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JULY 27- AUGUST 2, 2014 | Issue 163

Read.



THE WEEK IN FASHION

Be inspired by some of the best in celebrity fashion.



BEING THE PERFECT HOSTESS

Hosting a party isn't an easy task, so prepare yourself to be the perfect hostess with our tips.



SUMMER DELIGHTS IN BARCELONA



GOOD THINGS COME IN SMALL PACKAGES

The Mini Cooper S is luxurious, beautiful and everything you need.

A time to jubilate

Eid ul Fitr is all about celebrating with a spirit of love and compassion for all, so be part of the festivities!

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

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Poem of the week

The Nile

By James Leigh Hunt



It flows through old hushed Egypt and its sands,
 Like some grave mighty thought threading a dream,
 And times and things, as in that vision, see
 Keeping along it their eternal stands, -
 Caves, pillars, pyramids, the shepherd bands
 That roamed through the young world, the glory extreme
 Of high Sesostris, and that southern beam,
 The laughing queen that caught the world's great hands.
 Then comes a mightier silence, stern and strong,
 As of a world left empty of its throng,
 And the void weighs on us; and then we wake,
 And hear the fruitful stream lapsing along
 Twixt villages, and think how we shall take
 Our own calm journey on for human sake.

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LAST READ. POLL RESULTS

How often do you work out during the week?

Everyday	57%
3-4days	14%
Weekends	7%
Never	22%

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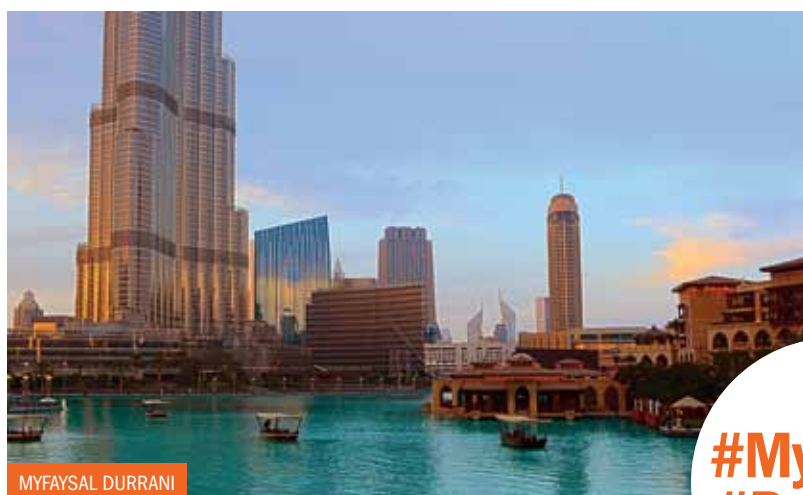
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Party hosting etiquette

Hosting means **sharing** your **culture** and **hospitality** with friends, family, or visitors belonging to a new culture or **different traditions**. While each home is unique and you want to reflect a **warm atmosphere**, you need to follow this **simple** step-by-step guide to **perfect hosting** evening dinner **invitation protocol**:



Invitation for kids

- Having a big heart is the name of the game when kids are invited; be flexible and gracious, don't vet every move they make or throw a fit if they misbehave. No polite host would ever send a guest away.
- Include some of kids' favourite foods, especially those they can eat neatly with their fingers.



- Be sure of the number of guests for the invitation and try to break the vacuum between receiving and dinner time by setting the table with snacks, like, nuts or vegetables with a dunking sauce, or you can add bread with butter and olives.
- Make things easy and uncomplicated for your guests. Make simple food – simple doesn't have to mean boring.
- Choose maximum three main dishes for the table – select food that you think is easy to digest and fits the taste of the guests like meat, chicken or some traditional dish.
- Look after each guest as much as you can. If you see a guest with an empty glass or if there's one setting alone, fix the situation with a big smile and try to strike a warm conversation with him.

Avoid these mistakes

- Guests shouldn't have to ask for anything to drink – prepare drinks 15 minutes before they arrive.
- Choose a general time to serve tea or coffee, because in some cultures, tea and coffee are served to welcome while others serve after dinner.
- Don't forget to plan ahead for an unexpected guest or two.
- Be careful while using social media to invite – carelessness might mean you are don't care.

After dinner

- Check the sink and the towel in the guest bathroom to ensure everything is clean and fresh. "Yes, thank you!" are the golden words whenever anyone offers to help or bring a dish.
- Give the guests choices between dessert or salt crackers or even a vegetarian dish.



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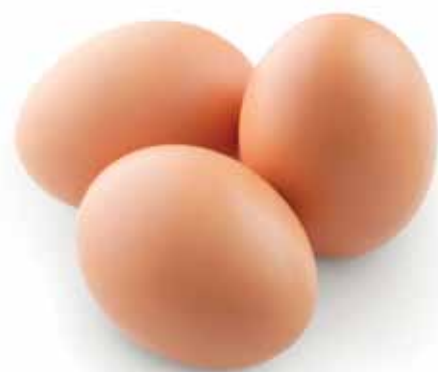
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Red Line Green Line

8 foods that cause allergic reactions



Hen's eggs

Eggs are the second most common food allergy for children. About 1.5 percent of children are allergic to hen's eggs. Eggs are not a major allergen for adults, although it is possible to develop an egg allergy in adulthood.

Sometimes you don't know of **hidden allergies** unless you try certain food stuffs, and realise your **sensitivity** to it. However, there are a few food stuffs that cause allergies in most people. Over **140 different foods** have been identified as causes of **allergic reactions**. According to a recent report by the US Center for Disease Control, **90% of food allergies** are associated with **8 food types**:



Peanuts

Peanut allergy is common, especially in children. Peanut allergy symptoms can range from a minor irritation to a life-threatening reaction (anaphylaxis). For some people with peanut allergy, even tiny amounts of peanuts can cause a serious reaction.



Fish

More than half of all people who are allergic to one type of fish also are allergic to other fish, so allergists often advise their fish-allergic patients to avoid all fish.

Cow's milk

Cow's milk is one of the first foods to consider eliminating from your diet when attempting to determine the foods to which you may be allergic. One of the most common allergens in cow's milk is a protein called casein which is used in many products.



Soy foods

Soybean allergy is one of the more common food allergies, especially among babies and children. Approximately 0.4 percent of children are allergic to soy.



Tree Nuts

Nuts and peanuts can cause allergic reactions, which are sometimes severe. A severe reaction to nuts is called anaphylaxis and can be life-threatening.



Wheat

Allergic reactions can result from eating wheat, but also, in some cases, by inhaling wheat flour. Wheat can be found in many foods, including some you might not suspect, such as beer, soy sauce and ketchup.



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Summer delights in Barcelona

A city of **colours, culture** and **history, Barcelona** is a **gem** facing the **Mediterranean Sea**.

By Wissam Auon

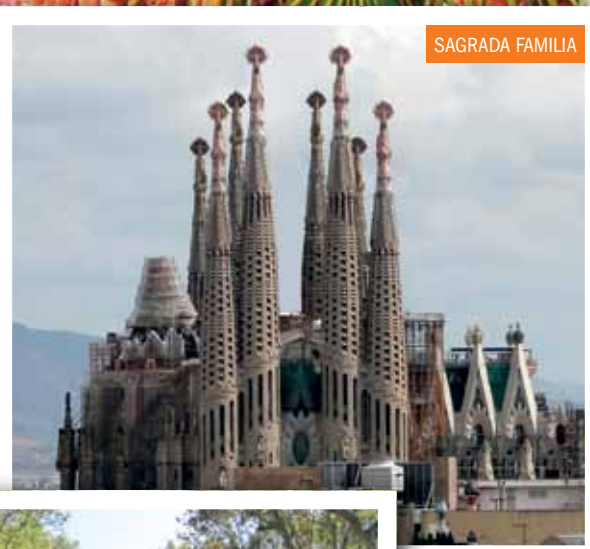
If you plan on going for vacation and haven't decided where to go yet, Barcelona is the right place for you. It is a city which is very well known for its football team, but it has much more to offer than just that. The city is a feast for the eyes; a place to explore the medieval architecture and to experience the best that this colourful and lively city has to offer. Barcelona by the sea seems to attract all types of people – the family, the adventurer, the couple, and the culture lover.

