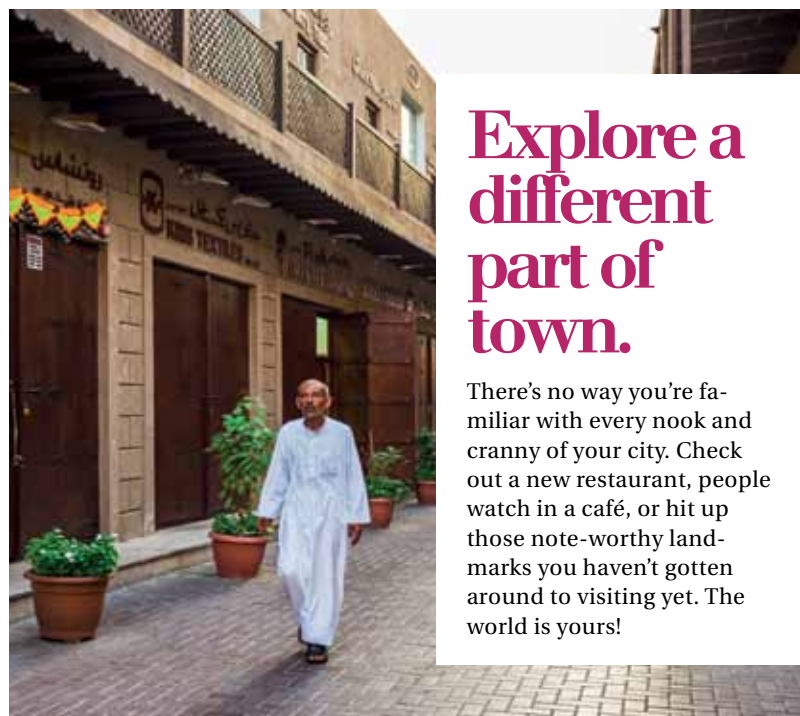
Get a spa treatment.

Turn your bedroom into a haven, candles, dimmed lights and your favourite music. So relaxing, a great way to just relax.



Rent a car.

This way, you can get in some of those important "twentysomething" bonding moments with your buds on a day drive to a nearby city, beach, or concert.



Explore a different part of town.

There's no way you're familiar with every nook and cranny of your city. Check out a new restaurant, people watch in a café, or hit up those note-worthy landmarks you haven't gotten around to visiting yet. The world is yours!



Sleep in.

This may seem obvious (and perhaps unnecessary) but I promise, it's not. The number one thing I sometimes forget to take seriously while working is a good night's sleep. Wash your face, put on your softest pajamas, and hit the sack... hard. It'll do more good than you think.

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Antagonistic gender woes

We look at how men and women react in times of stress.



When in situations of stress, both genders act in a certain way because of the

different social behaviour. Pink will act differently from blue. Blue will retreat into his own shell, wanting to be left alone to brood about his troubles and think or not think at all. With zero tolerance for emotional outbursts and tantrums, he will appear more callous and cold than ever. Pink is like a giant, cranky needy ball of emotions, ready to burst open.

Dr. Andrew Hund, Assistant Professor of Sociology at the University of United Arab Emirates, says, "[Men] are socialised to be rational and not display emotions, at least not publicly. Without an appropriate space to talk about the stress, males tend to keep the stress inside or engage in negative behaviours – such as risk taking behaviour or some might use illegal substances. However, they do talk about occupational related stress." Women, on the other hand, are socialised to be emotional or express their emotions. "Their reaction to stress is depression or anxiety. Both of these reactions can result in emotional displays and a strong need to talk about the issues with others," says Dr. Hund.

Women expect to be heard; they want to talk about it, be solaced, feel protected and secure. All it really takes to calm her down is a gentle squeeze of the hand and a kind smile, saying,

"Honey, trust me, it's going to be ok."

In a matter of 5 seconds, she will be her composed loving self again. When you have two antagonistic behaviours together in a relationship that is already strained, how do you manage this situation? The only way out of this dilemma is effective communication and understanding, as Dr. Hund says, "Effective communication is key to resolving conflicts."

Effective communication doesn't just mean voicing your opinions or showing your emotions. It also means listening to the other and empathise with emotions, because let's face it, relationships eventually are all about give and take. Women will get frustrated when constantly showing love without any reciprocation, because relationships eventually are all about give and take.

In addition to effective communication, mutual understanding is imperative to resolve conflict. "The personal needs for each person's recognition and communication must be met. Critical components are mutual trust, mutual support, genuine communication, realising conflicts are normal, and mutual respect for the other person," explains Dr. Hund. "Mutual trust takes many years to build but can be destroyed quickly. Fostering this is through each person's unhindered ability to freely express his or her opinion about issues or

concerns, without fear of retaliation, mockery, or negative consequences. Mutual support results from married person's having the ability to express genuine concern for one another's welfare, growth, and individual success. Genuine communication consists of two dimensions – openness and authenticity, where each person can speak in openly and be listened to without prejudiced."

"Accepting conflicts as normal and working them through is a critical factor that acknowledges that each person is unique. Mutual respect for individual differences must also be present. In a marriage, some decisions require that the commitment is a team response that cannot be implemented

without this mutual commitment. However, a good marriage will never insist unnecessary conformity to the demands of the other," Dr. Hund says.

Both partners need to understand the importance of giving each other space and support at the same time. Be there emotionally, whilst not suffocating the other. Gently lean on each other without making your partner edgy. Like any other problem in life, for the man and woman to dwell peacefully together, they need to accept the intrinsic behaviour of the other, and communicate feelings often, for it is in times of adversity that the strength of a relationship is truly put to test.



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Weekend getaway in Berlin



Within the last 20 years **Berlin** has become the place to be, from the **culture** of the streets to the **fashion** and **night life**.

Once there you will quickly realize why people from all over the world choose to visit, there is something for everyone.

Only going for the weekend? Here's what to do while visiting.

Located in the quiet pocket of Mitte tucked away from touristy places, Alpenstuck serves South German and Austrian cuisine with imagination. The atmosphere is warm and welcoming with its minimalist and modern design. The seasonally driven menu is simple and portions are big.

A must try are the Austrian schnitzel and Swabian 'cheesy noodles.' You will not be disappointed. Address: Gartenstr. 9 D - 10178, Berlin

The best thing to do is just start walking: Berlin has no distinctive shopping centre, and some of its treasures can be found in the least expected places – a hidden inner courtyard like Kreuzberg fashionista favourite Voo, with many popping up for only weeks at a time. Berlin, with relatively cheap overheads and a massive DJ population, also has a thriving record shop scene centred on places like Oye and Hard Wax.

More conventional shopping can be found on Kurfürstendamm in the west, with an Apple store and flagship Uniqlo opening in 2014. In the east, Friedrichstrasse offers a similarly upmarket selection, but with slightly younger fashions at places like the Quartier206 store. For cutting-edge designers, head to the area around Mulackstrasse in Mitte, where many have opened interesting boutiques or try Das Neue Schwarz for haute-couture at knock-down prices. A word of warning, don't expect to do much shopping on a Sunday; laws still remain in place from a more religious age limiting trade on the day of rest. This even extends to supermarkets, with only the major train stations like Hauptbahnhof allowed keeping them open.

Adjacent to the Dom, Museumsinsel (Museum Island) is Berlin's prime cultural pocket. Five key institutions all come under the Berlin State Museums banner and deserve lengthy exploration. The Pergamonmuseum hosts antiquities excavated in Turkey, Greece and Iraq in the 19th century. The Alte Nationalgalerie Bodestraße houses works by such German greats as Carl Blechen and Caspar David Friedrich, as well as pieces by Monet and Manet. And the Bode Museum is a treasure trove of Byzantine art. A three-day Museum Pass (€19) gives entry to the whole "island" you could also visit the East Side Gallery, the largest remaining section of the Berlin Wall that stood from 1961 to 1989. Stretching for a mile along Mühlenstrasse, this de-fanged symbol of oppression is preserved as an artwork, with 106 striking murals.



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TECH NEWS

HTC One M8 in Dubai



After the successful launch of the all new HTC One M8 last month, Dubai based telecommunication company DU, announced the availability of the new phone in the UAE market.



The new HTC phone is to be available in gold color, and linked to different offers and subscriptions, that suits everybody. Customers can also get the chance to win the new HTC One M8 by subscribing to a service and entering the draw.

HTC One M8 is the latest



technology by HTC, holding the best that can be presented to tech savvy clients. Using HTC sense 6, Boom Sound as the cutting edge sound tech, a duo camera, extreme power saving mode, and the fitbit fitness application.

As this phone is newly launched, UAE residents are thirsty for such new technologies, and as said by DU, the demand on such new items is very high.

Sony engaging in FIFA World Cup initiatives

As Sony Corporation is an official FIFA partner, it will further its strategic initiatives in preparation for the World Cup. In this context, Sony is focusing on the areas of "4K", "entertainment", "network service" and "CSR".

