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Poem of the week

To Helen

by Edgar Allan Poe

Helen, thy beauty is to me,
 Like those Nicean barks of yore,
 That gently, o'er a perfumed sea,
 The weary, wayworn wanderer bore
 To his own native shore.

On desperate seas long wont to roam,
 Thy hyacinth hair, thy classic face,
 Thy Naiad airs have brought me home,
 To the glory that was Greece,
 And the grandeur that was Rome.

Lo! In yon brilliant window-niche,
 How statue-like I see thee stand,
 The agate lamp within thy hand!
 Ah, Psyche, from the regions which
 Are Holy Land!

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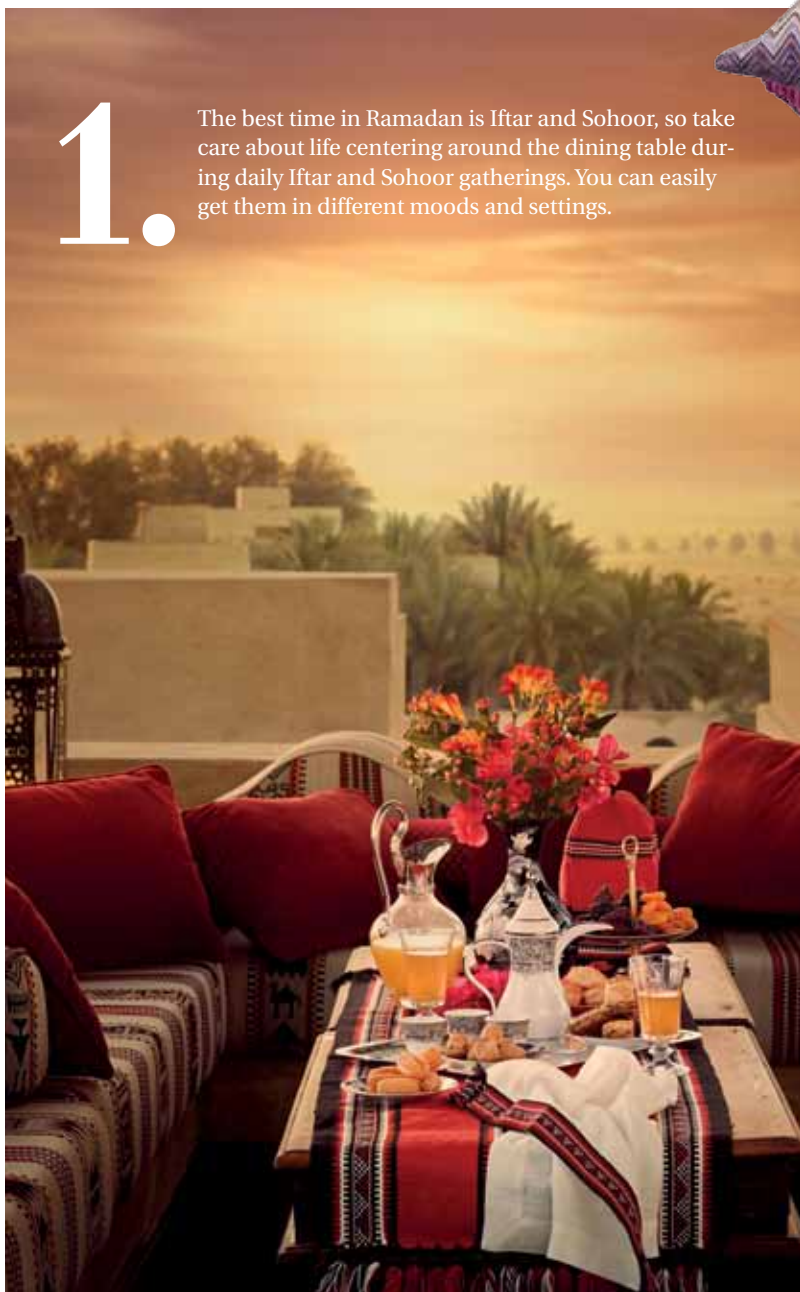
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Be the perfect Ramadan hostess

With **Ramadan** here, it is a time to **reflect** and to **share** precious moments with **friends** and **family** with special rituals. In order to complete your Ramadan **tradition**, add some **exquisite** and **traditional** interior accessories to your home:

1.

The best time in Ramadan is Iftar and Sohoor, so take care about life centering around the dining table during daily Iftar and Sohoor gatherings. You can easily get them in different moods and settings.



2.

Charmed accessories will adorn your house, inside and out. Choose from several landscape styled accessories, and add the famous Arabesque lantern to your yard; it will announce the celebration and says "Ramadan is here".



3.

Install intricate incense burners or mabkhara designed with an oriental touch, and add oud or jasmine incense; it will fill your house with a natural, rich smell.



4.

Take precious guests to the salon and modernise it with authentic Arabic couches.



5.

Create a traditional character in each section of your house; use the classic rosary and lay it in dramatic way on the tea table coupled with brown candles.



6.

Every house is brimming full with candles, but now is the time to put them to use. Show them off by dressing up the accessories with Ramadan-inspired candlesticks, with red or gold crystal, or you can find designed one with khamsah pattern.

7.

Mosaic is the style of the month; do you think you can overdo with using mosaic items around the house? Yes you can! Go for Moroccan style of tables, table covers with this flavor.





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Avoid “caffeine headaches” this Ramadan

Here's **everything** you need to know to avoid getting the **Caffeine withdrawal** headaches this **Ramadan**.

By Masuma Raza



For anybody who fasts, the first few days of Ramadan can be tough. Getting your body used to the routine takes some time, and what you get are severe headache, especially when Ramadan falls in the summer months. These can occur around midday or right before and after iftaar. And not just that, but the toughest part is to get the nerves that are teetering on the edge under control. The most common cause of this tough start is caffeine – and nicotine – withdrawal.

“The cause of headaches is addiction to caffeine from tea and coffee. Sometimes it is also smoking. Withdrawal signs and symptoms include headaches. People also get angry fast because they are at the end of their nerves, causing them to lose their temper easily. This is normal during the first few days of Ramadan. After 4-5 days, the body adapts to this,” says to Dr. Nadia Al Moussawi of Apple and Pear Diet Services.

According to her, nicotine causes neurological arteries to enlarge and as a result, blood flow to the brain increases. When the intake stops, say while fasting, the blood flow decreases causing headaches. Whereas caffeine kicks in 15-30 minutes after intake, and charges you up. It causes a surge in the mood, which becomes more pleasant. It picks up another

surge in the blood after 6-8 hours, making you feel active.

To avoid this, Dr. Nadia recommends that you start preparing for Ramadan in advance. By cutting down your daily caffeine intake for a week or two before you start fasting, your body gets time to adapt to reduced caffeine levels. “Before Ramadan, cutting down can help. Cut down 2-3 cups of tea or coffee to one cup, maybe in the morning,” says Dr. Nadia.

The slow transitions doesn't “shock” the body, which easily adjusts to the new eating habits, without causing adverse effects.

Other than the “Caffeine headaches”, there are headaches that are caused by dehydration and hunger. Drinking less than two litres of water cause fatigue in the brain, leading to headaches. Another reason for chronic headaches. A lack of sleep also alters mood, causes stress and fatigue. This in turn causes dizzying headaches.

“Ramadan is the time to pray, but it is also a time you can work on your health. Even if you always think you can't get rid of unhealthy habits, doing so during Ramadan makes you realise that you have the ability to give up all unhealthy

habits. It is the perfect time to reduce them, if not quit them all together,” adds Dr. Nadia.