Let's begin this mesmerizing adventure by visiting the Las Ramblas, a series of narrow streets and alleys with restaurants, nightclubs, and a vibrant pedestrian market spread all around. It is that one place that all visitors will pass through, stretching from the Canaletes Fountain to the Columbus Monument with many historic buildings such as the Liceu Theatre. Whether you're a Football fan or not, the Camp Nou Stadium is definitely worth a visit to experience the pride Catalans have for the club. It is the largest stadium in all of Europe, capable of holding nearly 100,000 fans. The museum nearby showcases the trophies and awards the team

has earned throughout the years. Visitors are also invited to learn more about the football culture and how it affects the people of Barcelona. The atmosphere at the Camp Nou during a match can be magical, to see such excitement is a once-in-a-lifetime experience.

Visiting the Sagrada Familia (Church of the Sacred Family) is a must. This massive church is full of symbolism, with beautiful portrayal of the Holy Family and numerous high detailed religious images. The interior of the church is a feast for the eye as it is packed with designs every human would love to see, and filled with smooth stone columns and intricate stained-glass windows, famous for their beauty.

With all this adventuring, one is bound to get hungry. Perhaps you should stop by the Saint Joseph of Boqueria Market for a bite. This market has managed to keep its tradition alive since the 17th century, attracting local butchers, bakers and farmers who sold their products to the hungry people of Barcelona. Many welcoming restaurants can be found around the market, with a wide selection of food, everything from fresh juices to fresh fish and meat.



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Robotic dogs in the battlefield



When a new innovative gadget pops up in the market, it gets huge success and has a high demand especially when it comes to latest technology that is interesting for our generation. But have you ever heard about the Boston Dynamics AlphaDog? Boston Dynamics AlphaDog is one of the latest technologies to be introduced to the world but it is for military use only.

The AlphaDog is capable of following a chip attached to one of the soldiers, effectively playing 'heel' as it goes. It is also capable of making its way through about 80% of the tougher terrain humans can manage. It has a very good sense of balance and direction. Being able to go nearly everywhere marine and soldiers can go on foot, Boston Dynamics AlphaDog or LS3 is a new way to carry around 400 lbs – which happen to be the soldiers' load of gear – and fuel enough for a 20 mile mission and around 24 hours.



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NEWS ON WHEELS

Green Diesel in the UAE



The Emirates National Oil Company (ENOC) has recently announced that green diesel is to be made available at ENOC/EPPCO stations network in the country after the UAE Federal Cabinet issued a decree for raising



the UAE's standards of diesel fuel from 500ppm to 10ppm. This diesel is ultra-low-sulphur based, and matches Euro 5 standards. It is to be used by all commercial diesel vehicles and equipment motorists.

Furthermore, the shift to green diesel is being regarded as very positive. And on the same time, it is more sustainable because it has only 10ppm of sulphur compared to 500ppm in the diesel used in the region. Diesel



is graded by its sulphur content as a general rule as removing it implies a reduction in particulate matters and pollutants. Therefore, using 10ppm diesel leads to lower emissions, and cleaner air quality. Green Diesel in UAE is a very crucial step in the making the country move towards better environmental standards.



The new Mini Cooper S is faster and bigger than its predecessor, and more luxurious compared to other models in the small car segment. Available in different colours, this car drives the streets powerfully and confidently. Both the interior and the exterior are given full attention of the designers, whereas the engine gained full attention of its engineer. It's the small details that count. It's the new Mini Cooper S.

The black lines

The new Mini Cooper S has round LED front lights as usual and a strong looking front grill. Designers have also expanded the colour options to include five new colours, and the option to have the side mirrors in white or black. This car is characterised by the beauty of its appearance and its small size which facilitates parking in any place. Not to forget its sporty luxurious looks that make it stand out.



Mini Connected

It is very obvious that the interior has undergone a change. High quality materials combining leather and other surfaces have been used. The dashboard is very new where the speedometer was redesigned to fit behind the steering wheel, and an 8.8 inch screen took its old place in the middle. Another improvement, we no longer need to enter the key and is enough to have it inside the car. Mini Connected is the system that works to connect the driver to the outside world, which also works as the way to connect to Facebook, Twitter, and others.





Fuel efficiency

Mini Cooper S has a 4 cylinder engine, 2 liters capacity delivering 192 Hp and 280 Nm of torque. It accelerates from 0 to 100 km/h in just 6.7 seconds. The driver can also choose between 3 driving modes: Eco, Mid, and Sport. The car is equipped with the latest technology and systems to provide the driver and all passengers top comfort, security, along with the powerful engine and beautiful looks.



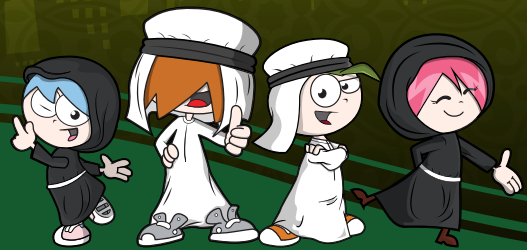
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Hiring **fresh** graduates

How to identify, recruit and engage the new class of university graduates

There are a lot of good reasons to add fresh university graduates to your employee mix. From their enthusiasm and passion, to their fresh ideas and up-to-date history of learning, recent graduates can provide many benefits to your company. Most of the young graduates have their own expectations on how they want to manage their own career plan.

That's why it's your responsibility as a manager to establish clear job expectations and align training programmes to those expectations in order to retain junior employees while helping them transition into being a valued member of the organisation. Akhtaboot is here with some tips for identifying, recruiting and engaging the new class of university graduates.

CONSIDER THE CANDIDATE'S GPA

When it comes to hiring fresh graduates, the candidate's GPA seems a reasonable predictor of job performance and competence. While a good academic track record doesn't always guarantee success, it can actually give an indication about the candidate's commitment and focus. The real edge lies in having a good balance of good grades and involvement in various clubs and extra-curricular activities. This will provide you with a good insight into the candidate's ability to take responsibility and communicate effectively.

HIRE FOR CULTURAL FIT

Finding the perfect fresh graduate who has the exact required qualifications is easy, but finding the right candidate whose personal values are also in-line with the company culture is much harder. In order to increase the retention rates of your junior hires, it is crucial to hire people who will fit easily with the company's culture. It has been proven that one of the top aspects of employee job satisfaction depends on how comfortable they are with their colleagues.

LOOK FOR ENTHUSIASM

Someone may have had perfect scores at college and an interesting

internship, but that doesn't matter if the person isn't showing any noticeable excitement about the job. Personal characteristics are the biggest predictor of whether a fresh graduate would succeed. Candidates don't need to have a standup comedian attitude, but they should show real interest in your company and the position. Look for those candidates who are passionate about their career paths and what they hope to accomplish. You want people who will take personal responsibility to make sure targets are met and who try to come

up with a better way of doing things.

SET YOUR CANDIDATES' EXPECTATIONS STRAIGHT

In today's tough economy, it's natural that fresh graduates are considering their career options even more closely so that they can choose the best path for their future. But most entry-level jobs aren't glamorous and sometimes they can be repetitive. While you definitely want to talk about the benefits of joining your company to attract top candidates, you also need to give an

accurate picture of the real situation. Being honest and open about the challenges associated with the job can help you filter out those who aren't interested in doing such work. Take note of the candidate's body language and facial expressions during the interview. If the candidate remains enthusiastic even after you've explained the challenges of the position, you have a good contender on your hands.

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



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Dhs. 44.75

تميز
Tamayaz
Dhs. 9.95



زيت دوار الشمس 18 لتر + 750 مل
Mazola Sunflower Oil
18 Ltr + 750 ml
1 set /customer
Dhs. 19.50

تميز
Tamayaz
Dhs. 8.95



دجاج مجمد 1300 غم
Doux Frozen Chicken
1300 gms
4 pcs /customer
Dhs. 17.55

تميز
Tamayaz
Dhs. 9.95



بيض خليج 15 بيضة
Khaleej OmEgga
Eggs 15's
2 tray /customer
Dhs. 19.70

تميز
Tamayaz
Dhs. 7.95



سكر فيلر فول 2 ك/غم + 1 ك/غم مجاناً
Mitr Phol Sugar 2kg+1kg Free
1 set /customer
Dhs. 9.80

تميز
Tamayaz
Dhs. 7.95



مخارم الكوري 50+1 مجاناً
Alokozay Facial Tissue
50s, 5+1 Free
1 set /customer
Dhs. 14.00

تميز
Tamayaz
Dhs. 44.95



نايد 2x3 ك/غم متنوع
Tide 2x3kg
Assorted
1 set /customer
Dhs. 63.90
50.95

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• منتجات الترويج لا تبيع منفردة.
• العروض سارية حتى نفاد الكمية.
• الصور المستخدمة للتوضيح فقط.
• العروض متاحة في فروع مختارة.



A time to jubilate

Eid ul Fitr is all about celebrating with a spirit of **love** and **compassion** for all, so be part of the festivities!