Beside the 4K live production system that will be shooting the tournament for producing the final film, Sony is to produce the official final film.

As for the entertainment, Sony had partnered with other global companies to produce supersong for the FIFA, as well as the official World Cup song hand in hand with superstars from around the world.

Concerning network services, including digital and social – Sony had launched a website (football.sony.net) to serve as a global hub for communication on football, that offers an



array of projects and content such as access to the aforementioned "Super-Song" contest. Maximizing the possibilities offered by the online community space, Sony is aiming to bring people together across all borders, to share their passions and inspirations through projects including: The "One

Stadium Live" social networking site, The "Fan Ambassador" reports, The "UNITED" photo contest.

As for the CSR, Sony is taking place in social responsibility and engaging in various efforts supporting children around the world shaping a better and more sustainable community.

360 degrees waterproof camera

Waterproof camera? Not the usual one! Taking the shape of a black and blue plastic made and egg like shell, this new device is made to capture your special underwater moments.

360Cam is unique for its shape and functionalities. While it comes with a free Android and iOS application to monitor and to use the smart-phone as a viewfinder. And through the phone you can also control the 360cam's photo, video, GPS and gyroscopic settings. It also boasts three embedded microphones, Micro USB charging port, and SD card slot (up to 64GB), and a rechargeable lithium ion battery that can maintain about one hour of video shooting at 25 frames per second (assuming Wi-Fi is not enabled).

This camera can capture 360-degree HD video and photos, all while

delivering the device's current status on its surface via LED display. The display can indicate the camera's cur-

rent mode (Time Lapse, Burst, Photo, Video, Live) and count down during timed photos.



Measure your muscle quality



Working out all week long? Looking at the mirror and can't tell how good and healthy your muscles are? Looking at the gym's mirror and get satisfied with your muscly look isn't always a good sign. Muscles don't always grow in the right way or the right shape.

The Skulpt is a new Bluetooth device that aims to paint a bigger picture of your overall fitness profile. And rated as the world's first wireless device that determines the health of your muscles. This device, which is smaller than the size of an iPhone,

presses against the skin where key muscles are located (specifically the biceps, triceps, abs and thigh). By measuring how a current flows within those muscles, data is collected and then synced to an online dashboard. Users can track body-fat percentage, set goals or share the data with others.

At the very first stages when a person starts hitting the gym, very little difference show on the outside of the body, while in fact, some good changes are taking place on the muscles and tissues level. The Skulpt is a new way to help new gym addicts know that what they're doing is great in order not to get discouraged.



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Peak of Luxury

A new addition to the high end Korean cars.



After being designed to compete directly with European and Japanese high-end cars in its class, the Korean manufacturer decided to make some adjustments to the «Genesis» 2014 model. The «Genesis» got the title of «best car in North America» for 2009, making it the very first Korean brand to win this title. This car also won the award for «more car up-scale midsize unreliable» 2012, and the award «Initial Quality Top» 2013. Here are the driving experience details of the all new 2014 «Hyundai Genesis».

Distinguished performance

During our test drive, that was initially with a Lambda V6 DOHC engine, capacity of 3.8 liters, strongly delivering 311 horsepower at 6000 rpm, and 397 Nm of torque at 5000 rpm, while accelerating from 0 to 100 km/hour in 6.5 seconds, reaching a top speed of 240 km/hour. The second engine is Ejrebnah Tau V8 DOHC, 5.0-liter delivering 407 horses at 6000 rpm, and 505 Nm of torque. It accelerates from 0 to 100 km / h in just 5.4 seconds and reaches a top speed of 240 km/hour.

Design and materials

When you go inside the car, you directly note that the interior design is distinct and a primary objective



seeks to give an enhanced and refined form, and as a result, designers used real wood and aluminum parts in the interior.

As engineers are to re-evaluate all the controls to make sure it's highly easy to use, by improving the shape of the steering wheel and the ignition key. In center console, some keys were removed and re-designed, making it less complicated.

Harmonious lines

This car shows a variety of new simple designs. If we look to the fore-

ground we see that the most prominent grille is semi-glossy chrome, surrounded by the HID headlights, LED lights, and fog lights. As we move to the back, we note that the new back lights are full-size LED.



Dubai police new superbike



Alongside the fancy and luxurious supercars owned by Dubai Police, here comes a new superbike to join the convoy of multi-million Dirham's cruising the streets. The new addition is a Can Am Spyder bike, well known to be great on the roads. Having anti-lock brakes, traction control, stability control, semi-auto transmission, power steering, reverse, and cruise control which attract

the Dubai Police to own one. This bike is good and curves, and equipped with the latest innovation. On another hand, the Dubai Police owns: McLaren MP4-12C, Mercedes SLS, Nissan GTR, Mercedes SL 63, Ferrari FF Bentley Continental GT, Lamborghini Aventador, Bugatti Veyron, Aston Martin One-77, Audi R8, and Mercedes G-class Brabus. As well as a 10-metre-long superboat that was built by the Victory Team and was recently showcased at the Dubai International Boat Show 2014.

Mini. A British design with an Italian accent



When the Britishness meets the Italian taste, Mini Superleggera concept is the result. Superleggera is a classic roadster, compact and agile two-seater, expressing the most minimalist and emotional style and design of the vehicle. This is a unique model blending the tradition of classic work, and the authentic British Mini style. The body is classic Italian, hand-shaped, giving this Mini a very singular look. The inside and the outside are very well designed to make the driver

focus on the driving and not on the accessories and buttons. While the interior reflects an authentic and traditional way of doing it, high-end material such as leather, aluminum, and black chrome have been used to enhance the all in all look. Electrically powered, this new Superleggera is aimed to give a new and different driving experience. The Mini has definitely kept the round-look front lights, and the front grill. Even if this Mini got a bit flat shaped as it never was but it still one great car for all times. While it is also made to be environment friendly, it didn't lose any of its characteristics.

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For the Love of the game

In an ambitious bid to set a Guinness World Record for the 'World's Largest Boxing Lesson' in Dubai for a charity, David 'The Hayemaker' Haye talks exclusively to READ about fighting, fitness and inspirations.

By Masuma Raza



When I beat Nikolai Valuev and became the World Heavyweight Boxing Champion. It was a life-long ambition of mine and my mum often reminds me that I had told her that I would become the World Champion from a very young age.

What inspires you?

Seeing people maximise their potential, being the best you can be and aiming for perfection.

What does boxing mean to you?

It's one of, or possibly the most, physically grueling sports on the planet. It is rich in history and separates men from boys.

What is your fitness regimen?

Train hard, eat clean. I keep myself fit and healthy all year round.

What message would you give to READers?

Try to be the best you can be. You only get one body – look after it.

How did you come up with the idea of setting a world record?

Just like at the Haymaker Gym, we are looking to promote boxing as a fitness tool and what better thing to do than get hundreds of people all taking part in the 'largest boxing lesson in the world'. Dubai loves to be a record breaker and we are going to do all we can to add another one to the list. Dubai Sports World in conjunction with the Dubai Sports Council have worked very hard to put on this event together with the Haymaker Gym team. We are encouraging people of all levels to come and join in the fun, keep fit and all for a good cause.

What are your expectations from this charity drive?

To show people that boxing can be a fantastic fitness tool for everyone. The pre-registration is going really well. We have 498 to beat and by the looks of things, we are on target to beating the current world record.

“I love Dubai hence why I chose to open my first Haymaker Gym here.”

What charity do the proceeds go to?

Proceeds will go to the Rashid Centre. My visit to the centre left a lasting impression. The kids seemed really

excited to show me all the things they do at the centre. They clearly practiced a lot to get ready for my visit and if this world record attempt helps the facility in even a small way to keep up the fantastic works they do for those beautiful kids, I will be happy.

How do you like being in Dubai?

I love Dubai hence why I chose to open my first Haymaker Gym here. I have been welcomed with open arms. Everyone is so friendly and has really supported the strong message that we will be putting out regarding health and fitness in the region.

How has going vegan changed your health?

More energy, skin has cleared, sleeping better.

Tell us about a horror story during one of your fights?

I fought for the European Title against someone who had beaten me in the amateurs called Giacobbe Fragomeni. I got a terrible cut over one eye in the 7th round, which pretty much blinded me in one eye due to the blood that was pouring into it. I managed to knock him out in 9th round that gave me the opportunity to fight for the World Title.

What does being a sporting icon mean to you?

I've worked very hard from a young



age to get to the top of my trade. Letting people know that greatness can come even if you haven't been born into a privileged home is an important message for me.

Share your greatest fight details with us?