To stay fit and healthy during Ramadan, Dr. Nadia recommends eating properly during Ramadan. “First have sahoor, which is very important,” she says. According to her, sahoor should be like breakfast, rich in protein and high fiber – with cheese, labneh, eggs are all good options, along with high fiber options like brown bread or cornflakes and good fats like avocados, nuts and olives. “Avoid meat and spices, because they will make you feel

thirsty, or might cause heartburn,” Dr. Nadia explains. For iftar, start the with dates with yogurt or soup. Take a short break before dinner which can be meat or any heavy meal. “The short break gives your body time to prepare for a heavy meal, and dates give it the essential sugar,” Dr. Nadia says. Choose grilled meat options, because they are light and do not cause lethargy as a result. Take a light snack later at night, like fruit.

Prepare well for Ramadan, so that you can fast along with carry on with everyday chores and be fit enough to give your best even while fasting.



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Lost in Translation

There are **cosmopolitan** cities, and then there's **Tokyo**.



Akihabara

Like stepping into anime world, Akihabara is the technology and gadget hub of Tokyo. With everything available to satiate your technology desires, this place sometimes seems unreal. You can see some fascinating Okutu culture, with young Tokyoites dressed as their favourite characters. The place also houses numerous 'maid cafes', where you are treated as masters.



Healing Hakone

A geopark, Hakone is a few hours' drive from Tokyo, and is one of the most popular hot springs spots in Japan. With clear views of the awe-inspiring Mt. Fuji, Hakone is in a volcanic mountainous region. Take a ride on the Hakone Ropeway, with breathtaking views of gold courses, forested hills and Mt. Fuji. If you visit in autumn, you can almost touch the clouds, and the hills bathe in the ombre, rust and yellows of autumn.



Spiritual Meiji Temple

A serene Shinto shrine, nestled in the Shibuya District, the temple is a treasure trove of history, architecture and culture. The temple is simple in design, with a gorgeous torii gate made of 1,500 year old cypress at the entrance. On a good day, you will see traditional wedding ceremonies, coming of age ceremonies with traditionally dresses young boys and girls. And if the day is fine, you might get a glimpse of a Geisha. Surrounding the temple is the Meiji Jingu forest that recreates itself and had been planted by hand, which later merged with the natural plantation. Leave a message on the famous wall, pray a little or just stroll around the complex – the temple is a treasure trove.



Giza on foot

The poshest, chicest district of not just greater Tokyo and one of the best the world over – welcome to Ginza. Other than the beautiful boutiques, chic restaurants and awe inspiring buildings in the region, it's also the Hoko-sha Tengoku – or pedestrian heaven – as the district is closed to traffic from 12am to 5pm.



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Traditional sweets and dishes of the holy month of Ramadan

Ramadan is the **holy Islamic** month of fasting. An **Iftar meal** will not be complete without the **irresistible** taste of **sweets**. Sweets play a huge role during the holy month, some of which are only served during **Ramadan**. Discover a collection of different desserts from multiple areas.

Cakes of Ramadan

Alexandria is well known for its delicious cakes along with Al Molabbas sweets which are served for the children.

Baklava

The Baklava is an Ottoman Turkish sweet pastry made of layers of filo filled with chopped nuts served with syrup or honey. It is a characteristic of the cuisines of the former Ottoman Empire.



Bint Al Sahn

A Yemeni sweet dish which is also known as Sabayah, it is made from dough which could be prepared by mixing white flour, yeast and clarified butter, along with eggs. It is baked in several layers and served with honey on the top. It is a delicious traditional sweet and convenient during Ramadan.



Libyan Dabla

It is one of the tastiest sweets in Ramadan, it is basically a curved sweet covered with sesame and honey, and it is well known in the Libyan kitchens, it is also slightly difficult to make, but very well worth the effort.

Recipes

Cheikh IL Mehchi

- 1 kg small eggplants
- 400 g coarsely ground beef
- 1 medium onion, finely chopped
- 2 large tomatoes, peeled and sliced
- 2 tablespoons tomato paste, dissolved in 3 cups water
- 1/4 cup raw pine nuts
- 1/2 teaspoon cinnamon
- 1/4 teaspoon pepper
- 1/4 teaspoon nutmeg powder
- 1 1/2 teaspoon salt
- 3/4 cup vegetable oil, for frying eggplants
- 2 tablespoons vegetable oil, for frying onion, pine nuts and meat



Mahshi

- 1 kg medium sized baby marrow or 1 kg courgette
- 1/4 cup olive oil
- 1 teaspoon ground allspice
- 1 tablespoon salt
- 2 tablespoons tomato paste
- 500 g tomatoes, sliced
- 1 garlic clove, crushed
- 2 cups vegetable stock

Directions:

1. Hollow from one end of the marrows
2. To make the stuffing, mix the ingredients for the stuffing in a bowl, add a little oil, 1/2 tsp all-spice and season with salt and pepper

Stuff the marrows upto three-quarters full

In a large casserole first oil the base, then place the sliced tomatoes at the bottom of the pot

Sprinkle crushed garlic on top and then layer the stuffed marrow

Season with remaining half of the spices and oil

Mix the tomato paste with the vegetable stock and pour into the pot to cover the stuffed marrows

Cover the marrows with a plate or something similar to hold them down lightly to keep them in place while cooking so the stuffing doesn't run out

Put the pot to cook on high heat and bring it to a boil

When it comes to boil, lower the heat and simmer gently for 1 hour.



Assorted pakoras

One of the most popular south Asian iftar snacks are pakoras. Make them with assorted vegetables, or mixed, they're delicious both ways.

Ingredients:

- Chickpea flour 1 cup
- Baking powder 1/4 tsp
- Red chili 1 tsp
- Salt 1 tsp
- Coriander seeds 1 tsp
- Cumin 1/5 tsp
- 2 cups water
- 1 potato large peeled and thinly slices
- 1 onion cut in rings, and seprated
- Fresh green chilies 7-8
- Spinach leaves 8-10
- 1 eggplant sliced
- Cooking oil for deep frying

Directions:

1. Mix all the dry ingredients together in a bowl with water.
2. Add water to make a lightly thick paste.
3. Add separate vegetables in separate batches.
4. Deep fry in heated oil till golden and crispy on the outside.
5. Remove on a plate and serve with tamarind and green chutney.



NEWS ON WHEELS

BMW X3 in the Middle East



Aiming to give BMW lovers a better SUV with a dynamic and attractive design, BMW launches the X3 model with its improved outside body, a sportier design, excellent driving dynamics, and a spacious interior.



This new X3 design has a very new kidney grill, modified twin headlights and new front and rear bumper that make the car look more sporty, dynamic and powerful.



Moving on to the interior, with spacious leg and head room, the dashboard is well equipped with latest technology with chrome finishing in the centre and specific places. A modern design using the best quality materials create an exceptional driving environment for drivers and passengers.

The engine of the new X3 is made with latest technologies to help reduce fuel consumption as well as lower CO2 emissions. It's expected to be a 4 cylinders engine, delivering 245 Hp and accelerates from 0 to 100 km in just 6.9 seconds.

Fast. Sharp. Edgy.



Ever wondered which sporty car to own? Or which brand is the best to have? Or even which car shape and performance matches your character? One answer to all these questions: Audi R8. The new R8 Quattro model by Audi is just a powerful machine that turns to a beast once you press the sport mode drive. With a striking exterior, a spacious cabin, and great performance, here we present you the Audi R8 2014.

To start with, this model of Audi is known for its lightweight construction concept. The exterior design is very sporty, sharp, and gives you a direct impression of power and speed. Equipped with LED front and back lights, and dynamic turn signals. Aluminum double wishbone suspension, 19-inch wheels, and new rim designs. It has enough side vents to allow continuous cooling of the engine. A single frame grill is dominant on the front with the tapered top corners catches the eye. It is finished in high-gloss black.

We then go inside as we prepare to test drive the car.