It is one of the most anticipated events of the year, full of celebration and goodwill, and who doesn't enjoy the break from work? It's the Eid week! A lot of Dubai residents jet off to their home countries, but how do you celebrate it if you're here and really want to be

part of the celebrations? Do as the locals do, that's the best way to really feel and enjoy the meaning of Eid. So instead of spending your holidays in front of the telly munching on junk food, here's what you can do to be part of this celebration, no matter which part of the world you are from!



Prepare a feast

Nothing says holiday better than a home cooked feast. And nothing says Eid better than some traditional goodies made with passion. From the main course to the sweets, make everything traditional. Try making the savoury ma'amoul, which is really a cookie filled with nuts or dates. Another favourite are date truffles serve with aromatic Arabic coffee. For the main course, try the delicious and rich machbus. Set the table with deliberation, light an oud burner – or incense – to make the house smell woody and fresh. Light some candles and add festive lights around the house.



Dress up

No celebration is complete without dressing up. Go for some Eid pampering a day before. Book yourself a mani-pedi and enjoy your time off. If you want, you can always opt for traditional jalabiya in vibrant colours. And of course, do not forget to apply oud perfume.

Visit a friend

The spirit of Eid is essentially love, compassion and sharing. Visit friends and relatives who are in town, and do not forget to say the customary "Eid Mubarak" while greeting. Take along a thoughtful gift, or pack some home-made sweets in ribbons and coloured cellophane.



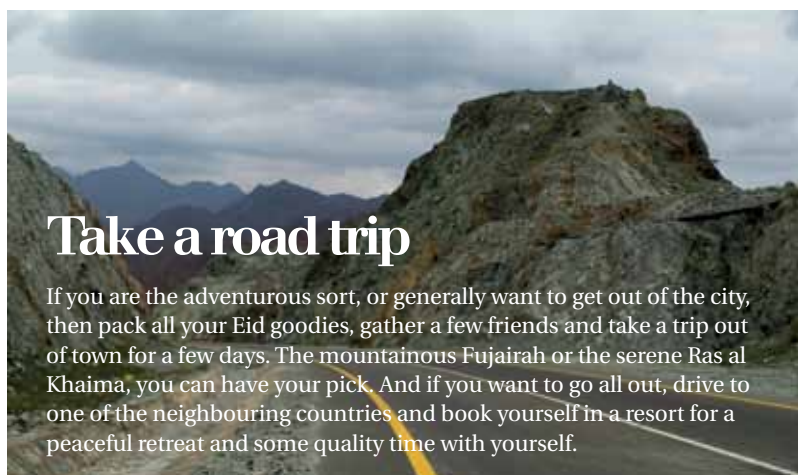
Apply henna

No Eid is complete without the traditional henna application. Not only is it traditional, but also looks beautiful and artistic. If you are daring, try the foot henna as well. Most salons around town offer henna application on the night before Eid, so book in advance as they might already be overbooked. Opt for traditional Arabic designs or the more intricate south Asian designs.



Take a road trip

If you are the adventurous sort, or generally want to get out of the city, then pack all your Eid goodies, gather a few friends and take a trip out of town for a few days. The mountainous Fujairah or the serene Ras al Khaima, you can have your pick. And if you want to go all out, drive to one of the neighbouring countries and book yourself in a resort for a peaceful retreat and some quality time with yourself.





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Delsey Ring cabin trolley

Also available أيضا

66cm	Dhs 349 Dhs 239	مجموعتان
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20MP
WiFi
ISO up to 25600
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Samsung NX mini NX-F1 + 9-27mm + 16GB card + case
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500.00

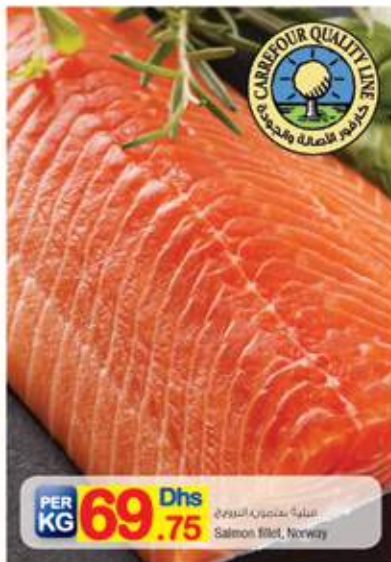
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CP trends make-up box



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كريم النهار (أولاي) 50 مل
+ كريم الليل 50 مل
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Namoura or babousa, UAE



PER KG **19.75** Dhs

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Dhs 45.00
36.00 Dhs

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Pepsi 150ml x30 + 355ml x6



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صدر دجاج (أف أف إف)، 1 كيلو
FFF chicken breast 1kg



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Merci chocolate finest selection 400g



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Tilda basmati rice 2kg



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SPORT SHORTS



Football: Real Madrid have completed the signing of Colombian World Cup top scorer James Rodriguez from Monaco for an amount of approximately 80 million. The 23-year-old has agreed to a six-year contract with the club, making him the fourth most expensive transfer in history after Gareth Bale, Cristiano Ronaldo and Luis Suarez. Rodriguez was already presented last week as his first game with Real Madrid in the Santiago Bernabeu.



Basketball: Dwyane Wade confirmed that he will continue his journey with the Miami Heat to lead and help the team rebuild after the transfer of LeBron James to the Cleveland Cavaliers. The 32-year-old tweeted, "Home is where the heart is...My home, my city, my house.. #Heatlifer", despite the fact that he opted out of his contract last month with James.



Cricket: England's Jos Buttler has claimed that performing in his Test debut this week will be no less than a "dream come true". The Englishman will obtain his first cap in the longer format of the game when England challenge India for the third Test in Southampton. The 23-year-old is also confident that he has made the right choice moving to Lancashire following his selection for the game.



Manchester United players are seeking to impress new manager Louis van Gaal during the pre-season, especially Wayne Rooney as he hopes on getting the spot as team Captain. The Dutch coach started working with the Red Devils recently after

leading the Netherlands to third place at the FIFA World Cup. Van Gaal will also need to keep an eye out for the players' performance in order to decide who he appoints as the next captain. England striker Wayne Rooney is eager to show all

he's got to the Dutchman as he is a contender for the role. "We all have to go out there and give it our all to show what we can do," said Rooney. "Everyone wants to impress the new manager so that is what we are all aiming to do."



McIlroy targets dominance

Rory McIlroy has now become one of the golf's giants following his Open Championship triumph. The 25-year-old legend has won three of four Grand Slam faster than anyone throughout the Masters apart from Tiger Woods and Jack Nicklaus, however the Northern Irishman now wants to dominate world golf like Woods and Nicklaus as those three superb players are now the only ones who have won three golf majors by the age of 25. McIlroy has managed to move up to second place in the world rankings with his Open victory. He has proven himself amongst the world golf legends. Luck isn't enough to triumph in three very different majors, it requires skill, grace, and talent. "I just wanted to stick to my process and stick to making good decisions, making good swings. And then "spot" was for my putting," McIlroy said. "It feels absolutely incredible, I'm immensely proud of myself," he added.

Fit and ready



Usain Bolt, a six-time Olympic gold medalist, has stated that he is ready to give all he's got in the sprint relay at the Commonwealth Games following his recovery from a hamstring injury and surgery. The Jamaican missed nine weeks of training after he underwent surgery back in March. The 27-year-old however, revealed that he is getting back in shape by training twice a day in order to get ready for event.

"It's been rough, but I've been through before so I know what it takes to get back so I'm just pushing on and working towards what's necessary for this season," Bolt said. His coach Glen Mills claimed that doubling his workouts was necessary to get Bolt ready to compete after he missed a lot of foundation work. Bolt is keen to put in a great performance at the Commonwealth Games for his fans and to show that he is getting back into shape.

Off they go

After a dramatic victory by Nico Rosberg at the German Grand Prix last week, the Formula 1 racers now set focus on the Hungarian Grand Prix, which is set to remain on the Formula 1 calendar until 2021 after last year's deal with the Hungarian government.

Nico Rosberg won at his home country while Lewis Hamilton saw himself in third place behind Valtteri Bottas. The German has now re-extended his World Championship lead for the first time with a 14-point lead ahead of the Hungarian Grand Prix, which is the final race before F1's summer break. The Hungarian GP will consist of 70

laps with a track length of 4.381km. It was last won by Lewis Hamilton last year, and most won by the legend Michael Schumacher. Who's victory will it be this year?