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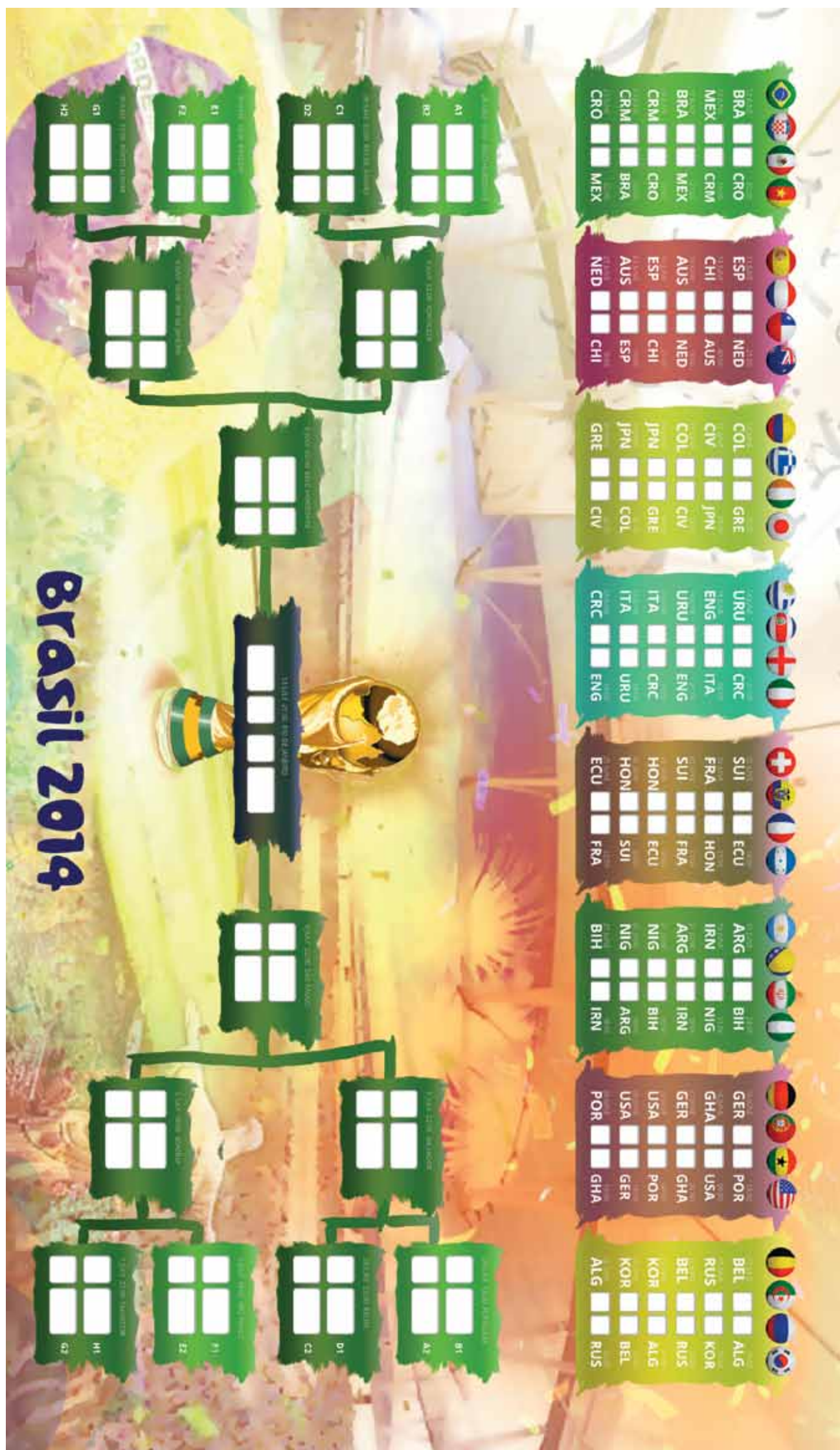
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FIFA World Cup 2014

After a magnificent opening at the Arena Corinthians in São Paulo, the 20th FIFA World Cup has only just begun with many surprises yet to be revealed. And the five-time champions are very hopeful to lift the trophy again in their home country, it would be no less than a dream come true. But with Germany and Spain in outstanding conditions with superb squads despite that tragic injury of Marco Reus, the sambas are likely to face woes and difficulties during the tournament. Brazil boss Luiz Felipe Scolari, who has recently lost his nephew to a car accident, would love to face Cristiano Ronaldo and his team-mates "Portugal" in the final in Rio on the 13th of July. Scolari had stated "It's the perfect final, whoever's better prepared, whoever plays better, may the better team win!"

Thirty-two international teams participate in this terrific world-wide tournament, but only one team wins. Very tough games lie ahead of us, Germany are to face Portugal on the 16th of June, what does Ronaldo have to show us after recovering from knee injury? Moreover, South America's Uruguay are more than ready to take on England as Luis Suarez is looking very sharp after recovering from knee surgery. It is highly unexpected what teams are to make it through the group stages; group D, which consists of Uruguay, Costa Rica, England, and Italy, possibly known as the group of "Death". Many other surprises are sure to come to the fore, thus the month-long football journey will not be one to miss.





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Basketball: The San Antonio Spurs have overcome Miami Heat with a 111-92 victory in Game 3 of the non-stop adrenaline rush NBA finals to lead the series 2-1, however the struggle is not over yet as Spurs coach Gregg Popovich stated "That'll never happen again, that was crazy." The Heat were not in adequate form and can't afford that in the upcoming four games. Furthermore, Superstar guard LeBron James claimed that they will get better from tonight.



Tennis: Andy Murray, who was recently defeated by Rafael Nadal in the semi-finals of the French Open, defends his Queen title on the grass courts as he has won this tournament three times throughout the years. The Wimbledon champion says the only pressure he will feel defending his title this month will be self-imposed. The 27-year-old also added that he will put a lot of pressure on himself to perform well and hopefully have a good tournament.



Rugby: England's Owen Farrell stated that England must be prepared to strike in the final seconds at the Forsyth Barr Stadium if they intend to win over New Zealand. However England narrowly missed out on claiming a famous victory during the first Test. Farrell has warned New Zealand that England are backing themselves to clinch the title, but knows it will take massive effort.

Mercedes aspire to end woes next race



Formula 1 racers strategically prepare for next week's Austrian Grand Prix in Spielberg on the 22nd of June after a complete stunning and surprising conclusion at the Canadian GP where Australia's Daniel Ricciardo brought an end to the Mercedes duo winning streak. Lewis Hamilton was forced to retire from the race due to brake failure and has recently

stated that he has a lot of work to do to get back into the title fight; however his Mercedes team-mate Nico Rosberg survives technical woes to finish in second place and still holds on to the lead of the grand prix over Hamilton by 22 points in the Drivers' Championship. The 2008 World Champion Lewis Hamilton has also claimed that he will strive

to keep pushing and hopefully come back stronger in the next race. The Canadian GP ended with utterly unexpected outcome that nobody could have predicted. The last Austrian Grand Prix took place in 2003 and was won by the German legend Michael Schumacher. Could luck be against the Mercedes duo once more in the upcoming race?

European Tour steer for US Open to See Diverse Pinehurst



JUSTIN ROSE

After an exhilarating victory by the Swedish Mikael Lundberg at the Lyoness Open in Austria, the Europeans have finally found their feet in the US Open at Pinehurst. The tournament has returned to the famed Pinehurst No 2 in North Car-

olina this year. England's Justin Rose has claimed that he is in a pressure free situation ahead of his US Open defence, nevertheless Rose is very much excited for the challenge of retaining his US Open title. America's Jordan Spieth stated that

he feels comfortable on this golf course and is confident enough to win his first major at Pinehurst. Spieth additionally believes that the revamped Pinehurst No 2 course will result in great drama. Whereas fellow Tiger Woods was forced to withdraw from the tournament as he still recovers from back surgery, but who could possibly triumph on the new Pinehurst No 2? Rory McIlroy is potentially the favourite as Tiger Woods' absence could be taken as an advantage for the Northern Irishman to win the US Open.