Turning the engine on is the first step to listening to the great powerful sound of it, situated right behind us. It has a V8 4.2 FSI engine, producing 430 Hp at 7900rpm. 430 Nm of torque between 4500 and 6000 rpm. The R8 can accelerate from 0 to 100 km/h in just 4.3 seconds. This car is also available in a V10 engine, delivering 525 Hp at 8000 rpm. And 530 Nm at 6500 rpm. Also well equipped

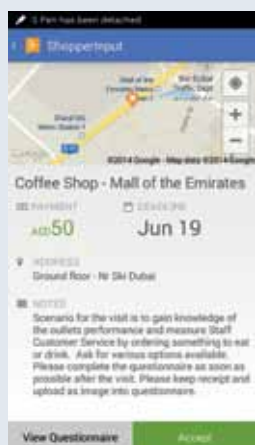
with a new seven-speed S tronic gear.

The interior of the R8 unveils a luxury-level racing atmosphere. Leather covered cabin with the R8 and Quattro logo showing, and a big space enough for both passengers. The controls are clearly structured. The standard driver information system displays the speed digitally and offers a lap timer for recording lap times. The instruments and the shift lever in the V10 models bear red rings to underscore their sportiness. Not to forget mentioning the fabulous finishing, done in a very specific way.



TECH NEWS

Mystery Shoppers



Since mystery shopping has been used to provide companies with different opinions and feedbacks about the service of their shops. But who is the mystery shopper that goes around undercover?

It's you! Yes, you. Now each one of us can have the ability to give feedbacks, ratings, comments and evaluations for a certain shop visited somewhere in the city. A new mystery shopper app is set to freshen up customer service in the UAE. As the 2020 Expo is on the way, high quality services are required in the country.



For the first time in the Middle East, companies can request information related to customer service, products, quality of product/service, and even photos and videos. As the UAE thrives for a five stars qualified customer service, such app is a good idea to keep in touch with the general public comments.

Shopperinput is the name of the app that is available for free and is now on both Apple AppStore and the Google PlayStore. Above all that, you will get paid for each assignment you finish and each task you perform well. Download Shopperinput and share your sincere opinion about shops with those interested to hear it from you.

Austrian hearing technology

A long time ago, those who are hard of hearing, had no other choice but to survive with it. But as medicine improved, new machines have been made and cutting edge tech instruments in the use. MED-EL is the new Austrian invention by the SYNCHRONY system for a new way of cochlear implant. It includes the SYNCHRONY (PIN) implant offering the greatest MRI safety possibilities currently on the cochlear implant market and the SONNET audio processor specifically designed to mimic the processing of sound more naturally. These features make the SYNCHRONY system the new pioneering solution for all cochlear implant candidates. The new SYNCHRONY cochlear implant system will be available in all countries that recognize the CE mark. It is closer to natural hearing than the

fake one. Made with dual microphone technology recipients benefit from the latest advances in noise reduction technology. Thanks to this the audio processor that actively adapts to listening in the environ-

ment ensuring optimal hearing performance. Automatic Volume Control, Wind Noise Reduction and Microphone Directionality make it a comfortable solution in any listening situation.



Smart boxing gloves



Fitness addicts tend to always keep measuring, weighting, and tracking their improvement in both body shape and performance. Especially men who tend to download apps, read health magazines, and consult trainers.

But how about smart boxing Gloves? The iPunch smart gloves aren't actually about fighting, but about measuring your performance during training. It has integrated sensors to measure the strength of the strike. Same as these new gadgets, iPunch is linked to an app on the phone to help you monitor and share workouts with friends. You can also take on friends in a test of strength, with each of you getting three punches to see who can hit the hardest.

iPunch is a great way to improve your strength, the way you play, and your overall performance through training and monitoring by the app.

Nokia Lumia 1520



20MP Pure View Camera
Large 6" 1080P Full HD display
2.2 GHz Quad-core Processor
Microsoft Office built-in

SAVE UP TO AED 799

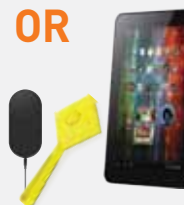


2 YEARS WARRANTY



Add AED 100 and get
32 inch BenQ LED
Worth AED 899
(Limited quantity)

OR



Free
Prestigio Tablet
+ **Wireless Charging Plate**
+ **Treasure Tag**
Worth AED 599

AED 2,299



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All white everything

Serving up a treat this **summer**, it's not only the players that have tennis **whites**. The ultimate in **sports luxe** this **tennis season**, here are some of our **faves**.



BIRKENSTOCK



ZARA WOMAN



GAP



FOREVER 21



ZARA



M&S



GAP



LACOSTE



TOPSHOP



ASOS



Wish list

Summer is upon us in full force and **READ** has all the essentials for you to go through this week stylishly. It doesn't need to be the holiday season for shopping splurges with these **must-have basics** in your life. From smart kitchen appliances and tech savvy gadgets to skin care and beauty products, **our wish-list** will make shopping **easier** for you with these latest **handpicked goodies**.

Institut Esthederm Cleansing Gel

This two textured cleansing agent transform from a gel to a thick cleansing foam upon contact with water. It thoroughly cleanses and revitalises the skin for a summer glow. Your skin is visibly revitalised and squeaky clean.



Nuxe Huile Prodigieuse OR edition

The unique dry oil formula of this summer essential can be used on face, body and hair, and provides nourishment, a sensual smell along with a light golden sheen. A concoction of six plant oils, become a golden goddess in just one step.



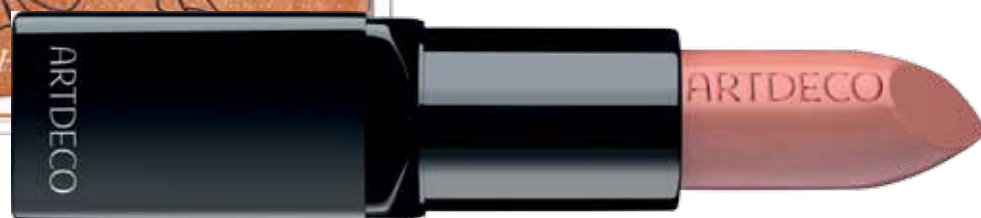
Roger & Gallet Hand and Nail Cream

This shea butter enriched hand cream in Bois d'Orange, is composed of 96% natural ingredients with shea butter. Paraben free, this cream softens your hands and nails for some summer hydration and nurturing.



Art Couture Lipstick

The velvety texture of this lipstick is perfect for summers. This very natural shade, in velvet natural beauty, gives a natural colour while giving a matter finish that is lightly creamy and smooth.



Kerastase Masque Densite

The new Densifique range looks after all your hair needs for luscious locks. This multi-purpose masque repairs hair damage, whilst boosting volume and bounce and improving texture, for a manageable luscious and glossy mane.



Essie Resort Find me an Oasis

This refreshing ice blue colour is perfect for a vacation – be it in the Swiss Alps, or on a beachy resort, Find me an Oasis is the colour you want to sport this summer. Super glossy and long lasting, grab yours from the resort collection.

SPORT
SHORTS

Basketball: LeBron James, who has reached four consecutive NBA finals, recently informed his team Miami Heat that he decided to withdraw from the two remaining years of his contract, where he will become a free agent starting from the 1st of July after terminating his contract with Miami Heat. The 29-year-old said "Being able to have flexibility as a professional, that's what anyone would like."



F1: After an exhilarating victory by the German Nico Rosberg in the Austrian Grand Prix, F1 racers prepare for the upcoming British Grand Prix which will take place on the 6th of July. The race will involve 52 laps around the 5.891 km GP circuit. Rosberg extended his championship lead over Mercedes team mate Lewis Hamilton in the previous race, however Hamilton believes that Silverstone is the place to regain momentum in the championship fight.



Golf: America's Tiger Woods has finally made a return to the golf courses after being out for over three months due to back injury. The 38-year-old admits that he is not the player he used to be following back surgery. The 14-time major winner made his return three weeks earlier than expected in Maryland for the 2014 Quicken Loan National Tournament. Woods stated "it has been a very long time, probably a good two years since I've felt this way."

Sri Lanka claim
series victory

Sri Lanka has managed to beat England by 100 runs, with just one ball to spare, thus winning the second Test at Headingley to take the two-match series 1-0. Moeen Ali, who battled for over six hours, was quite devastated from the loss, which also

leaves England's coach Peter Moores with a miserable start.