Nico Rosberg

Hollywood news

Transformers: Age of Extinction hit the \$1bn mark

The first movie of the year 2014 to hit the billion dollar mark is *Transformers: Age of Extinction*, earning \$1 billion. Reports suggest that the movie completed the \$800 million mark globally, after completing its 4th week on the box office. The film is closely followed by the sequel of *Dawn of the Planet of the Apes*, with \$97 million. The film opened to post-World Cup fans, with China making it the no. 1 film of all times.



Robert Downey Jr highest paid Hollywood actor

For the second year in a row, Robert Downey Jr is the highest paid actor in Hollywood, with a total of \$75 million in earnings since June 2013, according to *Forbes*. The figures can be attributed to his famed role of *Iron Man* in the Marvel Comic adaptation movie series. Following his lead is Dwayne Johnson, popularly known as The Rock, with \$52 million in earnings, followed by Hollywood heartthrob Bradley Cooper with \$42 million. Shortly behind him is the *Wolf of Wall Street* Leonardo DiCaprio with \$39 million with two recent box office hits.

Tom Hanks shoots *A Hologram for the King* in Egypt



Tom Hanks has started filming for his upcoming film *A Hologram for the King* in Egypt. The star who is currently filming in the city of Hurghada was excited about being in the city, saying, "It's my first time to visit Hurghada, but I have read more about the Red Sea. I'm very glad to shoot in Egypt." The film is being directed by Tom Tykwer and is based on an a failed businessman who travels to Saudi Arabia to sell his idea to a wealthy monarch in order to recover from his losses.

Alexandra Shipp for Aaliyah biopic

After Zendaya Coleman dropped out of the upcoming Aaliyah biopic, Nickelodeon star Alexandra Shipp will now play the role of the late R&B singer. The casting was announced by talk show host Wendy Williams, who tweeted, "I'm excited to exec produce the Aaliyah @lifestimetv movie w/@DebraMChase. Prod starts later this month and @AlexShipp will play Aaliyah." The film titled *Aaliyah: More Than a Woman* will premiere later this year and will show her journey from an ordinary girl to stardom and her tragic death.



Bollywood news

Kangana Ranaut turns down a whopping endorsement deal



Kangana Ranaut has claimed in the past that she doesn't support product endorsement, and surely, she has stuck to her word. When a top skin-care brand approached her for endorsement recently, the actress turned down the offer as the company expected her to join Twitter. She refused the offer claiming that she would not sacrifice her privacy by joining social media.

Katrina and Ranbir in Deepika's company

Ex-lovers Deepika Padukone and Ranbir Kapoor were together shooting in Corsica, France, when Katrina Kaif, Ranbir's latest lady-love, was in town to celebrate her birthday. However, a possibly awkward situation was avoided when Ranbir and Katrina travelled to another place to celebrate her birthday, away from the cast of Imtiaz Ali's upcoming *Tamasha*. Deepika showed that she has clearly moved on from the past by wishing Kat on twitter. Thankfully the couple had stayed away, otherwise there could have been quite a *tamasha*!



Ayan Mukherjee's new film to cast Ranbir Kapoor and Alia Bhatt

In a new pairing, Ranbir Kapoor and Alia Bhatt will romance together in Ayan Mukherjee's next film. Produced by Karan Johar, the Dharma Productions film will start shooting next year, and be released in 2016. Karan Johar broke the news on Twitter, saying, "Ayan Mukherjee's next for Dharma productions is slated to begin mid next year and release December 23rd, 2016. Ranbir Kapoor and Alia Bhatt." Ranbir and Ayan have in the past worked on box office hits including *Wake Up Sid* and *Yeh Jawani Hai Deewani*, and are good friends.

Priety Zinta with fresh accusations against Ness Wadia

Priety Zinta has now claimed that she had been subjected to molestation and abuse at the hands of her ex-boyfriend industrialist Ness Wadia. Priety has claimed that he had thrown burning cigarettes at her and had locked her up in a room before the May incident. In a letter to the police, Priety said, "Ness's behaviour towards me is getting more and more aggressive and violent over a period of time. From throwing burning cigarettes at my face to locking me up in rooms and manhandling me, I have seen it all with him."



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 - 1:00PM 5:00PM 9:00PM
Bobby Jasoos - 2:00PM 7:15PM 12:30AM
Ek Villain - 11:30AM 4:30PM 9:45PM
Fast Track - 10:15AM 12:15PM 2:15PM
 4:15PM 6:15PM 8:15PM 10:15PM 12:15AM
Hate Story 2 - 10:40AM 1:20AM 4:00PM
 6:40PM 9:20PM 12:00AM
How To Train Your Dragon 2 - 11:00AM 1:10PM
 3:20PM 5:30PM 7:40PM
Humpty Sharma Ki Dulhania - 10:30AM
 1:10PM 3:50PM 6:30PM 9:10PM 11:50PM
Kick - 10:30AM 11:30AM 12:00PM 12:30PM
 1:30PM 2:30PM 3:00PM 3:30PM 4:30PM
 5:30PM 6:00 PM 6:30PM 7:30PM 8:30PM
 9:00PM 9:30PM 10:30PM 11:30PM 12:00AM
 12:30AM 1:30AM 2:30AM
Knockout - 11:00AM 3:00PM 7:00PM
 11:00PM
Million Dollar Crocodile - 10:30AM 12:30PM
 2:30PM 4:30PM 6:30PM 8:30PM 10:30PM
 12:30AM
Plush - 10:00AM 12:00PM 2:00PM 4:00PM
 6:00PM 8:00PM 10:00PM 12:00AM
Vikindom - 9:45PM 11:59PM

Novo Megaplex - Ibn Battuta

Angry Babies - 10:20AM 1:00PM 3:40PM
 6:20PM 9:00PM 11:40PM
Bangalore Days - 11:00AM 2:10PM 5:20PM
 8:30PM 11:40PM
Blended - 7:30PM 9:40PM 11:50PM
Bobby Jasoos - 2:00PM 7:15PM 12:30AM
Chef - 10:00AM 12:20PM 2:40PM 5:00PM
Diplomatie - 7:30PM 9:30PM 11:30PM
Draft Day - 8:30PM 10:45PM 12:45AM
Edge Of Tomorrow (3D) - 11:15AM 3:30PM
 7:45PM 12:00AM
Ek Villain - 11:30AM 4:30PM 9:45PM
Fast Track - 10:15AM 12:15PM 2:15PM
 4:15PM 6:15PM 8:15PM 10:15PM 12:15AM
Hate Story 2 - 11:00AM 1:10PM 4:00PM
 6:30PM 9:00PM 11:50PM
How Old Are You - 11:30AM 2:30PM 5:30PM
How To Train Your Dragon 2 - 11:00AM 1:10PM
 3:20PM 5:30PM 7:40PM
Humpty Sharma Ki Dulhania - 10:30AM
 3:50PM 9:10PM
Jigarhanda - 10:50AM 2:10PM 5:20PM
 8:30PM 11:40PM
Kick - 10:30AM 11:30AM 12:00PM 12:30PM
 1:30PM 2:30PM 3:00PM 3:30PM 4:30PM
 5:30PM 6:00 PM 6:30PM 7:30PM 8:30PM
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 12:30AM 1:30AM 2:30AM
Knockout - 7:00PM 9:00PM 11:00PM
 12:45PM
Maleficent - 1:30PM 5:45PM 10:00PM
Maleficent (3D) - 12:30PM 2:30PM 4:30PM
 6:30PM
Million Dollar Crocodile - 10:30AM 2:30PM
 6:30PM 10:30PM
Pizza - 1:40PM 6:45PM 11:45PM
Plush - 10:00AM 12:00PM 2:00PM 4:00PM
 6:00PM 8:00PM 10:00PM 12:00AM
Qu'est-Cu Quon A Fait Au Bon Dieu? -
 11:30AM 1:30PM 3:30PM 5:30PM
Rio 2 - 11:00AM 1:00PM 3:00PM 5:00PM
The Fault In Our Stars - 8:30PM 11:00PM
Think Like A Man Too - 12:30PM 4:30PM
 8:30PM 12:30AM
Velaiyilla Pattathari - 11:30AM 2:30PM
 5:30PM 8:30PM 11:30PM
Vikindom - 9:45PM 11:59PM

Novo Festival Cinema - Festival City

7500 The Movie - 1:00PM 5:00PM 9:00PM
Bangalore Days - 11:00AM 2:10PM 5:20PM
 8:30PM 11:40PM
Fast Track - 10:15AM 12:15PM 2:15PM
 4:15PM 6:15PM 8:15PM 10:15PM 12:15AM
Hate Story 2 - 1:10PM 6:30PM 11:50PM
Humpty Sharma Ki Dulhania - 10:30AM
 3:50PM 9:10PM