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MODEL	YEAR	MILEAGE	SELLING PRICE
CHEVROLET CAMARO	2014	521	177000
CHEVROLET CAPTIVA 3.0L	2013	7583	98500
CHEVROLET CAPTIVA 2.4L	2013	7062	84500
CHEVROLET CRUZE 1.8L	2012	48771	44000
CHEVROLET SPARK 1.2L	2014	24	38500
FORD EDGE 3.5L	2010	78640	81500
FORD ESCAPE 3.0L	2012	43000	58500
FORD FIESTA TREND 1.4L	2012	42093	38000
FORD FIGO 1.6L	2012	22211	34500
FORD FOCUS 1.6L	2011	71658	34500
FORD FUSION 2.5L	2012	56539	52500
GMC ACADIA 3.6L	2008	85135	68500
HONDA ACCORD 2.4L	2012	59785	63500
HONDA ACCORD 2.4L	2010	56768	56500
HONDA CITY 1.5L	2012	18650	44000
HYUNDAI ACCENT 1.4L	2013	26085	39500
HYUNDAI ACCENT 1.4L	2013	42343	39000
HYUNDAI TUCSON	2013	60900	66500
HYUNDAI TUCSON 2.4	2011	57000	52500
HYUNDAI VELOSTER	2014	8780	69000
KIA CADENZA 3.5L	2013	43918	92500
KIA CARNIVAL EX 3.6L	2014	28738	71500
KIA CERRATO	2014	19823	54000
KIA PICANTO	2013	49015	35500
KIA RIO 1.4L	2012	54611	29500
KIA RIO 1.4L	2014	5220	41000
KIA SORENTO 2.7L	2012	56855	64500
KIA SORENTO 3.5L	2013	32116	91900
KIA SORENTO 3.5L	2011	67434	55500

MODEL	YEAR	MILEAGE	SELLING PRICE
KIA SPORTAGE 2.0L	2012	58208	61500
KIA SPORTAGE 2.0L	2013	35936	65500
LEXUS IS300 3.0L	2010	56726	91500
MAZDA 2	2011	47097	29500
MERCEDES-BENZ C200	2012	38732	117500
MITSUBISHI ASX 2.0L	2011	51889	49000
MITSUBISHI ASX 2.0L	2011	76934	49500
MITSUBISHI ECLIPSE 2.4L	2009	61473	51500
MITSUBISHI GALANT 2.4L	2011	62341	38500
MITSUBISHI GALANT 2.4L	2010	68728	36000
MITSUBISHI GALANT 2.4L	2010	66309	38000
MITSUBISHI LANCER 1.3L	2013	33194	38000
MITSUBISHI LANCER 1.3L	2013	62791	37500
MITSUBISHI LANCER 1.3L	2012	70340	33500
MITSUBISHI LANCER 1.5L	2011	79350	37000
MITSUBISHI LANCER 1.6L	2013	25396	39900
MITSUBISHI LANCER 1.6L	2014	23661	42000
MITSUBISHI LANCER 1.6L	2011	61496	34500
MITSUBISHI LANCER 2.0L	2010	83528	38500
MITSUBISHI LANCER 2.0L	2012	22000	43500
MITSUBISHI LANCER 2.0L	2009	54250	32500
MITSUBISHI LANCER 2.0L	2011	19200	39500
MITSUBISHI LANCER 2.0L	2011	64154	55500
MITSUBISHI LANCER 2.0L	2012	68270	59500
MITSUBISHI LANCER EX 1.6L	2013	16000	40500
MITSUBISHI MIRAGE 1.2L	2014	7610	34000
MITSUBISHI NATIVA 3.0L	2011	32156	45500
MITSUBISHI OUTLANDER 2.4L	2012	38320	61500
MITSUBISHI OUTLANDER 2.4L	2010	65000	46500

MODEL	YEAR	MILEAGE	SELLING PRICE
MITSUBISHI OUTLANDER	2013	1	74995
MITSUBISHI PAJERO 3.5L	2011	67498	84500
MITSUBISHI PAJERO 3.5L	2011	74500	81500
MITSUBISHI PAJERO 3.5L	2011	78931	69500
MITSUBISHI PAJERO 3.5L	2010	56200	64500
MITSUBISHI PAJERO 3.5L	2012	46016	80500
MITSUBISHI PAJERO 3.5L	2012	34500	88500
MITSUBISHI PAJERO 3.8L	2012	46112	94500
MITSUBISHI PAJERO 3.8L	2013	34000	98500
MITSUBISHI PAJERO 3.8L	2013	34000	98500
MITSUBISHI PAJERO 3.5L	2013	1	99995
MITSUBISHI PAJERO SPORT 3.5L	2011	61100	61500
MITSUBISHI PAJERO SPORT 3.5L	2011	54400	63500
NISSAN PATROL	2014	323	146000
NISSAN TIIDA 1.8L	2012	53577	40500
NISSAN X-TRAIL 2.5L	2012	60982	61000
NISSAN X-TRAIL 2.5L	2010	63256	44500
RENAULT MEGANE	2014	26988	49500
SUZUKI SWIFT	2012	48900	46500
TOYOTA CAMRY 2.4L	2011	58567	52500
TOYOTA COROLLA 1.6L	2011	53148	44500
TOYOTA FORTUNER 2.7L	2011	60634	70500
TOYOTA LAND CRUISER 4.0L	2010	64368	149500
TOYOTA PRADO 4.0L	2011	64200	109500
VOLKSWAGEN GOLF	2010	56978	54500
VOLKSWAGEN SCIROCCO	2011	87032	78500
VOLKSWAGEN TIGUAN	2011	79048	81000

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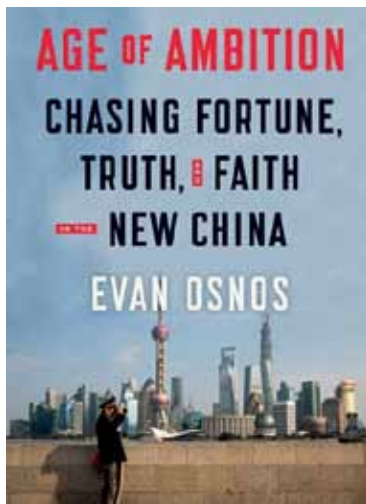
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PAWN SHOP CHRONICLES

An anthology of stories involving meth addicted white supremacists, a man looking for his kidnapped wife, and an Elvis impersonator. This movie is farfetched but with an amazing cast line up and is hilarious from start to finish, if you're stuck on what to do this weekend in the scorching heat, get yourself to the cinemas.

WATCH



READ

AGE OF AMBITION

In the late 1990s, a joke circulated in Beijing depicting the difference between a go-go China and the all-too-staid United States. In Palo Alto, a young woman goes out to dinner with a Chinese entrepreneur. Driving her home, he accelerates through an intersection as the light changes to red. When they arrive at her house, she won't invite him in. He obviously isn't dependable, she says. He risked her life back there at the crossing. In Beijing, the entrepreneur lands another date and, taking that woman home, slows down at a yellow light. At her doorstep, she, too, snubs him. Why did he stop? Clearly he doesn't know how to grab opportunities when he sees them.

LISTEN

CLEAN BANDIT

The album is too confident and colourful to disappoint those who are hoping for 10 more torch songs, running through more musical styles than your Casio keyboard on demo function. Come Over pits the Evian-pure Chatto against brrrrrap-tastic reggae singer Stylo G. The maddest song of all is the title track, featuring Neneh Cherry-style rapper Lizzo and a male "keyboard voice" as strange as 60s TV character Torchy the Battery Boy.



Hollywood / Bollywood News

Dilip Kumar launches autobiography

Veteran actor Dilip Kumar launched his autobiography recently, with the who's who of Bollywood in attendance. Saira Banu, his wife, said, "Please pray that the dedication we have written the book, it is received by the readers in the same way. Every chapter in the book is important and you all will read something that you have not read before about him." Zeenat Aman, Danny Denzongpa, Farida Jalal, Vyjayanthimala, Subhash Ghai, Ayan Mukerji, Sanjay Leela Bhansali, Rajkumar Hirani, Madhuri Dixit and Priyanka Chopra were among the many attendees. The event was hosted by Karan Johar. Lata Mangeshkar was supposed to perform at the high profile event, but wasn't able to because of ill-health.



Burglar caught from Sandra Bullock's house



A burglar has been arrested from the Los Angeles house of Sandra Bullock. Police have said that they responded to an emergency call at 6:30am and caught the prowler, and also added that the Oscar-winner actress was present at the premise but was unharmed. 39-year-old Joshua Corbett was arrested on suspicion of residential burglary at the residence of the A-listers.

Sushmita Sen in a Bengali role

Sushmita Sen will be seen in Srijit Mukherji's Bengali film Nirbaak (Speechless) speaking three languages. The film, to be shot in Kolkata and Mumbai, weaves four different love stories together, in Bengali, Hindi and English. "Sushmita is a perfect choice because she's a Bengali actress who hasn't done a Bengali film yet," said Srijit.



Halle Berry and ex-beau reach child support settlement

A settlement between Berry and her ex-beau has been approved by a judge over child support payments for their 6-year-old daughter. Berry will pay ex-beau Gabriel Aubry \$16,000 per month to support their daughter. The former couple will divide the health care expenses between each other, but the actress will pay the child's tuition.