England were bowled out for 249 on the final day as Sri Lanka won a Test on English soil for the third time after their victory at the Oval in 1998 and Trent Bridge in 2006.

Despite the defeat, England captain Alastair Cook who was criticized for his leadership during the campaign, insisted he had no intention of resigning. Furthermore, England now move on to face India which begins on the 9th of July.

Eyes on the prize



Another 2014 Wimbledon Championship has come upon us with the best Tennis professionals to battle for victory. Will Andy Murray make his nation proud and defend his title on English soil?

Murray has recently progressed to the third round after defeating Blaz Rola. While top seed Novak Djokovic beat Radek Stepanek to reach the third round as well, leaving them both with the capability to make it to the Finals after great performances by the Englishman and Serbian. Rus-

sia's Maria Sharapova sets her eyes on her second Wimbledon title following her victory in 2004 after defeating Serena Williams in the Finals at just 17 years old.

It is worth mentioning that Fabio Fognini of Italy was fined \$27500 by Wimbledon after winning his first round which led to an outburst, the Italian was docked for the unsportsmanlike behavior on the field. However Fognini claimed that he does not care about that and steers his focus towards the tournament.



2014 World Cup



The 2014 FIFA World Cup has once again proven that Football could be full of surprises. Group stages have come to an end knocking out 16 teams from Brazil 2014 and giving the remaining 16 teams a chance to claim the title. The journey has now reached to the Round of 16 knockout stages, which means that teams will leave the World Cup in case of a loss, whereas a win will get them through to the next round – Quarter Finals. The Brazilian Sambas have made it through after defeating Cameroon 4-1, and have then met with Chile who qualified as runner ups of Group B. Colombia are to face the



sturdy Uruguayans who claimed a shocking 1-0 victory over the Italians last week knocking them out. The mighty Netherlands, who could possibly win the World Cup, are meeting with runner ups of Group A, Mexico. Group D was very well known as the group of death, where Costa Rica surprisingly qualified as first with England sent home, the Costa Ricans will now clash with Greece, leaving the winner to meet with either Netherlands or Mexico depending on who wins. Les Bleus ended their group stage games with a draw against Ecuador, however still made sure of top spot, getting them through to challenge Nigeria. Argentina managed to win all three games in the group stages, granting the Tangos first place to eventually clash with Switzerland. Eight teams will go through, and eight will see themselves out of the World Cup. Quarter Finals begin on the 4th of July. With the world champions knocked out, there will be new champions this year, and with all these unexpected results, what else could we possibly witness in Brazil that could catch us by surprise?



Hollywood news



Beyoncé and Jay Z wedding video played on tour

For the first time, images of music's most powerful couple's wedding have emerged. Beyoncé and Jay Z played a video of their 2008 wedding, projected on huge screens to kick off their joint tour, *On the Run*. The video was received with screams and excitement from the fans, as the video played between performances. The pair had been dating for six years before tying the knot in an intimate ceremony, with just 40 guests in attendance. It wasn't until after six months that Beyoncé speak about her wedding.

Depp to choose the winner for Chinese Dream

Chinese Dream, a reality show based in China, will announce its winner soon, who will win a trip to Hollywood. Hollywood heartthrob Johnny Depp will announce the winner and is preparing to make the big announcement. The show has been shot in the city of Hangzhou, and is based on making the wishes of ordinary people come true. When Depp was asked earlier this year on his trip to China about why he had decided to take the role of the arbiter, he said that he could relate to people harbouring big dreams, because he himself had dreams to become a rock star, and had only ventured into acting to pay the bills.



Mum's the word

George Clooney met his mum-in-law in his Lake Como villa. Baria Alamuddin, who is a foreign editor of a Lebanese newspaper. His fiancé, Amal, flew in her mum to meet her Clooney, and rumour has it, that the two get along really well. It is being rumoured that Baria is also helping the couple to plan their big day, which is going to be an intimate ceremony.



Clint Eastwood pays tribute to Eli Wallach

With a reunion taking place in Mystic River, directed by Clint Eastwood and starring the late star Eli Wallach, Eastwood paid a tribute recently to the star. The *Magnificent Seven* star

has recently passed away, aged 98/ recalling him, Eastwood said that he was a wonderful guy and an actor, and that *The Good, the Bad and the Ugly* star had fond memories of him.

Bollywood news

Sonam Kapoor asked to lose eight kilos for Salman Khan

For Sonam Kapoor to be able to romance Salman Khan, the actress has to lose up to eight kilos. The actress who had packed on a few extra kilos for Arbaaz Khan production *Dolly ki Doli*, has now to shed weight for Sooraj Barjatya's *Prem Ratan Dhan Payo*. Radhika Karle, her personal trainer, revealed that Sonam undergoes a rigorous fitness regimen that includes pilates, 45 minutes of cardio and interval training.



2002 hit and-run case: Salman Khan identified by two more witnesses

In one of the most high profile cases Bollywood has witnessed in recent times, now two more witnesses have identified Salman Khan in the hit-and-run case that killed two people. Both witnesses testified that the Bollywood giant was present at the scene in 2002. The bar's manager, Rizwan, testified that Salman and his friends had ordered drinks and food, but he was unsure of the colourless liquid he saw the star holding. Furthermore, he was unsure if he saw him sip it. While he was bidding farewell to Salman, he said he hadn't smelt liquor. The second witness, Ramashray Pandey, a dairy shop owner present at the scene of the accident, said he saw Salman get out of the vehicle after the accident amidst commotion.

Saturday Saturday one of the most expensive songs



Karan Johar has left no stone unturned to come up with the party anthem of the year. The producer has spent a crore on *Saturday Saturday* from the upcoming *Humpty Sharma ki Dulhania*. The song involved three days of rehearsals, three nights of shooting with more than 200 dancers. The enormous set resembles the Colosseum in Rome.

Ranbir Kapoor living in a reality show?

For Bollywood's heartthrob Ranbir Kapoor, all the media attention has made his life more like a "reality show". Ranbir said that his personal life was always under speculation in the media, "There were so many stories that I am leaving my parents; my dad has asked me to get out of the house, and all of that... So I feel really bad that my life has become like a reality show."



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



Novo Cineplex - Wafi City

7500 The Movie - 12:15PM 2:15PM 4:15PM
6:15PM 8:15PM 10:15PM 12:15AM 2:15AM
Battle Of The Damned - 8:00PM 10:00PM
12:00AM 2:00AM
Blended - 8:30PM 10:50PM 1:10AM
EK Villain - 12:00PM 1:00PM 2:40PM 3:40PM
5:20PM 6:20PM 8:00PM 9:00PM 10:40PM
11:40PM 1:00AM 2:00AM
Escape - 12:20PM 2:20PM 4:20PM 6:20PM
8:20PM 10:20PM 12:20AM 2:20AM
Holiday - 12:30PM 3:30PM 6:30PM 9:30PM
12:30AM
How To Train Your Dragon 2 - 12:00PM 4:00PM
How To Train Your Dragon 2 (3D) - 2:00PM
6:00PM
Humshakals - 12:30PM 3:30PM 6:30PM
9:30PM 11:30PM 2:30AM
Legend Of Oz: Dorothy's Return - 1:00PM
3:00PM 5:00PM 7:00PM
Maleficent (3D) - 12:00PM 2:00PM 4:00PM
6:00PM
Mea Culpa - 12:00PM 2:00PM 4:00PM
6:00PM 8:00PM 10:00AM 12:00AM 2:00AM
Pororo: The Racing Adventure - 12:30PM
2:30PM 4:30PM 6:30PM
Salem Abo Okhto - 9:00PM 11:00AM 1:00AM
The Fault In Our Stars - 8:00PM 10:20PM
12:40AM
Think Like A Man Too - 1:00 PM 3:15PM
5:30PM 7:45PM 10:00PM 12:15AM