Kick - 10:30AM 11:00AM 12:00PM 12:30PM
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 5:00PM 6:00PM 6:30PM 7:30PM 8:00PM
 9:00PM 9:30PM 10:30PM 11:00PM 12:00AM
 12:30AM 1:30AM
Knockout - 11:00AM 3:00PM 7:00PM
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Million Dollar Crocodile - 10:30AM 2:30PM
 6:30PM 10:30PM
Plush - 10:00AM 12:00PM 2:00PM 4:00PM
 6:00PM 8:00PM 10:00PM 12:00AM
Think Like A Man Too - 12:30PM 4:30PM
 8:30PM 12:30AM

Novo Cinemas - Galleria

Angry Babies - 10:20AM 1:00PM 3:40PM
 6:20PM 9:00PM 11:40PM 2:20AM
Kick - 11:30AM 2:30PM 5:30PM 8:30PM
 11:30PM 2:30AM

Novo Cinecity - Al Ghurair

Angry Babies - 10:20AM 1:20PM 4:20PM
 7:20PM 10:20PM 1:20AM
Fast Track - 10:15AM 2:15PM 6:15PM
 10:15PM
How To Train Your Dragon 2 (3D) - 11:00AM
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Kick - 10:30AM 11:00AM 12:00PM 12:30PM
 11:30AM 1:30PM 2:00PM 2:30PM 3:00 PM
 3:30PM 4:30PM 5:00PM 5:30PM 6:00PM
 6:30PM 7:30PM 8:00PM 8:30PM 9:00PM
 9:30PM 10:30PM 11:00PM 11:30PM
 12:00AM 12:30AM 1:30AM 2:30AM
Million Dollar Crocodile - 9:40PM 11:30PM
Plush - 12:15PM 4:15PM 8:15PM 12:15PM

Reel Cinemas - Dubai Mall

Dawn Of The Planet Of The Apes - 10:40AM
 12:30PM 1:15PM 1:30PM 2:00PM 3:05PM
 3:50PM 4:15PM 5:40PM 6:25PM 7:00PM
 7:20PM 8:15PM 9:00PM 9:45PM 10:50PM
 11:35PM 12:35AM 12:40AM 1:25AM 2:10AM
 3:20AM 3:25AM 4:00AM 4:45AM
Dawn Of The Planet Of The Apes (3D) -
 11:20AM 11:55AM 2:30PM 4:40PM 5:05PM
 7:40PM 10:00PM 10:15PM 12:50AM 3:25AM
Kick - 12:05PM 12:45PM 3:00PM 3:45PM
 5:55PM 6:50PM 8:50PM 9:55PM 11:45PM
 12:25AM 1:00AM 2:40AM 3:25AM
Planes Fire And Rescue (3D) - 10:30AM
 11:15AM 12:25PM 1:10PM 2:25PM 3:05PM
 4:25PM 5:00PM 6:25PM 6:55PM 8:25PM
 8:50PM 10:25PM 10:45PM
Sonea Fi Misr - 11:50AM 1:00PM 2:00PM
 3:25PM 4:10PM 5:30PM 6:20PM 7:55PM
 8:30PM 10:00PM 10:40PM 12:15AM
 12:50AM 2:30AM 3:00AM 5:10AM
Step Up All In - 11:30AM 12:10AM 1:50PM
 3:10PM 4:10PM 4:40AM 5:35PM 6:30PM
 7:40PM 8:50PM 11:10PM 1:30AM 2:25AM
 3:50AM
Tammy - 12:20PM 1:00PM 2:25PM 3:10PM
 4:30PM 5:20PM 6:35PM 7:30PM 8:40PM
 9:35PM 10:45PM 11:45PM 12:50AM 1:55AM
 2:55AM 4:00AM 4:10AM
The Purge Anarchy - 12:15PM 1:15PM
 2:25PM 4:35PM 6:45PM 8:55PM 10:05PM
 11:05PM 12:40AM 1:15AM 2:50AM 3:25AM
 5:00AM 5:35AM
Transformers: Age Of Extinction - 10:50AM
 11:25AM 12:15PM 12:30PM 1:00PM
 2:05PM 2:40PM 3:30PM 3:50PM 4:20PM
 5:20PM 5:55PM 6:45PM 7:10PM 7:40PM
 8:35PM 9:10PM 10:00PM 10:30PM 11:00PM
 11:50PM 12:25AM 1:15AM 1:50AM 2:20AM
 3:05AM 3:40AM
Transformers: Age Of Extinction (3D) -
 2:00PM 5:30PM 9:00PM 12:25AM 3:45AM

Reel Cinemas - Marina Mall

Dawn Of The Planet Of The Apes - 10:50PM
 1:25AM 4:00AM
Kick - 3:40PM 10:00PM 12:55AM 3:50AM
Planes Fire And Rescue - 10:30AM 11:10AM
 12:25PM 1:50PM 2:20PM 4:15PM 4:30PM

6:10PM 7:10PM 8:05PM 9:50PM 12:30AM
 3:10AM
Planes Fire And Rescue (3D) - 11:20AM
 1:15PM 3:10PM 5:05PM 7:00PM 8:55PM
Step Up All In - 11:00AM 1:20PM 6:35PM
 8:55PM 11:15PM 1:35AM 3:55AM
Tammy - 11:30AM 1:30PM 3:30PM 5:30PM
 7:30PM 9:30PM 11:30PM 1:30AM 3:30AM
Transformers: Age Of Extinction - 10:40AM
 1:50PM 5:00PM 8:15PM 11:30PM 2:45AM

Reel Cinemas - The Beach

Dawn Of The Planet Of The Apes - 11:20AM
 2:00PM 3:00PM 4:40PM 7:20PM 8:30PM
 10:00PM 12:40AM 2:00AM 3:20AM
Dawn Of The Planet Of The Apes (3D) -
 5:45PM 9:25PM 11:15PM 12:05AM 2:40AM
 4:45AM 5:15AM
Kick - 4:55PM 10:20PM 12:55AM 3:55AM
Planes Fire And Rescue - 11:00AM 1:00PM
 3:00PM 5:00PM 7:00PM 9:00PM
Planes Fire And Rescue (3D) - 11:50AM
 1:45PM 3:40PM 5:35PM 7:30PM
Step Up All In - 12:05PM 2:30PM 7:55PM
 1:20AM 3:45AM
Tammy - 11:40AM 1:45PM 2:30PM 3:50PM
 4:45PM 5:55PM 7:00PM 8:00PM 9:15PM
 10:05PM 11:30PM 12:10AM 1:45AM 2:15AM
 4:00AM 4:20AM
The Purge Anarchy - 2:25PM 7:45PM 9:55PM
 3:15AM 5:25AM
Transformers: Age Of Extinction - 11:15AM
 2:05PM 4:35PM 8:45PM 12:05AM 3:30AM
Transformers: Age Of Extinction (3D) -
 12:20PM 3:30PM 5:25PM 6:45PM 10:00PM
 12:05AM 1:15AM 4:30AM

Vox Cinemas - Deira City Centre

Angry Babies - 9:30AM 10:45AM 12:30PM
 2:00PM 3:45PM 5:15PM 7:00PM 8:30PM
 11:45PM 1:00AM
Bangalore Days - 1:15PM
Blended - 6:30PM 11:45PM
Edge Of Tomorrow (4D) - 6:30PM
How To Train Your Dragon 2 (3D) - 10:45AM
 1:15PM 3:45PM
How To Train Your Dragon 2 (4D) - 10:45AM
 1:00PM
Jigarhanda - 10:15AM 1:45PM 5:15PM
 8:45PM 0:15AM
Kick - 10:30AM 11:15AM 12:00PM 12:45PM
 1:30PM 2:15PM 3:00PM 3:45PM 4:30PM
 5:15PM 6:00PM 6:45PM 7:30PM 8:15PM
 9:00PM 9:45PM 10:00PM 10:45PM 11:30PM
 12:15AM 1:00AM
Maleficent - 11:00AM 4:45PM
The Amazing Spider-Man 2 (4D) - 3:30PM
 9:15PM
The Fault In Our Stars - 3:45PM 9:00PM
Velaiyilla Pattathari - 11:30AM 2:30PM
 5:30PM 7:00PM 8:30PM 10:00PM 11:30PM
 1:00AM
X-Men: Days of Future Past (4D) - 12:15AM