Listings

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

SCHEDULE CORRECT AT TIME OF
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CHANGE SCHEDULES WITHOUT NOTICE



Novo Cineplex - Grand Hyatt

7500 The Movie - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
A Million Ways To Die In The West - 19:30, 21:40, 23:50
Bad Words - 18:00, 20:00, 22:00, 00:00
Blended - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
Edge Of Tomorrow - 13:10, 17:30, 21:50
Edge Of Tomorrow (3D) - 11:00, 15:20, 19:40, 00:00
Fault In Our Stars - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Fugly - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Filmistaan - 15:00, 21:00
Holiday - 11:00, 12:00, 14:00, 17:00, 18:00, 20:00, 23:00, 00:00
How To Train Your Dragon 2 - 10:00, 12:00, 13:00, 14:00, 16:00, 17:20, 21:40
How To Train Your Dragon 2 (3D) - 10:50, 15:10, 19:30, 23:50
Legend Of Oz: Dorothy's Return - 11:30, 13:30, 15:30, 17:30, 19:30
Maleficent - 12:50, 17:10, 21:30
Maleficent (3D) - 10:40, 15:00, 19:20, 23:40
Pawn - 21:45, 23:45
X-Men: Days Of Future Past - 10:30, 13:30, 16:30

Novo Megaplex - Ibn Battuta

7500 The Movie - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 23:30, 00:00, 00:30
A Million Ways To Die In The West - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
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Chef - 10:00, 12:20, 17:00, 21:40
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Fault In Our Stars - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Fugly - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Holiday - 11:00, 12:00, 14:00, 15:00, 17:00, 18:00, 20:00, 21:00, 23:00, 00:00
How Old Are You - 11:30, 14:30, 17:30, 20:30, 23:30
How To Train Your Dragon 2 - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
How To Train Your Dragon 2 (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
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Maleficent - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
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Marati We Zawjati - 14:40, 19:20, 23:55
Maybe This Time - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
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Pawn - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Rio 2 - 11:00, 13:00, 15:00, 17:00

Novo Festival Cinema - Festival City

7500 The Movie - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
A Million Ways To Die In The West - 13:00, 17:20, 21:40
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Pawn - 21:45, 23:45

Novo Cinecity - Al Ghurair

7500 The Movie - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Blended - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
Edge Of Tomorrow - 13:10, 17:30, 21:50
Edge Of Tomorrow (3D) - 11:00, 15:20, 19:40, 00:00
Filmistaan - 1:30, 18:30, 23:30
Fugly - 11:00, 16:00, 21:00
Holiday - 11:00, 14:00, 17:00, 20:00, 23:00
How Old Are You - 11:30, 14:00, 17:30, 20:30, 23:30
How To Train Your Dragon 2 - 11:00, 13:00, 15:00
Maleficent - 12:50, 17:10, 21:30
Maleficent (3D) - 10:40, 15:00, 19:20, 23:40
Maybe This Time - 5:15, 19:30, 21:45, 00:00



Reel Cinemas - Dubai Mall

7500 The Movie - 12:05, 14:10, 16:20, 18:30, 20:40, 22:50, 01:00
Africa By Camels - 14:30, 18:05, 21:40
A Million Ways To Die In The West - 11:00, 20:35, 01:10
Bad Words - 11:30, 13:25, 15:00, 15:20, 17:00, 17:15, 19:00, 19:10, 21:00, 21:05, 23:00, 00:55, 01:00
Blended - 11:20, 13:30, 13:40, 14:40, 15:55, 17:10, 18:20, 19:40, 20:50, 22:10, 23:20, 00:40, 01:50
Chef - 13:40, 18:15, 22:50
Edge Of Tomorrow - 14:30, 17:10, 19:50, 22:30, 01:10
Edge Of Tomorrow (3D) - 13:30, 14:30, 16:00, 17:10, 18:30, 19:50, 21:00, 22:30, 23:30, 01:10, 02:00
Fugly - 14:20 17:00 19:40 22:20 01:00
Godzilla - 14:00, 19:20, 00:40
Holiday - 18:15, 23:10, 01:15
How To Train Your Dragon 2 - 11:50, 14:00, 16:15, 18:30, 20:45, 23:00
How To Train Your Dragon 2 (3D) - 13:15, 17:30, 21:45
Legend Of Oz: Dorothy's Return - 13:05, 17:05, 21:05
Legend Of Oz: Dorothy's Return (3D) - 11:05, 15:05, 19:05
Maleficent - 14:10, 16:20, 18:30, 20:40, 22:50, 01:00
Maleficent (3D) - 11:10, 15:25, 19:40, 23:55, 02:00
Maybe This Time - 14:40, 17:05, 19:30, 21:50 12:15AM
Merati Wa Zawjati - 15:50, 19:25, 23:00, 01:10
Pawn - 14:05, 16:00, 17:55, 19:50, 21:45, 23:40, 01:35
The Amazing Spider-Man 2 - 16:30, 21:50
The Fault In Our Stars - 11:50, 14:00, 14:25, 16:40, 17:00, 19:20, 19:35, 22:00, 22:10, 00:40, 00:45
The Other Woman - 12:20, 16:00, 21:20, 23:35, 01:50
X-Men: Days Of Future Past - 11:40, 14:20, 17:00, 19:40, 22:20, 01:00

Reel Cinemas - Marina Mall

Bad Words - 12:30, 14:20, 16:15, 18:10, 20:05, 22:00, 23:55
Blended - 12:15, 14:40, 17:05, 19:30, 21:55, 00:20
Edge Of Tomorrow - 11:30, 13:55, 16:20, 18:45, 21:10, 23:40
Edge Of Tomorrow (3D) - 00:25
How To Train Your Dragon 2 - 11:10, 15:35, 20:00
How To Train Your Dragon 2 (3D) - 13:20, 17:45, 22:10
Maleficent - 11:50, 14:00, 16:10, 18:20, 20:30, 22:40, 00:50
The Fault In Our Stars - 11:40, 14:10, 16:45, 19:20, 21:55, 00:30

Reel Cinemas - The Beach

Bad Words - 13:30, 15:25, 17:20, 19:15, 21:10, 23:05, 01:00
Blended - 00:10
Edge Of Tomorrow - 11:45, 12:40, 17:40, 22:40
Edge Of Tomorrow (3D) - 15:10, 17:00, 19:40, 20:10, 22:20, 01:10
How To Train Your Dragon 2 - 12:30, 14:45, 17:00, 19:15, 21:30
Legends Of Oz: Dorothy's Return - 12:10, 4:10, 8:10
Legends Of Oz: Dorothy's Return (3D) - 14:10, 18:10, 22:10
Maleficent - 13:50, 16:00, 18:10, 20:20, 22:30, 00:40
The Fault In Our Stars - 14:10, 16:45, 19:20, 21:55, 00:30

Vox Cinemas - Deira City Centre

Blended - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Edge Of Tomorrow (3D) - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Edge Of Tomorrow (4D) - 20:45, 23:30
Holiday - 09:30, 12:45, 16:15, 19:45, 23:15
How Old Are You - 12:15, 15:15, 18:15, 21:15, 00:15
How To Train Your Dragon 2 - 10:30
How To Train Your Dragon 2 (3D) - 9:30, 12:00, 14:30, 17:00, 19:30, 22:00
How To Train Your Dragon 2 (4D) - 10:45, 13:15, 15:45, 18:15
Legends Of Oz: Dorothy's Return - 10:30, 12:30
Legends Of Oz: Dorothy's Return (3D) - 9:30, 11:30, 13:30, 15:30, 17:30, 19:30
Maleficent - 09:30, 11:45, 14:00, 16:15, 18:30, 20:45, 23:00
Maybe This Time - 11:00, 13:30, 16:00, 18:30, 21:00, 22:00, 23:30, 0:30
The Fault In Our Stars - 09:45, 12:00, 14:15, 16:30, 18:45, 21:00, 23:15
X-Men: Days Of Future Past - 15:30, 18:15, 21:00, 23:45

Vox Cinemas - Mall of the Emirates

7500 The Movie - 20:00, 22:15, 00:30
Blended - 09:30, 11:00, 13:30, 14:35, 16:00, 18:30, 21:00, 21:45, 23:30
Chef - 16:30
Edge Of Tomorrow - 17:00, 00:15
Edge Of Tomorrow (3D) - 10:30, 11:00, 13:00, 15:30, 15:45, 18:00, 20:30, 20:45, 23:00, 23:15
Godzilla - 18:20, 21:00, 23:00
Holiday - 13:00, 16:30, 20:00, 23:30, 00:45
How To Train Your Dragon 2 - 11:00, 13:30, 16:00, 21:30, 22:30
How To Train Your Dragon 2 (3D) - 9:30, 12:00, 14:30, 17:00, 19:30
Legends Of Oz: Dorothy's Return - 09:30, 11:30, 13:30, 15:30
Legends Of Oz: Dorothy's Return (3D) - 10:30, 12:30, 14:30, 16:30, 18:30, 20:30
Maleficent - 11:00, 13:15, 15:30, 17:45, 01:15
Maleficent (3D) - 09:45, 12:00, 13:30, 14:15, 16:30, 18:45, 21:00, 23:15
Maybe This Time - 10:30, 13:00, 15:30, 18:00, 20:30, 22:00, 23:00, 00:30
Rio 2 - 09:45, 12:00, 14:15
The Amazing Spider-Man 2 - 10:00
The Fault In Our Stars - 09:30, 11:45, 12:15, 14:00, 16:15, 18:30, 19:30, 20:45, 23:00
The Other Woman - 19:00
X-Men: Days Of Future Past - 17:30, 20:15, 23:00