Novo Megaplex - Ibn Battuta

Blended - 10:00AM 12:20PM 2:40PM 5:00PM
7:20PM 9:40PM 12:00AM
Chef - 08:30PM 10:45PM 01:00AM
Edge Of Tomorrow - 10:15AM 11:15AM
12:25AM 01:30PM 02:35PM 03:45PM
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09:30PM 10:30PM 12:00AM
Escape - 12:00PM 02:00PM 04:00PM
06:00PM 08:00PM 10:00PM 12:00AM
God's Own Country - 10:00AM 12:45PM
03:30PM 06:15PM 09:00PM 11:45PM
Holiday - 12:30PM 03:30PM 06:30PM
09:30PM 12:30AM
Qu'est-Cu Quon A Fait Au Bon Dieu? - 7:30PM
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How Old Are You - 11:30AM 2:30PM 5:30PM
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One Chance - 11:00AM 01:10PM 03:20PM
05:30PM 07:40PM 09:50PM 12:00AM
Rio 2 - 11:00 AM 1:00 PM 3:00 PM 05:00PM
Salem Abo Okhto - 10:15AM 12:15PM
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10:15PM 12:15AM
Think Like A Man Too - 10:30AM 12:40PM
02:50PM 05:00PM 07:10PM 09:20PM
11:30PM

Novo Festival Cinema - Festival City

7500 The Movie - 02:00PM 04:00PM
06:00PM 08:00PM 10:00PM 12:00AM

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7:20PM 9:40PM 12:00AM
Chef - 12:10 PM 04:30PM 8:50 PM 1:00 AM
Ek Villain - 11:00AM 01:30PM 04:00PM
06:30PM 09:00PM 11:30PM
Escape - 11:00AM 12:45PM 02:30PM
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Legend Of Oz: Dorothy's Return - 10:00AM
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Mea Culpa - 11:00AM 01:00PM 03:00PM
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One Chance - 07:00PM 09:00PM 11:00PM
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Pororo: The Racing Adventure - 10:30AM
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Rio 2 - 11:00AM 01:00PM 03:00PM
Salem Abo Okhto - 10:00 AM 2:20 PM 6:40
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The Fault In Our Stars - 10:00AM 12:30PM
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God's Own Country - 11:00AM 1:30PM
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Humshakals - 11:00AM 2:00PM 5:00PM
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4:50PM
Mea Culpa - 5:30PM 07:30PM 09:30PM
11:30PM 1:20AM
Pororo: The Racing Adventure - 11:30AM
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Think Like A Man Too - 6:10PM 8:20PM
10:30PM 12:40AM

Novo Cinemas - Galleria

God's Own Country - 1:30PM 4:30PM 7:30PM
10:30PM 1:15AM
How Old Are You - 1:00PM 4:00PM 7:00PM
10:00PM 1:00AM

Reel Cinemas - Dubai Mall

7500 The Movie - 2:50PM 4:40PM 6:30PM
8:20PM 10:10PM 12:00AM 1:50AM
A Million Ways To Die In The West - 4:40PM
8:50PM 1:00AM
Belle And Sebastain - 4:10PM 6:20PM
8:30PM 10:45PM
Blended - 3:00PM 4:35PM 5:25PM 7:10PM
7:50PM 9:45PM 10:15PM 12:20AM 12:40AM
Chef - 2:30PM 7:45PM
Edge Of Tomorrow - 5:55PM 5:35PM 8:10PM
10:50PM 1:20AM
Edge Of Tomorrow (3D) - 3:25PM 8:25PM
1:20AM
Ek Villain - 4:30PM 7:10PM 9:50PM 12:30AM
Escape - 4:10PM 6:00PM 7:50PM 9:40PM
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Godzilla - 4:55PM 10:15PM 12:55AM
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How To Train Your Dragon 2 (3D) - 4:15PM
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Maleficent - 3:30PM 6:30PM 8:15PM
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Maleficent (3D) - 4:20PM 8:40PM 1:00AM
1:10AM
Mea Culpa - 2:40PM 4:40PM 6:40PM
8:40PM 10:40PM 12:40AM
One Chance - 4:20PM 6:30PM 8:40PM
10:50PM 1:00AM
Salem Abo Okhto - 4:50PM 7:00PM 9:10PM
11:20PM 1:30AM
Stand Off - 6:55PM 11:05PM
The Fault In Our Stars - 2:20PM 4:50PM
5:10PM 7:25PM 7:50PM 10:00PM 10:30PM
12:35AM 1:05AM
The Raid 2 - 6:45PM 9:45PM 12:45AM
The Other Woman - 5:50PM 10:35PM
Think Like A Man Too - 2:15PM 4:00PM
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10:05PM 11:10PM 12:30AM 1:00AM 1:30AM
X-Men: Days of Future Past - 2:35PM
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Reel Cinemas - Marina Mall

Blended - 3:10PM 5:35PM 8:00PM 10:25PM
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Edge Of Tomorrow - 5:40PM 10:20PM
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One Chance - 3:40AM 8:05PM 10:20PM
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The Fault In Our Stars - 4:10PM 6:45PM
11:40PM
The Other Woman - 9:20PM 11:55PM
Think Like A Man Too - 4:00PM 6:15PM
8:30PM 10:45PM 1:00AM

Reel Cinemas - The Beach

Blended - 4:20PM 5:30PM 6:45PM 8:00PM
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Edge Of Tomorrow - 5:10PM 6:00PM 7:40PM
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How To Train Your Dragon 2 - 6:15PM
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How To Train Your Dragon 2 (3D) - 4:00PM
8:30PM
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 - 6:40PM 11:00PM
Maleficent (3D) - 4:30PM 8:50PM 1:10AM
Mea Culpa - 6:45PM 8:40PM 1:10AM
The Fault In Our Stars - 4:15PM 7:20PM
8:45PM 10:35PM 1:00AM
Think Like A Man Too - 5:00PM 5:30PM
7:25PM 7:45PM 9:50PM 10:00PM 12:15AM
X-Men: Days of Future Past - 4:40PM
9:55PM 12:35AM

Vox Cinemas - Deira City Centre

Belle And Sebastain - 11:15AM 1:30PM
3:45PM 6:00PM
Blended - 11:30AM 2:00PM 4:30PM 8:30PM
11:00PM
Edge Of Tomorrow - 12:00AM
Edge Of Tomorrow (4D) - 11:00PM
Ek Villain - 10:00AM 11:00AM 12:45PM
1:45PM 3:30PM 4:30PM 6:15PM 7:15PM
9:00PM 10:00PM 11:45PM 12:45AM
God's Own Country - 11:30AM 2:30PM
5:30PM 8:30PM 11:15PM
Holiday - 10:30AM 12:45PM 4:15PM 7:45PM
11:15PM
How Old Are You - 10:30AM 1:30PM 4:30PM
7:30PM 10:30PM
How To Train Your Dragon 2 - 11:15AM
1:45AM
How To Train Your Dragon 2 (3D) - 10:00AM
2:30PM 7:00PM

How To Train Your Dragon 2 (4D) - 12:30AM
5:45PM
Humshakals - 11:30AM 2:45PM 6:00PM
9:15PM 0:30AM
Maleficent (3D) - 12:15PM 4:45PM 9:15PM
11:30PM
The Fault In Our Stars - 11:00AM 1:35PM
4:15PM 6:55PM 9:30PM
Think Like A Man Too - 4:00PM 6:30PM
9:00PM 11:15PM
X-Men: Days of Future Past (4D) - 3:00PM
8:15PM