Vox Cinemas - Mall of the Emirates

Angry Babies - 10:30AM 1:45PM 3:00PM
 5:00PM 8:15PM 9:15PM 11:30PM 1:00AM
Bangalore Days - 12:15AM
Belle And Sebastain - 10:00AM 11:15AM
 12:30PM 1:30PM 3:00PM 3:45PM
Blended - 9:45AM 12:15PM 2:45PM 5:15PM
 8:00PM 10:30PM
Draft Day - 11:45PM
Edge Of Tomorrow - 7:15PM 9:45PM 0:30AM
Edge Of Tomorrow (3D) - 11:30PM
Fast Track - 11:30AM 1:45PM 5:30PM
 7:15PM 7:45PM 10:00PM 12:15AM 12:30AM
Godzilla (3D) - 9:00PM
How To Train Your Dragon 2 - 10:45AM
 1:00PM 3:15PM
How To Train Your Dragon 2 (3D) - 9:45AM
 12:00PM 2:30PM 5:00PM
Humpty Sharma Ki Dulhania - 5:45PM
 8:30PM 11:15PM

4:00PM
Blended - 9:45AM 2:30PM 7:15PM 12:00AM
Edge Tomorrow (4D) - 12:30AM
Fast Track - 11:30AM 1:45PM 7:00PM
 8:00PM 10:15PM 12:15AM 12:30AM
How To Train Your Dragon 2 - 10:00AM
 12:30PM
How To Train Your Dragon 2 (3D) - 11:00AM
 1:15PM 3:30PM 5:45PM
How To Train Your Dragon 2 (4D) - 11:00AM
 1:30PM
Kick - 10:00AM 10:15AM 11:00AM 12:00PM
 1:00PM 1:30PM 2:00PM 3:00PM 3:45PM
 4:00PM 4:45PM 5:00PM 6:00PM 7:15PM
 8:00PM 8:15PM 9:15PM 10:30PM 11:15PM
 11:30PM 12:30AM 1:30AM
The Amazing Spider-Man 2 (4D) - 5:45PM
X-Men: Days Of Future Past (4D) - 4:00PM
 9:45PM



Wish list

It's the **Eid weekend**, which means **meeting friends** and **relatives**, and exchanging gifts and attending parties. So whether you are gifting someone who loves **music** or loves **fashion**, whether it is for someone who loves playing the party hostess or it's for someone to **pamper**, here's our **Eid gift guide** to make this occasion even more **special**.



Istana IceLink's Snow Collection

Snow Classic Collection Cameo ring features a diamond encrusted bezel that echoes the splendor of the floating gems inside the crystal chamber.

What better gift than diamonds, right? The entire collection is fun and feisty with some iconic designs and motifs.



Elemis Cellular Recovery set

This 10th anniversary gift set makes a perfect and luxurious Eid gift. These award winning skin capsules contain moringa oil, and helps improve skin elasticity, aid the cell renewal process and improve circulation and overall skin appearance. So much and more packed in these capsules!

Braun Silk-épil 7 SkinSpa Beauty Edition



Braun Silk-épil 7 SkinSpa Beauty Edition features all three beauty treatments for the ultimate beauty experience. It brings together the Silk-épil SkinSpa 7 epilator, the body brush attachment and facial brush. So now, you can have an ultimate salon experience at home, whilst epilating and rejuvenating skin simultaneously.

Beats Studio Headset

The perfect gift for the music lover – these funky and powerful headset by Beats. Available in an array of colours, this headset is powerful, delivering amazing sound that will carry you off to a dream-land, and drown everything around you in a blur.



Rance Eugenie gift set

A perfume inspired by Empress Eugenie who won over the hearts of France and Europe overall with her poise, grace and charm, this gift set brings her spirit alive. With hints of lily, blackcurrant, mandarin, neroli, rose and oud musk, the perfume is for a graceful woman.



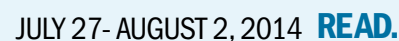
Regent Food Warmers

Be the perfect party hostess with Regent Food Warmers completing your dining table. Eid food calls for perfection, from the recipe to serving it. So serve it bubbling hot in this elegant metal food warmer available exclusively at Jashanmal.

Baldinini bag

Who doesn't like a bag presented to them on Eid? Women can never have too many of these, trust us. The new Baldinini 2014 collection is all about a dash of exotic colours to spice up your life. Add some funk and colour to your wardrobe.





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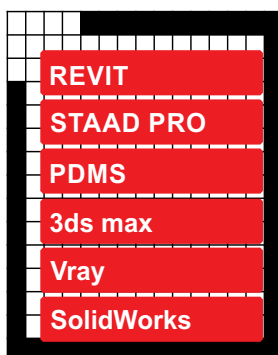
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Indian female, MBA-HRM, B.COM on a visit visa seeks job. Has 2.5 years experience as business development manager and 2 years experience as customer service executive-telecom. Call 0528874112.

23-year-old Indian male seeks job as advertising account executive. Has BBA degree and 2 years of experience. Call 0562774725.

Highly professional and qualified Indian female on a visit visa, BBM - Adv, PGDBM-HR under University of Wales in United Kingdom seeks suitable job. Has 5 years work experience in administrative, international marketing and office administration in consulate or embassy. Fluent in English and Hindi language. Can join immediately. Call 0505473933 or send email to anasahme@gmail.com.

Indian female electrical engineer, on husband's visa seeks job. Has 1 year experience in Indian government institutions. Can join immediately. Call 0508423320.

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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 skolery@gmail.com.

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Furnished partition room for 1 or 2 working ladies, to share with family. Located near Al Karama Metro Station. Monthly rent Dh1,700. Dewa and wi-fi included. Call 0552946377.

Fully furnished bedspace flat available for rent. Filipino only. Centralised AC. Wi-fi is available. Located near Baniyas Metro Station. Monthly rent Dh850 to 900. All is included. Call 0529628225.

Bedspace available, 3 minutes away from Baniyas Metro Station. Monthly rent Dh600. All facilities included. Pest free guaranteed. Call 0561639051.

Sharing accommodation in a furnished 2-bedroom flat with central air-conditioning unit, separate toilet

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The week that was... in fashion

There's nothing better than gazing **star struck** at a stylishly dressed **celebrity**, posing for the cameras. The past week was stylish as ever, with something great for all fashion watchers. We bring you the **best looks** of the week; from **casual strolls** around town to **red carpet** appearances and from **lazy summer** shopping to **dinner galas**.

Lea Michele

Lea Michele looks impeccable at the 2014 Giffoni Film Festival in a black dress. There's nothing that says fashionable louder than the black dress.



Nina Agdali

Fashion model Nina Agdali is a fashionable beach bum in cutoff shorts, a spaghetti strap tank top, a two-tone purse and carrying her sandals at Miami Beach, Florida. You go girl!



Alexa Chung

Alexa Chung flows like a butterfly at the Veuve Clicquot Gold Cup British Open Polo Championships in a breezy maxi dress and ballerina flats.

Selena Gomez

Selena Gomez frolics around town while on holiday on the island of Ischia in a summery dress, strappy heels and edgy sunglasses.



Diane Kruger

Always a stunner, Diane Kruger arrives in style at the FOX Summer 2014 TCA All-Star Party held in West Hollywood. Wearing a sexy jumpsuit and pointy stilettos, with a winning red pout, we are loving every bit of her.

Bill Nuti selected to address DIPME

Dubai International Project Management Forum will be held in September 2014 and will feature 2,000 attendees.

FORUMS

The Roads and Transport Authority (RTA) announces that Bill Nuti, Chairman, CEO and President of NCR, will be the primary speaker at the Dubai International Project Management Forum (DIPMF) which will be held from September 28-30, 2014, under the auspices of HH Sheikh Hamdan Bin Mohammed Bin Rashid Al Maktoum, Dubai Crown Prince and Chairman of the Executive Council. The event will be held in collaboration with Dubai Electricity and Water Authority, Emaar Properties, and the UAE Chapter – Khaleeji – of Project Management Institute (PMI). Mattar Al Tayer, Chairman of the Board and Executive Director of the RTA, said: "The organising committee of the forum selected Bill Nuti as the primary speaker as he is well respected for his leadership skills and expertise in reinventing companies for sustainable and profitable growth." NCR is the global leader in consumer transaction technologies, enabling more than 485 million transactions daily across retail, financial, travel, hospitality, telecom and technology, and small business. Since joining NCR in 2005, Nuti has orchestrated one of the most successful business reinventions in recent history, while transforming the way consumers connect, interact and transact with business. Nuti made critical decisions to reinvent NCR over the long term, including shifting the core business model of NCR from

hardware to more software and Software as a Service (SaaS), spinning-off Teradata, moving the company's headquarters to Georgia, building a global manufacturing network in five countries, acquiring several high-growth companies in the software and SaaS space, and expanding into new markets, adjacencies and under-penetrated emerging markets. Nuti's vision to build a best-in-class global organisation has not gone unnoticed. He has been heralded by government officials and news organisations for creating advanced manufacturing jobs in the United States. Under his leadership, NCR built America's first retrofitted manufacturing facility to receive LEED certification for environmental sustainability, creating hundreds of jobs in the state of Georgia in the process. Throughout Nuti's tenure, NCR has been recognised for its humanitarian contributions with the Red Cross Good Neighbor Award and its commitment to employee training and development with the American Society for Training and Development (ASTD) BEST Award. Prior to joining NCR as CEO in 2005, Nuti served as president and CEO of Symbol Technologies. He led a challenging and highly successful turnaround of Symbol, returning the company to profitability for the first time in five years, and increasing revenue growth by 24 per cent from 2002 to 2004. Through staging Dubai International Project Management



BILL NUTI

Forum, the RTA seeks to shed more light on the achievements of Dubai as a leading city in the field of project management as it adopts world-class practices in undertaking a series of mega projects.