Vox Cinemas - Mirdif City Centre

Blended - 11:00, 12:15, 13:45, 17:00, 15:45, 18:30, 20:30, 21:45, 23:15
Edge Tomorrow (3D) - 10:45, 13:15, 13:30, 16:00, 18:15, 18:30, 20:45, 21:00, 23:15, 23:30, 0:30
Edge Tomorrow (4D) - 22:00, 00:30
How To Train Your Dragon 2 (3D) - 9:30, 12:00, 14:30, 17:00, 19:30, 22:00
How To Train Your Dragon 2 (4D) - 12:00, 14:30, 17:00, 19:30
Legends Of Oz: Dorothy's Return - 09:30, 11:30, 13:30, 15:30
Legends Of Oz: Dorothy's Return (3D) - 10:30, 12:30, 14:30, 16:30
Maleficent (3D) - 09:45, 12:00, 14:15, 16:00, 16:30, 18:45, 21:00, 23:15
Maybe This Time - 18:45, 21:25, 00:00
The Fault In Our Stars - 11:00, 11:30, 16:15, 21:00
X-Men: Days Of Future Past - 17:30, 20:15, 23:00

What successful people do differently

Because it's not about who you are, but what you do



We all know examples of extremely successful people who we admire and look up to. But how do they do it? The answer that can initially come to our minds is that they are born with specific characteristics and talents that set them apart from the crowd. This is simple a tiny piece of the puzzle. In fact, decades of research on achievement and success suggests that people experience repeated success not simply because of who they are, but more often because of the things they do. What successful people have in common is that they simply did and continue to do, things that help them realise their full potential. Akhtaboot is here to highlight the things that successful people do differently that the rest of us can easily learn from.

THEY TAKE ACTION

In a world where you can no longer plan or predict your way to success, very few people ever live to become a success story, and there's one simple explanation for that: they never took action! As you advance in your career, the acquisition of knowledge doesn't mean that you're actually growing. Growing happens when what your knowledge changes the way you live. It doesn't matter if you have a high IQ and advanced degrees; you can't change anything or make any sort of real-world progress

without taking action. Knowing how to do something and actually doing it are two very different things.

THEY PRACTICE REALISTIC OPTIMISM

Successful individuals are both optimistic and realistic. This means that they engage in lots of positive thinking while keeping in mind that in order to be successful they have a solid plan. They tap into all necessary resources and they continuously evaluate different options if things don't work out. Realistic-optimists stay positive and enthusiastic about the future, even if they recognise the challenges ahead.

THEY FOCUS ON BEING PRODUCTIVE, NOT BUSY

Many professionals believe that as they advance in their careers they need to be able to focus on too many different tasks at the same time. But what successful people do differently is that they focus their energy on

“Successful individuals are both optimistic and realistic.”

each goal one step at a time before moving onto the next. “Work smart, not hard” is a popular get-rich-quick concept in today's business world, but most of the time employees mistake “smart work” for only doing the bare minimum while getting a fat paycheck at the end of each month. Working smart is all about giving priority to the most important tasks that have the greatest impact on your goals.

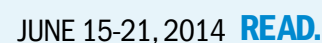
THEY DON'T GET TANGLED UP IN PERFECTIONISM

Our culture has raised success to illogical heights where being good is no longer good enough. To put it bluntly, perfectionism only exists in the mind and it is not real. Perfectionists have a hard time starting things and an even harder time finishing them. Successful people don't complicate things by obsessing over every last detail.

They understand that the solution is to simplify. They choose something that they think will work and give it a try. If they fail, they consider it a learning experience and move on to the next project.

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Spacious partition with own balcony available for 1 filipina lady only.

Please don't call if you're 2 ladies, couple or other nationality. Monthly rent Dh1,500 plus Dewa and internet. Located near Al Rigga Metro Station. Very clean place with total 8 people in the flat. See to appreciate. Call 0529006528.

Bed space available on June 30, 2014 only for Filipina. Located near Al Satwa Bus Station, 12B Street, Villa # 80. Monthly rent Dh650 including Dewa, internet and TFC. Call 0529216914.

MISCELLANEOUS

Promotion on personal loans and credit cards. No salary transfer required. Requires a minimum salary of Dh5,000. Fast approval and low interest. Call 0558808419.

Financial solution call: personal loan services for non-listed employees. No salary transfer (one cheque required). Requires a minimum salary of Dh5,000. Call 0555293869.

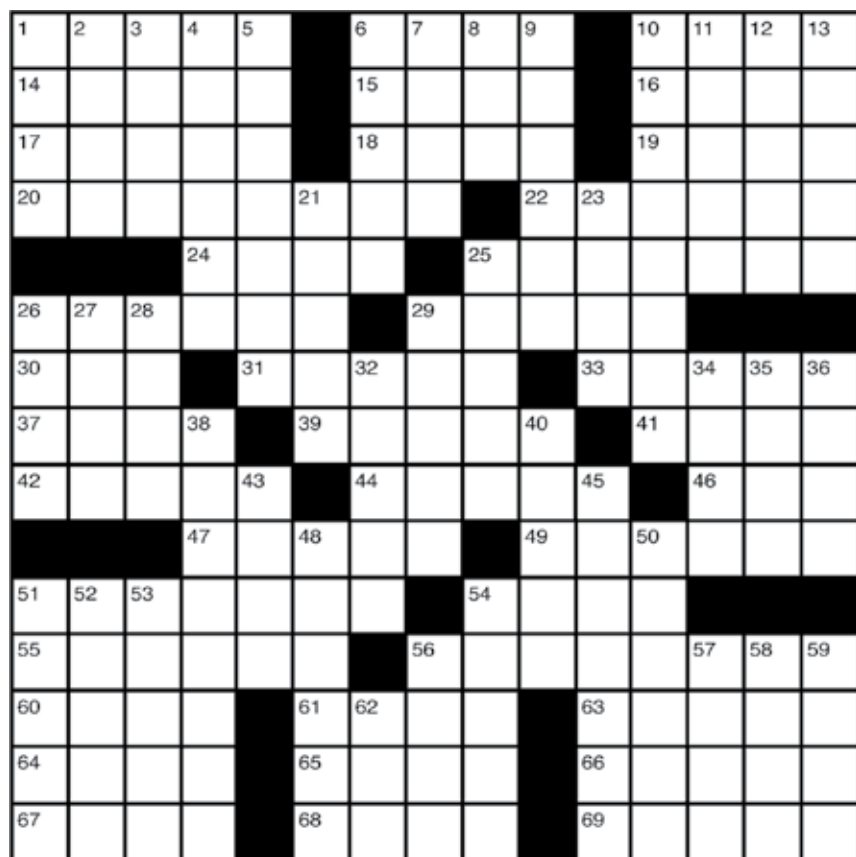
Personal loan service available. Personal loan requires a salary of Dh4,500 plus variable income. Dh3,000 for auto loan. No salary transfer. Fast approval. For more information, call 0505587116.

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Taking your time



Crossword

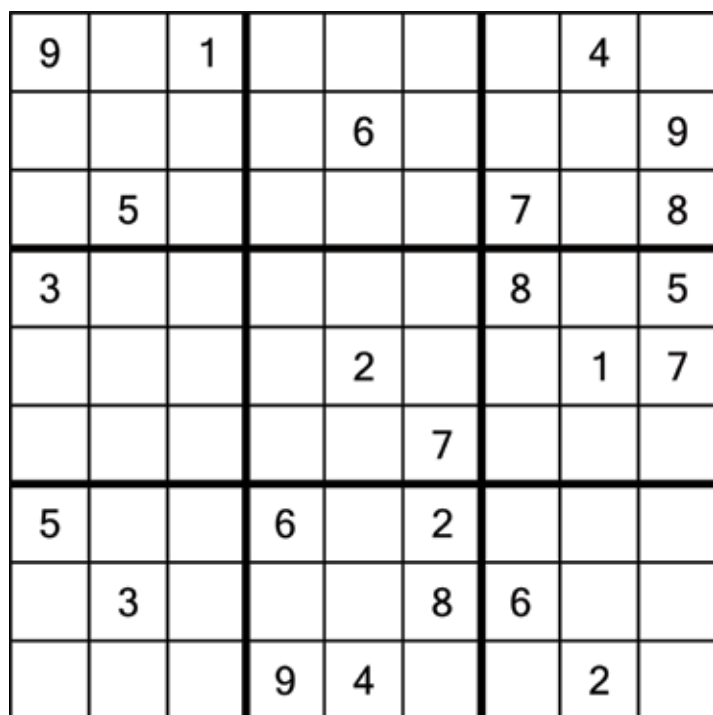
Across

1 Burial place 6 German wife 10 Prius & Taurus 14 Sensible reasoning
15 Make a salary 16 Death notice, for short 17 Drug addicts 18 Machine
at banks, for short 19 "The ___ Ranger" 20 Think deeply while relaxing
22 Pompousness 24 Blood analysis sites 25 Disease that causes red
spots and fever 26 Anew 29 Melodies 30 Heavyweight Muhammad ___
31 Sing like an Alpine goatherd 33 Cavalry sword 37 To the ___; fully 39
Travis or Quaid 41 Etna's output 42 Iron alloy 44 Suffers defeat 46 Big ___;
18-wheeler 47 High-powered light beam 49 Legally responsible, as for an
accident 51 Hates 54 Assassinated 55 Resound 56 Soldier's dining room
60 Region 61 Opposite of "Giddyap!" 63 Leg bone 64 Swim ___; diver's
flippers 65 British noble 66 Backstreet 67 Pupil's ordeal 68 Recolors 69
Sown grains