Vox Cinemas - Mall of the Emirates

7500 The Movie - 12:00AM 1:00AM
3:00PM 5:15PM 7:30PM 9:45PM
Belle And Sebastain - 10:30AM 12:45PM
4:15PM 6:55PM 9:30PM
Blended - 10:15AM 11:15AM 12:00PM
2:30PM 4:15PM 5:00PM 7:30PM 9:30PM
10:00PM 12:30AM
Edge Of Tomorrow - 12:00AM
Edge Of Tomorrow (3D) - 10:30AM 1:00PM
3:30PM 7:00PM 9:30PM 12:00AM
Ek Villain - 12:45PM 3:30PM 6:15PM 9:00PM
11:45PM
How To Train Your Dragon 2 - 11:00AM
1:15PM
How To Train Your Dragon 2 (3D) - 10:00AM
12:15PM 2:30PM 4:45PM 6:00PM 8:15PM
10:30PM
Humshakals - 2:45PM 6:00PM 9:15PM
12:30PM
Legends Of Oz: Dorothy's Return - 10:45PM
12:45PM 2:45PM 4:45PM 6:45PM
Maleficent - 10:45, 13:00, 15:15, 18:00
Maleficent (3D) - 10:00AM 12:15PM 2:30PM
4:45PM 7:00PM 9:15PM 11:30PM
One Chance - 11:30AM 1:45PM 4:00PM
6:15PM 8:30PM 10:45PM
Rio 2 - 10:15AM 12:30PM 3:30PM

The Fault In Our Stars - 10:30AM 1:00PM
1:45PM 3:30PM 6:00PM 6:45PM 8:30PM
11:15PM
The Philosophers - 17:45, 20:00, 22:15,
00:30
The Raid 2 - 20:30, 21:30, 23:30, 00:30
Think Like A Man Too - 11:15AM 11:45AM
2:15PM 4:45PM 7:15PM 9:45PM 12:00AM
1:45PM 4:15PM 6:45PM 9:15PM 11:30PM
X-Men: Days Of Future Past - 9:30PM
12:15PM

Vox Cinemas - Mirdif City Centre

Belle And Sebastain - 10:45AM 1:00PM
3:15PM 5:30PM 7:45PM
Blended - 1:15PM 1:30PM 3:45PM 6:15PM
6:30PM 8:45PM 11:15PM 11:45PM
Edge Tomorrow - 12:30
Edge Tomorrow (4D) - 9:00PM
Ek Villain - 4:00PM 6:45PM 9:30PM 0:15AM
How To Train Your Dragon 2 - 10:30AM
How To Train Your Dragon 2 (3D) - 9:30AM
11:45AM 2:00PM 4:15PM 6:45PM 9:00PM
How To Train Your Dragon 2 (4D) - 10:45AM
1:15PM 3:45PM
Humshakals - 7:45PM 11:00PM
Legends Of Oz: Dorothy's Return - 10:30AM
12:30PM 2:30PM
Maleficent (3D) - 10:00AM 12:15PM 2:30PM
4:45PM 7:00PM 9:15PM
Pororo: The Racing Adventure - 10:15, 12:00,
14:00, 15:45
The Fault In Our Stars - 10:30AM 11:00AM
1:15PM 4:00PM 4:30PM 9:00PM 10:00PM
11:30PM
Think Like A Man Too - 11:00AM 11:45AM
1:30PM 2:15PM 4:00PM 4:45PM 6:30PM
7:15PM 9:00PM 9:45PM 11:15PM 12:00AM
X-Men: Days Of Future Past (4D) - 6:15PM
11:30PM



As the blessed month of Ramadan has dawned upon us, a lot of you must be wondering where to give charity to. With so many charities mushrooming left, right and centre, it is hard to know for certain which ones really do welfare for the humanity. It is the right time to be charitable now, and join the spirit of Ramadan as we bring to you some of the best charitable organisations around Dubai.

Charitable choices



Dubai Foundation for Women and Children

"A place without women is a place without spirit" - HH Mohammed bin Rashid Al Maktoum. Founded in 2007, this foundation works for the rehabilitation of women and children subject to domestic violence, abuse and human trafficking through multipronged strategies. It provides immediate protection to victims, and then helps to rehabilitate them back in society through educational and psychological empowerment. Through its work, the organization aims to minimise violence against women, through protection, prevention and promotion. www.dfwac.ae / +97146060300

Dubai Cares

In a bid to improve child education rates in developing countries, Dubai Cares was founded by His Highness Sheikh Mohammed Bin Rashid Al Maktoum, Vice President and Prime Minister of the UAE and Ruler of Dubai. The philanthropic organisation was founded in 2007, with a view to play a part in helping educate underprivileged children across globe, irrespective of their nationality. The charity works on several levels – providing primary education, health and hygiene at schools, teacher training, curriculum development and improving literacy among activities. Providing equal gender opportunities, the organisation monitors the programmes it funds.

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Mawaheb from Beautiful People

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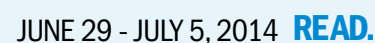


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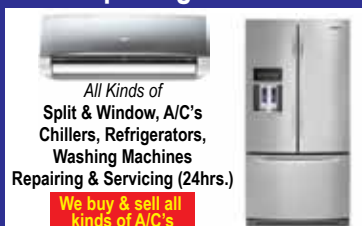
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Sudanese male with UAE driving licence on visit visa seeks job. Has 4 years experience as accountant. Call 0552755892.

Indian female, MBA graduate on visit visa seeks job. Has good experience in cargo airline and logistics industry, open to change. Can join immediately. Call 0562975249.

Indian male, MSc engineering and manufacturing management graduate is looking for suitable job. Has 5 year experience in planning and manufacturing. Call 0551489221 or send an email to skoler@gmail.com.

Sales lady, Filipina with experience in the same field on visit visa seeks job. Can join immediately. Call 0562717494.

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Why you can't find quality job candidates

Could your hiring process be turning off top candidates?



“The best hiring process in the world won't be able to overcome bad word of mouth about what it's like to work for a particular company.”

brand association. If your company offers any additional benefits and perks, make sure that you mention it in your job description and across your website to encourage those top candidates to apply. Keep in mind that the best hiring process in the world won't be able to overcome bad word of mouth about what it's like to work for a particular company.

POOR FOLLOW UP WITH CANDIDATES

One of the main issues that negatively affect your job seekers' experience when applying to jobs is not getting a call back or acknowledgment for receiving the application. Top job seekers cannot stand when a company assures them that it will call back and never does. For a great job seeker experience, communication is vital. You need to confirm to all of your candidates that you've received their applications, and what the next steps are. If only successful candidates will be contacted upon filtering CVs, make that clear. Also try to keep the filtration process quick. You don't want to miss out on a potential hire because they found another job during the waiting time. These tips hold true for all candidates, because they not only help you retain your existing talent pool, but they also decide the success of your future recruitment plans.

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

Top candidates behave and think differently than average job seekers. While employers often feel that it should be easy to attract great job candidates, this is not the case. Despite the bad economy and the lack of openings, quality job candidates can generally afford to get picky about what jobs they apply to and the offers they agree to take. Companies need to customise their recruitment process to appeal to those candidates. You should make it easy for a job seeker to apply. Akhtaboot is here to highlight the top reasons you're not getting qualified candidates, and what you can do to turn things around.

YOUR JOB DESCRIPTIONS ARE TOO DIFFICULT TO UNDERSTAND

Too often employers copy job descriptions from the internet that barely explain what the position actually does. If job seekers have to struggle to figure out what the role is all about or what are the require-

ments of it, the best candidates will not apply. Smart companies know that posting good job descriptions is not only a traditional aspect of the recruitment process, but also a way to attract the best job candidates.

YOU HAVE A COMPLICATED JOB APPLICATION SYSTEM

Online job application systems have made things easier for employers. But on the other hand, if the application process is daunting and time consuming, candidates with options aren't likely going to follow through. Job application systems need to be easy to use, intuitive and capable of handling the applications of today and can quickly adapt to those of tomorrow. In other words, it needs to be flexible and customisable otherwise it will quickly become an outdated tool of the past that is not only ineffective but costly as well.

HAVING A BAD OR NON-EXISTENT COMPANY BRAND

Great job candidates take company brand seriously. They will not just settle for any high paying job if the company has a bad reputation and brand. They will evaluate many factors that have an impact on their personal goals, such as development opportunities, the culture, the benefits, and



“Smart companies know that posting good job descriptions is also a way to attract the best job candidates.”