The forum will focus on the vital role of project management in streamlining and coordinating work procedures in public and private companies, and managing project programmes in order to generate coherence and coordination between various projects and realise their common objectives.

DIPMF will host an elite lineup of prominent international speakers who have extensive expertise in project management and represent

various sectors. The event is expected to attract more than 2,000 individuals. The forum will discuss topics of relevance to project management and spotlight models and studies commissioned for the implementation of various projects.

Among the key successful models to be showcased in the forum is the Dubai Model with all features and characteristics that render it a global success story. It will also discuss a host of key topics including project management in art where Dubai has many models to offer, including the Dubai International Film Festival, art forums, international drawing exhibitions, and Etihad Museum; a project entrusted to the RTA.

Traffic diversion on Sheikh Zayed Road

RTA begins work on first phase of Dubai Water Canal project involving Sheikh Zayed Road traffic diversion.

ADVISORY

The Roads and Transport Authority has started work on the initial phase of the main traffic diversion on Sheikh Zayed Road near Safa Park as part of the Dubai Water Canal project. The work is set to be completed by the end of next October. The section keeps the same number of existing lanes to avoid negative repercussions on the traffic flow throughout the project construction period. Engineer Maitha Bin Udai, CEO of the RTA Traffic and Roads Agency, said: "The Abu Dhabi-bound traffic

stream will be routed to the new traffic diversion, while maintaining the traffic movement outbound from Abu Dhabi on Sheikh Zayed Road by diverting it to the lanes currently directed towards Abu Dhabi.

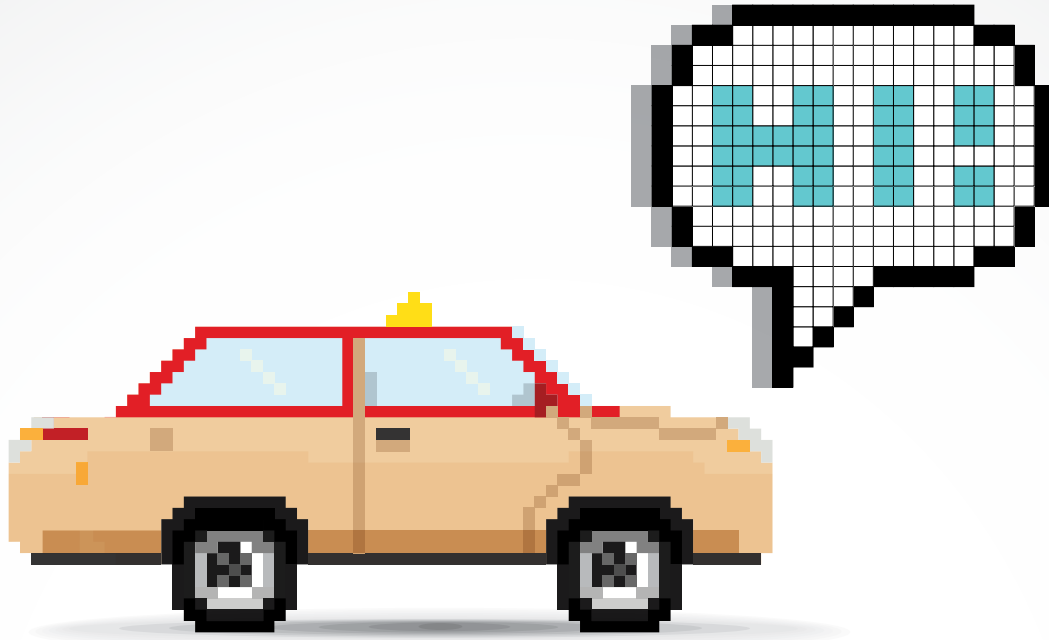
"Parallel to this, the RTA will be starting construction work on the northern bridge in the direction of Dubai on Sheikh Zayed Road near the metro line after routing the traffic movement directly to the traffic diversion." As for the phases of the Dubai Water Canal project, work has been split into three contracts; the first com-

prises the construction of bridges across the Water Canal on Sheikh Zayed Road consisting of eight lanes in each direction. The bridges will rise eight metres to allow free navigation in the canal round-the-clock, besides carrying out a number of improvements on the road network intersection of the canal.

The second contract includes the construction of bridges across the canal on Jumeirah and Al Wasl Roads spanning three lanes on Jumeirah Road and two lanes on Al Wasl Road in each direction, in addition to a

flyover from Al Wasl Road to Al Had-iqa Road in the direction of Sheikh Zayed Road as well as diverting the existing utility lines, and carrying out necessary traffic diversions.

The third contract encompasses the drilling of a 3.2 km-long canal, landfilling works of the island, constructing sea wall around the island to prepare the sand beach, building a marina for boats and the Water Bus, and constructing three landmark pedestrian bridges above the water canal to link Jumeirah Beach Walk with Safa Park Walk.

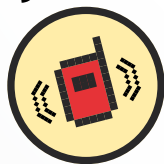


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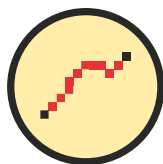
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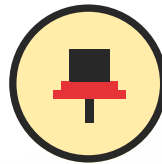
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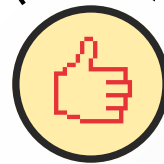
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Delictable delights

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

Broad bean with spinach

Ingredients:

4 tbsp olive oil
200g/7oz new potatoes, lightly scraped then quartered lengthways
½ onions, peeled, sliced finely
1 garlic clove, peeled, finely chopped
400ml/14fl oz chicken stock
Salt, to taste
200g/7oz frozen shelled and padded broad beans, thawed
250g/9oz spinach, chopped
10g/½ oz fresh mint leaves, sliced finely
Freshly ground black pepper, to taste
4 x 175g/6oz gurnard fillets, pin boned, skin scored
110g/4oz beef bacon, cut into lardons

Procedure:

1. Heat two tablespoons of oil in a large saucepan and fry the onion and potatoes gently for about 10 minutes, or until the vegetables are softened but not brown.
2. Add the garlic and cook for a further minute.

3. Add the stock and season with salt, to taste. Bring the stew to the boil, then reduce the heat, cover and simmer for about 10 minutes or until the potatoes are tender.

4. Add broad beans and cook for a further minute. Stir in the chopped spinach and cook for 1-2 minutes, or until the spinach is wilted. Finally, stir in the mint and season with freshly ground black pepper, to taste.

5. Heat a frying pan until hot, add the remaining olive oil and fry the gurnard fillets, skin side down, for 2-3 minutes, or until just crisp. Flip the fillets over and continue to cook for another two minutes or until the fish is cooked through.

6. Remove the gurnard from the pan and set aside to rest for 1-2 minutes.

7. Meanwhile, heat a separate frying pan and fry the bacon for 2-3 minutes, or until golden-brown and crisp.

To serve, divide the stew between two bowls, top each with two gurnard fillets and sprinkle over the bacon lardons.



Baked Ziti

Ingredients:

1 Pound dry ziti pasta
1 Onion, chopped
1 pound lean ground beef
2 (26 ounce) jars spaghetti sauce
6 ounces provolone cheese, sliced
1 1/2 cups sour cream
6 ounces mozzarella cheese, shredded
2 tablespoons grated Parmesan cheese

Procedure:

1. Bring a large pot of lightly salted

water to a boil. Add ziti pasta, and cook until al dente, about 8 minutes; drain.

2. In a large skillet, brown onion and ground beef over medium heat. Add spaghetti sauce, and simmer for 15 minutes.

3. Preheat the oven to 350 degrees F (175 degrees C). Butter a 9x13 inch baking dish. Layer as follows: 1/2 of the ziti, Provolone cheese, sour cream, 1/2 sauce mixture, remaining ziti, mozzarella cheese and remaining sauce mixture. Top with grated Parmesan cheese.