Down

1 Long-faced 2 Got up 3 Elderly 4 Manly 5 Great joy 6 Daring deeds 7 At
any ___; regardless 8 Upper limb 9 Not detected 10 Gigantic 11 Bubbling
away on the stove 12 Dishwasher cycle 13 Flower stalks 21 Despise
23 Practical jokes 25 Shapes; forms 26 Oohs and ___; shows delight 27
Flutter about 28 Irritate 29 Mexican mister 32 Valleys 34 Fishhook, e.g.
35 Malicious 36 Become furious 38 TV program 40 Hollers 43 ___ out at;
attack verbally 45 Naps 48 Stored away 50 For ___; temporarily 51 Rush
of chilly air in a room 52 Uncanny 53 Adolescents 54 Makes airtight 56
Extra amount 57 Up to the task 58 Fibbed 59 Sets down 62 Stable meal

Sudoku



Spot the difference



ANSWERS

SUDOKU

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

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26
27	28	29	30	31	32	33	34	35	36	37	38	39
40	41	42	43	44	45	46	47	48	49	50	51	52
53	54	55	56	57	58	59	60	61	62	63	64	65
66	67	68	69	70	71	72	73	74	75	76	77	78
79	80	81	82	83	84	85	86	87	88	89	90	91
92	93	94	95	96	97	98	99	100	101	102	103	104

Al Tayer meets urban transit team

Preparing Urban Transit Planning Leaders Forum held in conjunction with reputed international entities.



AL TAYER AMID PARTICIPANTS OF THE FORUM

MEETINGS

Mattar Al Tayer, Chairman of the Board and Executive Director of the Roads and Transport Authority (RTA), recently met the participants of the Preparing Urban Transit Planning Leaders Forum held by the MENA Center for Transport Excellence in collaboration with the World Bank. A host of reputed international organisations, including the Energy Sector Management Assistance Program (ESMAP), Korean Green Trust Fund, and the Public Private Infrastructure Advisory Facility, supported the event.

“The gathering also sought to raise the awareness about the requisites of planning for an integrated public transport network along with the various ingredients thereof and how to set them in their perspective.”

The gathering was attended by Abdul Aziz Malik, Chairperson of the Higher Committee of the MENA Center for Transport Excellence; Professor Gomez-Ibanez from Kennedy School of Government and Harvard University in the USA; Dr GC Kim from the Korean Transport Institute, in addition to Ajay Kumar, OP Agarwal, and Samuel Zimmerman from the World Bank.

At the start of the gathering, Al Tayer welcomed the participants wishing them a nice stay in the UAE and

expressed his delight for having the gathering in collaboration with reputed international organisations with a view to uplifting leadership capabilities in planning urban transport in view of the importance of the leadership aspect in this regard and its vital role in achieving the objectives of establishing a wide and advanced public transport network that meets the requirements of demographics, economic and urban development.

The gathering also sought to raise the awareness about the requisites of planning for an integrated public transport network along with the various ingredients thereof and how to set them in their perspective.

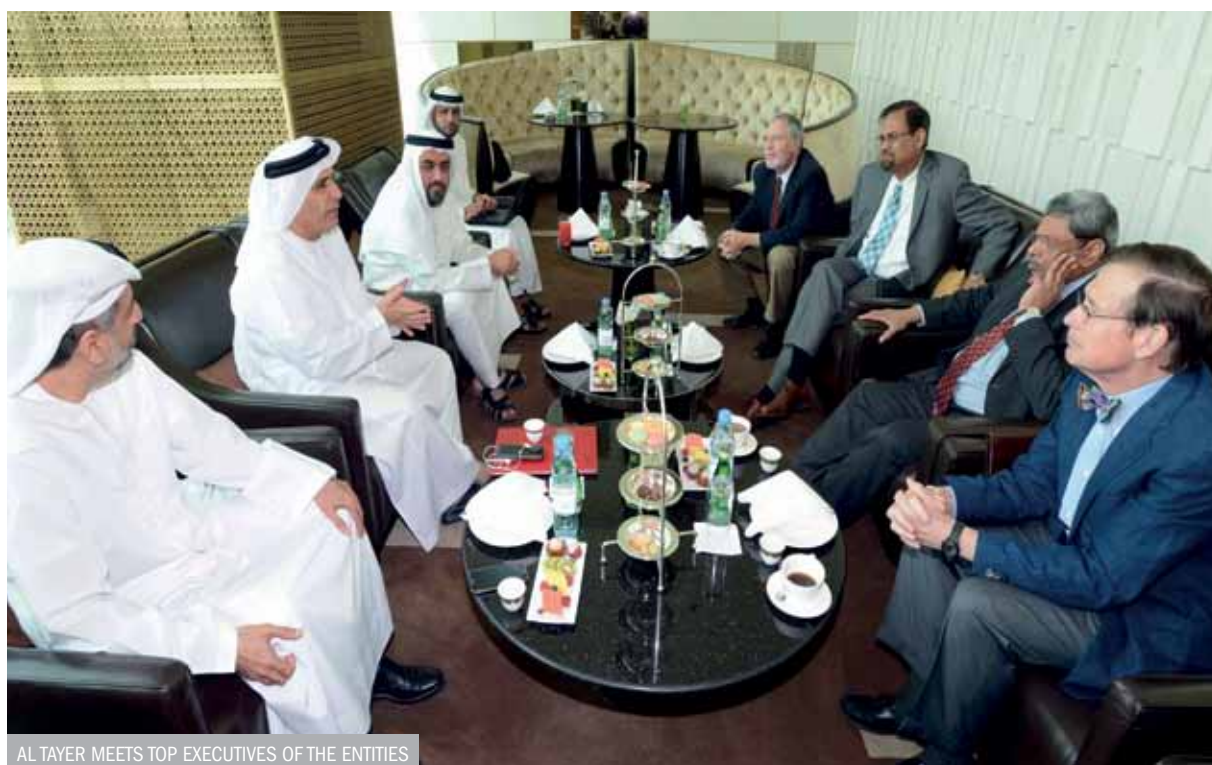
“RTA will undertake mega projects to keep pace with the development drive currently seen by Dubai, and the projects intended to be undertaken to meet the requirements of hosting of the Expo 2020 in Dubai”

Al Tayer confirmed that all resources and expertise of the RTA are offered to sisterly and friendly countries as the RTA enjoys excellent expertise in planning, designing and construct-

ing roads and transportation systems over the past seven years, particularly in the Dubai Metro, Dubai Tram and roads network projects.

Over the next years, the RTA will undertake mega projects to keep pace with the development drive currently seen by Dubai, and the projects intended to be undertaken to meet the requirements of hosting of the Expo 2020 in Dubai.

The gathering also offered a practical educational model for the participants, including applied cases in the field of planning for constructing an urban transit network besides carrying out group drills, self-learning sessions and technical visits to a number of public transport sites of the RTA.



AL TAYER MEETS TOP EXECUTIVES OF THE ENTITIES

Nol cards for inter-city bus travel

The move does away with paper tickets and currently applies to all routes except Abu Dhabi to Dubai route.

SERVICES

The Public Transport Agency at the Roads and Transport Authority (RTA), has initiated the unified fare collection system (Nol cards) in all inter-city bus service from and to Dubai emirate. The traditional payment system via paper tickets has been suspended in keeping with the rapid development seen by public transport in Dubai.

Adel Mohammad Shakeri, Director of Transportation Systems, Public Transport Agency, said, "After the success of the automated fare collection system in city-buses within Dubai emirate, the agency has generalised this method of payment in all inter-city buses from and to the emirate throughout the bus stations dotting Dubai emirate and other cities in the UAE.

"Among the objectives sought by the RTA of issuing Nol cards were to dispense with paper tickets in paying public transport fares; which translates into global concepts



INTER-CITY BUS TRAVEL REQUIRES NOL CARDS

of conserving the environment through reducing wood consumption, the sole source of paper manufacturing, he added.

"The outbound public bus trips heading outside the emirate start from eight main stations, namely: Ghubaiba, Ittihad, Satwa, Karama, Sabkha, Deira City Centre, Abu Hail, and Ibn Battuta, which serve all routes and several other destinations such as Sharjah, Abu Dhabi,

Ajman, and Fujairah. The automated fare collection system currently in place is applicable on all routes with the exception of Abu Dhabi to Dubai route, where the paper ticket option is still in use, but will be suspended likewise shortly," stated Shakeri.