Tough steps against illegal transport

RTA intensifies measures to crack down on illegal passenger transport as practice is harmful to community.

IMPLEMENTATIONS

The Public Transport Agency, Roads and Transport Authority (RTA), began a series of campaigns at the end of last year to monitor illegal passenger transport practices between various emirates of the UAE with the aim of realising the vision of the RTA (Safe and Smooth Transport for All) in a concerted effort aimed to uproot the illegal practice which poses a threat to individuals and the community.

Dr Yousef Al Ali, CEO of the RTA Public Transport Agency, said: "It was decided to unleash these campaigns in December 2013 in a bid to mitigate the huge numbers of individuals detected using private vehicles to transport individuals against the law. Offences reported last year (before the launch of the campaign) amounted to 2,647 offences, and about 1,344 offences were reported last December. "Intensive efforts were made to crack down on this activity this year and during the period from March 10 to April 10 the number of offences was substantially diminished to about 866 offences; which bear reference to the success of the

campaign in minimising malpractices of illegal passenger transport by as much as 30 per cent. The campaigns will continue to be launched sporadically during the year to detect and enforce the law against offenders caught in this outlawed practice," stated Al Ali. He continued: "Work teams were set up and divided into different groups to detect this illegal practice. Individuals are being deployed on shift basis, particularly during the peak hours, from 6am to 4pm, and from 4pm to 2am. Inspectors have been trained and acquainted with the tasks and methods of inspection to combat this phenomenon. In this regard the universal inspector initiative was implemented together with analysis of feedbacks reflected in the complaints manual related as regards illegal passenger transport in order to identify the key spots in which this activity is rampant." The monitoring campaigns have contributed immensely to detecting an array of offences besides the illegal passenger transport practice such as offences related to transporting general cargo on heavy vehicles, offences reported



DR YOUSEF AL ALI

against vehicles belonging to deluxe transport companies, offences against vehicles used in transporting passengers on hired buses, and individuals posting ads through the media to promote passenger transport on their private vehicles among others. The campaigns have been launched by the RTA to curb illegal

passenger transport where owners of such vehicles offer passengers lifts to their intended destinations in consideration of amounts that fall short of the approved taxi fare set for this service; which constitutes a breach of the transport rules, be it within Dubai or from Dubai to other emirates.

3,000 RTA employees' suggestions

Corporate creativity counter system seeks to enhance RTA employees' key skills in shaping the future of Dubai.



SHAIKHA AL JARMAN

SUGGESTIONS

The Roads and Transport Authority (RTA) has announced the number of suggestions contributed by all RTA sectors and agencies' employees under the corporate creativity counter system introduced by the

RTA last year has topped 3,000 till mid-June this year. Shaikha Al Jarman, Director of Development and Corporate Performance, RTA Strategy and Corporate Governance Sector, said: "The corporate creativity counter monitors

developments in the suggestions system developed by the RTA last year with the aim of motivating and prompting employees to hone their innovative and creative skills and harness them for the sake of jobs service, business development and devotion to the work place, particularly under the keenness of the RTA to provide a system for rewarding the owners of feasible suggestions. "The corporate creativity counter acts as a detector giving an indicator to each sector and agency about the rate of suggestions contributed by it. The Strategy & Corporate Governance Sector monitors the series of concepts received by the system and forwards them on a weekly basis to the sectors and agencies to keep them informed of the level of suggestions made by their respective employees. "The RTA is considered one of the biggest government entities in

Dubai; and is therefore keen on identifying and detecting the potentials of its employees in order to maintain its strategic role in shaping the future of Dubai. This is particularly important as Dubai is always endeavouring to play a leading role when it comes to development, and its leader HH Sheikh Mohammed Bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, always stresses that the human factor is the most precious asset we have. "The RTA therefore makes its level best to reinvigorate the capacities of its employees and encourage them to contribute their best ideas through the employees' suggestion system. Every employee has the opportunity to explore and contribute ideas capable of boosting the performance of his or her agency or department; which means contributing to raising the job loyalty," said Al Jarman.

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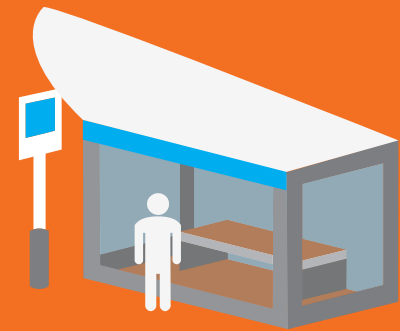
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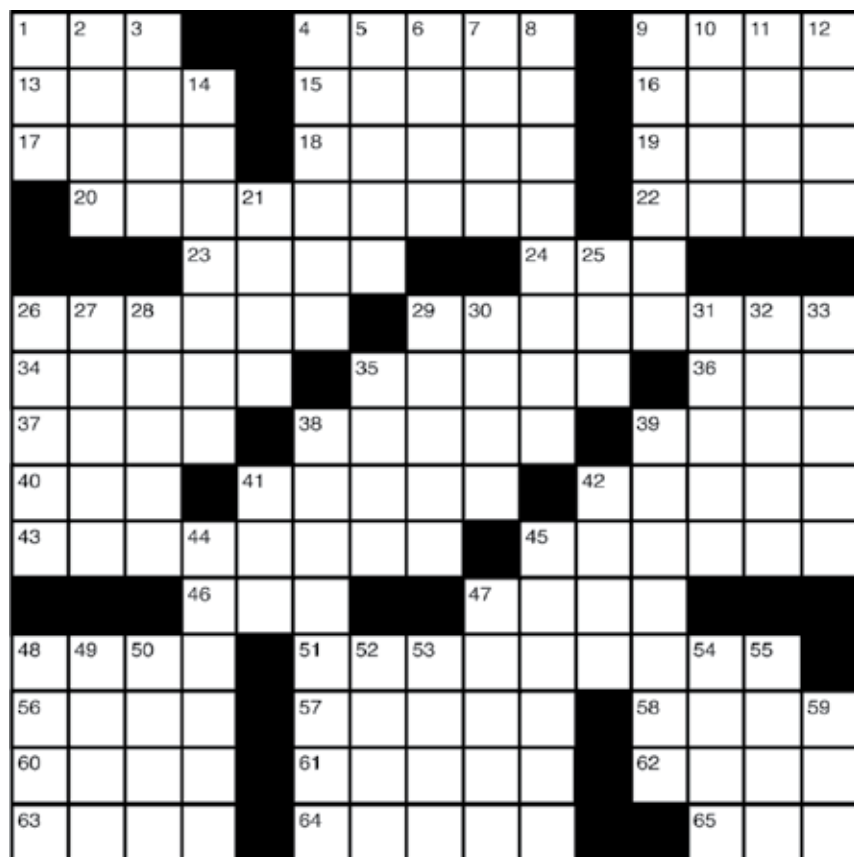


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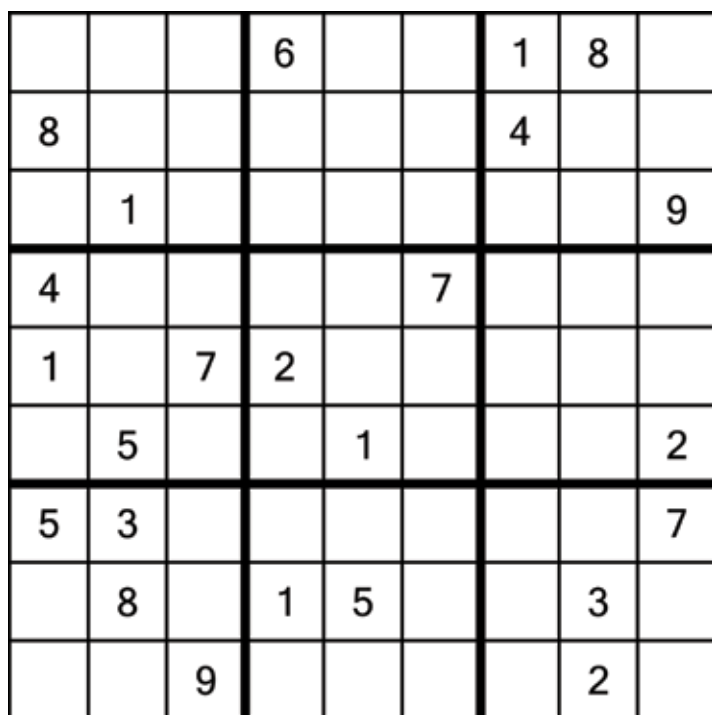
Across

1 Poke 4 Borders 9 Hits with a stun gun 13 Unit of land 15 Ruth's Israelite mother-in-law 16 Way out 17 Authentic 18 Primly reserved 19 "Not guilty," for one 20 Figurine 22 Sage or thyme 23 Foot digits 24 ___ as a fox 26 Half of the diameter 29 ___ grandfather; dad's dad 34 Dumbhead 35 Monica of tennis 36 Inventor ___ Whitney 37 Word of disgust 38 Soak 39 Political party's interpretation 40 "Last one in's a rotten ___!" 41 Loses one's footing 42 Room to maneuver 43 Goes in again 45 Climbed 46 Storm center 47 Reach across 48 Sword fight 51 Mainly 56 Goofs 57 Sea duck with soft down 58 Author Bellow 60 Frozen waffle 61 Cinnamon ___; tasty pastries 62 Luau dance 63 Lowly laborer 64 In ___; chic 65 Morning grass blade moisture

Down

1 Mayo container 2 Highest cards 3 Unruly child 4 Follows as a result of 5 Goes out with 6 Nanny or billy 7 Give off fumes 8 Steer clear of 9 Gentle wind 10 Wheel rod 11 Dock 12 Pierce 14 Great joy 21 Praise highly 25 Brown with an orchestra 26 Passenger 27 Saying 28 Funeral song 29 Marshmallow Easter candies 30 Frothy drinks 31 Neighbor of India 32 Linda Lavin TV series 33 Like a pricey coat's interior 35 ___-crazy; tired of confinement 38 Slumberers 39 Language heard in Madrid 41 Pigpen 42 Sign of an old wound 44 Late Mandela 45 Not thickly populated 47 Use one's nose 48 Profound 49 Yen 50 Therefore 52 Street uprising 53 In a lazy way 54 Praise 55 Christmas 59 Ordinance

Sudoku



Spot the difference



ANSWERS

SUDOKU

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

CROSSWORD

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



Maya's Ramadan Guide

Your helping hand for a stress-free and wholesome Ramadan

Maya is a global woman of today and an expert at making the most of every occasion both at home and work. Her far-reaching knowledge helps her create magic for her family. Now, Maya's incredible range of products, tips and tricks will help you do the same all through summer and Ramadan.



Three-Bean Salad

Ingredients:

- Fresh green beans 500 grams
- 1 red onion
- 1/4 cup rice wine vinegar
- m 1/4 cup Maya's sunflower oil
- m Maya's salt
- Pepper
- m 1 can Maya's chickpeas, drained
- m 1 can Maya's red kidney beans, drained

Cut the fresh green beans into 1-inch pieces, steam and cool. Dice the red onion. Whisk the vinegar, oil and salt and peppers together in a bowl with a tight fitting lid, then add the green beans, chickpeas, red kidney beans and onion and seal with the lid. Shake gently to coat the beans and then refrigerate overnight. Serve chilled.



Stay healthy this summer!

It's not only water and other liquids that keep you hydrated during summer. Aim to eat a few portions of water-rich fruits each day, including watermelon, oranges, grapefruit and melons for an excellent and fun source of water!

Keep looking in Read to learn more of Maya's tips and tricks.



Maya's range of kitchen essentials are the perfect choice for every homemaker.

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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)

You'll woo with words so much so that you could actually lead people on. Those poor unsuspecting souls didn't know what they signed up for but earning a rep as a charmer should not be the only thing on your list of "must-do's" for the summer.



TAURUS

(APR 21 - MAY 21)

Bring on the luxurious fabrics, high-end perfumes, and decadent foods. You'll crave life's finer things since your senses are heightened during this week. Pick up some massage oil even if they've been exquisitely bottled and sold at Barney's or Bergdorf's.



GEMINI

(MAY 22 - JUN 21)

How about some sizzle for your love forecast? It's your turn to take the wheel and steer the Love Boat to the port of your choice. Having a clear vision of what you desire is half the battle—and knowing what you won't put up with comprises the rest of this equation.



CANCER

(JUN 22 - JUL 23)

Daydream believer, that's you for the next weeks. You'd rather be swept off your stilettos than stuck in a boring rut. This could be a colorful chapter for you, but easy does it. With Venus dropping the rose-colored lunettes over your eyes, your judgment could also be skewed.



LEO

(JUL 24 - AUG 23)

People-person Leo is back at the helm, ready to flutter about, and make new friends. When it comes to amour, the cosmic love goddess has one request: lighten up a little, would you? For the past few weeks, you've been so...serious and goal-oriented about it all.



VIRGO

(AUG 24 - SEP 23)

What brings you success in the professional department doesn't always translate to a score in the game of love. But your boardroom brew could be an equally effective elixir at home. You want to plan, strategize, align futures, and then, "lean in" for some couple lovin'.



LIBRA

(SEP 24 - OCT 23)

Wanted: rare and exquisite unicorn for fun and adventure. Love planet Venus heads into Gemini, making you far more adventurous in your personal life. Wanderlust will be plentiful. Coupled Libras should slip off for a romantic getaway before July 18. Travel will be titillating now.



SCORPIO

(OCT 24 - NOV 22)

You'll be in full-on Scorpio mode, proving true your sign's rep as the most magnetic and enchanting of them all. But while many will flock to your fan base, reserve your final rose for the person who stirs you on a soul level too. The quiet ones always surprise you, and pleasantly at that.



SAGITTARIUS

(NOV 23 - DEC 21)

Are you in or are you out? While your urge to merge will intensify, you will also crave balance, fairness and equilibrium from your closest connections. Fortunately, Venus makes you quite the diplomatic negotiator. Making sure your voice is heard doesn't have to be a huge fight.



CAPRICORN

(DEC 22 - JAN 20)

You could make a love connection while running laps on the track or with that cutie from your Crossfit gym. The flush that endorphins bring to your skin is the best facial in town. Restore your glow by eating organic produce full of live enzymes.



AQUARIUS

(JAN 21 - FEB 19)

Cut Cupid some slack, would ya, Aquarius? Calm, cool Aquarius is about to get very hot under the collar. Listen to your intuition and see where it leads you instead of shooing away feelings or trying to be so darn detached and logical about everything.



PISCES

(FEB 20 - MAR 20)

You can't stop dreaming of wallpaper patterns, imported silk fabrics, and salvaged crown moldings. There could be deeper symbolism to those urges. You are in the mood to cozy up with someone special or build that nest with a long term loved one.



This week's local weather

SUN

29th

SUNNY
HIGH 42°C
LOW 29°C
HUMIDITY 49%

MON

30th

SUNNY
HIGH 42°C
LOW 30°C
HUMIDITY 49%

TUE

01st

SUNNY
HIGH 42°C
LOW 29°C
HUMIDITY 44%

WED

02nd

SUNNY
HIGH 43°C
LOW 31°C
HUMIDITY 35%

THU

03rd

SUNNY
HIGH 42°C
LOW 31°C
HUMIDITY 38%

FRI

04th

SUNNY
HIGH 43°C
LOW 31°C
HUMIDITY 44%

SAT

05th

SUNNY
HIGH 40°C
LOW 29°C
HUMIDITY 53%

Read.

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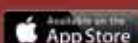
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