"Inter-city public buses make 900 daily trips through 12 routes connecting Dubai with other emirates, lifting more than 35,000 passengers,

whereas the seven routes connecting Dubai emirate with Sharjah carry more than 17,000 passengers a day," he added.

Nol is a hassle-free and multi-purpose method of payment, which can be used in Dubai public buses, inter-city buses, Dubai Metro, Dubai waterbuses and parking meters. The payment is made by tapping the Nol card on a Nol reader, where the value of the required service is deducted instantly.

Since the Nol card system was launched in September 2009, more than five million cards have been issued, with more than one million transactions executed through the multi-purpose uses of the card. There are outlets that sell Nol cards all over Dubai via ticket booths in bus stations, TVM deployed in 81 bus stops, and Nol card sale authorised dealers such as Spinneys and Carrefour. Nol cards are also available online, and at RTA customer service centres.

RTA begins students' activities

Enhanced traffic safety programmes are aimed at college and university students in Dubai.

PROGRAMMES

The Roads and Transport Authority (RTA), in collaboration with public and private entities, has launched a comprehensive campaign encompassing awareness events and programmes targeting university students.

Engineer Maitha Bin Udai, CEO of the RTA Traffic and Roads Agency, noted that the age group 22-30 years was the most frequently involved in fatal traffic accidents during the first part of this year. The Traffic and Roads Agency, she said, has therefore set sight on rejuvenating the awareness programme entitled Traffic Awareness Ambassadors, oriented towards students of universities and colleges in Dubai.

The traffic awareness programmes chalked out by the Traffic and Roads Agency are customised to suit various community segments, including children, employees and truck drivers. Over the past years, the agency also worked on designing and implementing a programme targeting more than 5,000 students in universities across Dubai.

Udai observed that the agency had made extensive improvements in the students' traffic awareness programme and has managed to constitute a wide consortium in support of the programme encompassing public and private organisations that will take part in delivering events that will be attended by large numbers of students in campuses of colleges and universities.

"The underlying objective of the programme is to partner with the conventional teaching method in running awareness activities by adopting a more interactive approach matching to interests of students in order to deliver the awareness message in a stylish manner. Therefore, one of the key aspects of cooperation with universities is to regularly send awareness flashes through e-mails to all university stu-



YOUTH ARE THE FOCUS OF TRAFFIC AWARENESS CAMPAIGNS

dents where the Traffic and Roads Agency will cater to designing the awareness message, and university managements undertake to deliver them to students," she said.

"Besides the RTA, several entities will take part in holding awareness workshops at universities, including Dubai Civil Defence Directorate, Emirates Driving Institute, Dubai Taxi, Team 1 for Motorcycles, and a number of volunteer youth in My Vow.

"The main objective of involving a host of universities in these activities is to convert the awareness event into a huge occasion in the campus, attracting the attention of universities and communicating to them comprehensive information through engaging in a direct dialogue with traffic awareness tutors, motorcycle drivers or civil defence personnel. "These events also contribute to

giving students a general idea about dangerous injury cases in traffic accidents received by hospitals in addition to practical demonstrations about the importance of using the safety belt. Events will also provide written and visual information about the main causes of accidents and how to avoid them," explained Udai. Al Ghurair University and Khalifa University in Dubai witnessed huge awareness events that were attended by hundreds of students, teaching staff, and personnel in the two universities. The traffic awareness programme administrators intend to broaden its scope to cover universities and colleges across the UAE after ensuring that it has achieved the performance indicators and objectives charted out during the preparation for its implementation in Dubai.

Celebrating Regatta of St Ranieri

As it's the yearly Regatta of St Ranieri in Venice, here we have picked some of our fave yummy Tuscan treats.

Cacciucco alla Livornese

CLEAN all the different kinds of fish and set aside, do not throw the heads and bones away.

HEAT olive oil in a saucepan and sauté the garlic cloves, sage and chili. Add the roughly chopped octopus and cuttlefish.

SIMMER for 20 minutes, stirring occasionally.

ADD the mixed fish and the sand shark, previously cut in medium chunks

TAKE another saucepan and add all the fish heads and bones preparing a fish broth, then filter it and add it to the first saucepan to give the stew a greater flavor.

SIMMER over a medium flame. When the octopus and cuttlefish are tender, add the crustaceans and the mixed seafood with shells, and continue to cook for 6-7 minutes until shells open.

SERVE it, take some toasted bread, rubbed with a garlic clove and seasoned with pepper, and place it on the bottom of the dish, spoon the fish and sauce onto the bread, sprinkle with parsley and serve.



Chestnut Flour Crepes (Necci) with Ricotta and Honey

PLACE flour in a large bowl. Beat in eggs, one at a time. Add half of the milk and whisk until smooth. Add remaining milk and whisk until smooth; let batter stand 15 minutes.

PLACE ricotta in a medium bowl; stir in 1/4 cup honey and set aside.

HEAT a 6-to-8-inch cast-iron skillet or crepe pan over medium heat; brush pan with enough olive oil to coat.

ADD 2 tablespoons batter to pan and tilt until evenly coated. Cook until crepe becomes firm on the bottom and begins curling at the edges, about 1 minute.

TURN and cook until opposite side is cooked through. Repeat process with remaining batter, stacking crepes on top of one another as you cook.

SERVE place two tablespoons of the ricotta mixture in the center of each crepe. Fold in half and drizzle with remaining honey; serve warm.





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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)

Fantasy or reality? It may be hard to tell for the next five months. Meditation is a must as you'll need more time alone; or at least a retreat from the maddening pace of it all. Having a solid circle of supporters around you is what makes life feel rich.



TAURUS

(APR 21 - MAY 21)

You are judged by the company you keep, you'll want to take a good look at the people surrounding you. You no doubt have some amazing people in your posse. There are some questionable characters too, the hustlers who are always looking for a shortcut.



GEMINI

(MAY 22 - JUN 21)

How do you define your dream job? This retrograde is a time to dig deeper into your soul, determining what would make you want to leap out of bed each morning. Helpful people from your past will return, ones who have expertise in your desired field.



CANCER

(JUN 22 - JUL 23)

Neptune turns retrograde, sending you on a vision quest. What is your highest purpose in this world? Where do you need to travel to develop your gifts? Is a course of study involved with this quest? Deep questions to ponder, Cancer, but you're ready to take them on.



LEO

(JUL 24 - AUG 23)

With Neptune turning retrograde in your eighth house of intimacy, you may need to draw back from a partnership a bit. No matter how wonderful a passion or person may be, blending into a codependent "we" will not bring you the happiness you crave.



VIRGO

(AUG 24 - SEP 23)

Have you been making too many sacrifices back-burnering your goals to support your sweetie's endeavors, driving thirty minutes out of your way to meet an online prospect who is too cheap, or otherwise being far too accommodating for your own self-respect?



LIBRA

(SEP 24 - OCT 23)

Playing with your food again, are you? From raw food to Paleo, to macrobiotics, you're often the first one to hop on the bandwagon and try the latest trend. Neptune's backspin wants you to refine and reform, discovering the combination that works best for your body.



SCORPIO

(OCT 24 - NOV 22)

Your enigmatic allure is always enchanting. But today, Neptune makes a U-turn in your house of fame and romance, cautioning against becoming too much of a mystery. Work with a stylist, branding specialist, designer, or to strike the right balance between esoteric and exhibitionistic.



SAGITTARIUS

(NOV 23 - DEC 21)

Family can be equal parts joy and burden for the independent Archer. You love their company but may secretly resent the responsibility that comes along with caring so much for others. Forget about flitting off like a free spirit, at least for the next five months.



CAPRICORN

(DEC 22 - JAN 20)

Friend, frenemy or merely a Facebook amie? During this phase, you'll need to be more discerning about the people you invite into your social circle. Don't be an elitist, Capricorn; just run the background checks on folks.



AQUARIUS

(JAN 21 - FEB 19)

Your pot of gold may be found at the end of a familiar rainbow like a reunion project, returning client, or a new stint at an old job. On the less shiny side of things, Neptune's backspin could dam the flow of abundance. Every "crisis" is also an opportunity.



PISCES

(FEB 20 - MAR 20)

Who do you think you are, really? Your identity goes through an interesting recalibration. As retrogrades rule the past, you might even revive an old aspect of yourself or dust off a talent you shelved. This retrograde can also help you regain balance.



This week's local weather

SUN



SUNNY
HIGH 38°C
LOW 29°C
HUMIDITY 57%

MON



SUNNY
HIGH 38°C
LOW 29°C
HUMIDITY 54%

TUE



SUNNY
HIGH 38°C
LOW 29°C
HUMIDITY 57%

WED



SUNNY
HIGH 38°C
LOW 29°C
HUMIDITY 56%

THU



SUNNY
HIGH 38°C
LOW 29°C
HUMIDITY 56%

FRI



SUNNY
HIGH 38°C
LOW 28°C
HUMIDITY 54%

SAT



SUNNY
HIGH 40°C
LOW 29°C
HUMIDITY 53%

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Printed by Masar Printing & Publishing LLC

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