4. Bake for 30 minutes in the preheated oven or until cheeses are melted.



Broccoli lemon chicken with cashews

Ingredients:

1 tbsp groundnut oil or sunflower oil
340g pack of mini chicken breast fillets (sometimes called goujons)
2 garlic cloves, sliced
200g pack tender stem broccoli, stems halved if very long
200ml chicken stock
1 heaped tsp cornflour
1 tbsp clear honey or 2 tsp golden caster sugar
the zest of half a lemon and the juice of a whole one
a large handful of roasted cashews

Procedure:

1. Heat the oil in a large frying pan or wok. Add the chicken and fry for 3-4 minutes until golden. Remove from the pan and add the garlic and broccoli. Stir fry for a minute or so then cover and cook for 2 minutes more, until almost tender.
2. Mix the stock, cornflour and

honey or sugar well, then pour into the pan and stir until thickened. Tip the chicken back into the pan and let it heat through, then add the lemon zest and juice, and cashew nuts. Stir, then serve straight away with basmati rice or noodles.



Across

Down

1 “__ the night before Christmas...” **2** Part of the foot **3** Deep wet mud
4 Germ-free **5** “Bye, Pierre!” **6** Penny **7** Floor pad **8** Five and six **9** Purse
part 10 Juliet’s last name **11** Meanie **12** Become dizzy **13** Catch sight of
21 Feathery scarf **23** Autry & Wilder **25** Gets through to **26** Swedish dollar
27 Lubricated **28** __ together; combined **29** Split __ soup **31** Passion **32**
 Fit for a king **33** Toboggans **35** Media mogul __ Turner **36** Nickname for
 Margaret **38** TV’s Milton __ **39** Garden tool **42** Benumbs **44** African nation
46 Contemptuous writing **47** Bazooka bubble __ **49** Bumbling **50** Lively;
 spirited **51** Went down easily **52** Spanish bull **53** Sitting __; atop **54** Repair
55 Assents silently **56** Discussion **57** Dollar bills **60** Family man

1	2	3	4		5	6	7	8	9		10	11	12	13
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65					66						67			

Sudoku

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

ANSWERS

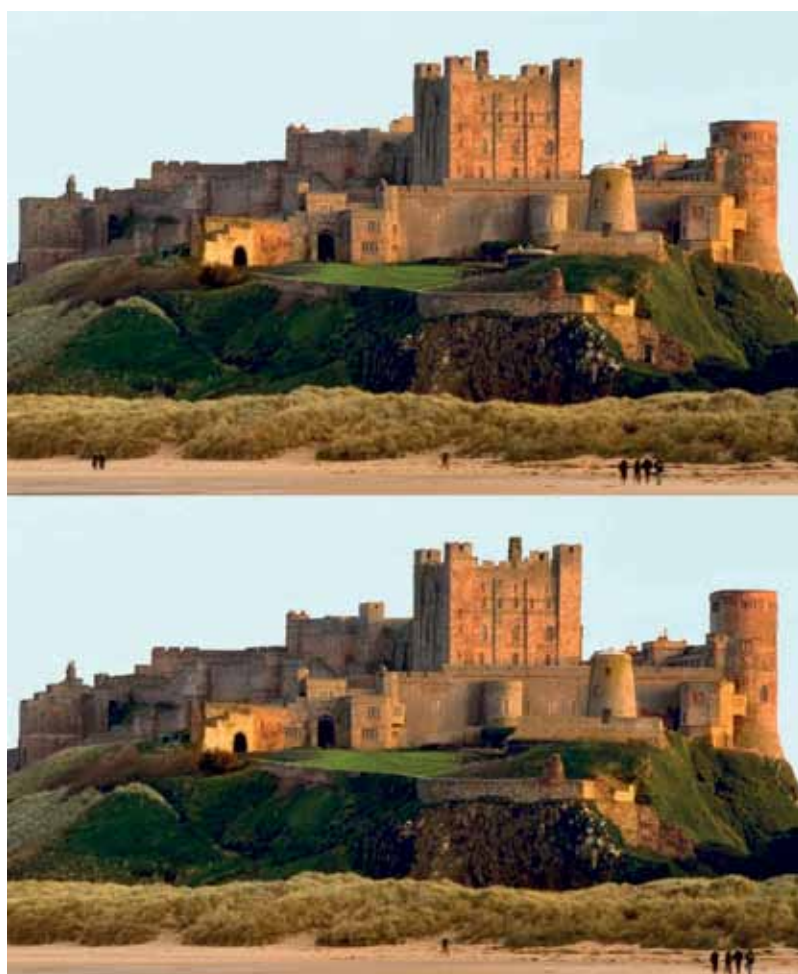
SUDOKU

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

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Rice Pudding Delight

Ingredients:

-  1/3 cup Maya's jasmine white rice
-  1/3 cup Maya's fine granulated white sugar
-  1 pinch Maya's salt
- 1/2 tsp ground cinnamon
- 1 quart whole milk
- 2 tbsp vanilla extract

Preheat oven to 300 degrees F (150 degrees C). Coat a medium sized casserole dish with non-stick cooking spray. In the casserole dish, mix together Maya's jasmine white rice, Maya's fine granulated white sugar and Maya's salt. Stir in milk and vanilla. Bake uncovered for 1hr 30 minutes to 2 hours, stirring every 20 minutes. Let it cool for 30 minutes then sprinkle top with cinnamon for flavour.



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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)

It's a new week and you're feeling incredible. The world is full of beautiful people and at least one of them seems to really like you. Expect romance to consume you for the next couple of days — lose yourself in it, be creative, go on an adventure together.



TAURUS

(APR 21 - MAY 21)

You might have a power struggle to deal with. What is with people and their power trips over the silliest stuff? Try to defuse the situation by taking the high road midweek. By the end of the week, you'll have forgotten about all this. You'll be too distracted by romance.



GEMINI

(MAY 22 - JUN 21)

It's clear that people really like being around you and talking to you because you have a knack for conversations. But at the end of the week you may find you're having problems communicating with your family, therefore do something adventurous and high-energy.



CANCER

(JUN 22 - JUL 23)

Too much of a good thing, a wise woman once said, can be wonderful. And you totally deserve it. Don't worry about whether people are going to think you're showing off. You never show off. They know that. You're going to start to appreciate the value in the small things again.



LEO

(JUL 24 - AUG 23)

It's amazing what you've done, people are impressed. Thething about your sudden celebrity is that you never expected it: You were just going along in the world, getting stuff done and being you, and before you knew it you found yourself at the centre of this social circle.



VIRGO

(AUG 24 - SEP 23)

The game plan is going to change a million times, and the more you're able to adapt, the happier you're going to be. do your best to be the one who calms everyone else down. The truth is, you don't mind a little stress. You handle yourself amazingly well.



LIBRA

(SEP 24 - OCT 23)

What did you do to deserve such stellar people in your life? When you and your friends put your heads together, you have a tendency to dream up really big plans for the future, which is exactly what you should be doing all this week. Sit back and take the long view of things.



SCORPIO

(OCT 24 - NOV 22)

It's not a bad thing to have a big personality. However your best bet is going to be to lay low at work and just get the job done. You're going to learn a secret about a good friend of yours that's going to make your head spin. You may spend the weekend lost in conversation with them.



SAGITTARIUS

(NOV 23 - DEC 21)

You know those travel plans you were thinking of making? Don't put them off any longer. Make a plan to go somewhere exotic and then just do it. No sense in being nervous. You'll figure out your way around in no time. And you'll meet a bunch of new people.



CAPRICORN

(DEC 22 - JAN 20)

You're having a tough time motivating yourself. Not only are you lost in thought about other things, but everyone you work with is starting to get a little difficult, and it doesn't seem worth the effort. But everyone will be on the same level again.



AQUARIUS

(JAN 21 - FEB 19)

Apparently, everyone else is feeling moody, and it's going to take a little creativity on your part to get anyone to pitch in. Like any relationship, sometimes your work relationships require a bit of compromise. But don't worry. It will all come together, thankfully.



PISCES

(FEB 20 - MAR 20)

There's no time like the present to start a new health routine. Not only will getting exercise and eating well make you look better, you'll feel better too. Working out is amazingly great for your mind. And it's a nice way to escape the current drama of work.



This week's local weather

SUN

27th

SUNNY
HIGH 41°C
LOW 32°C
HUMIDITY 43%

MON

28st

SUNNY
HIGH 40°C
LOW 31°C
HUMIDITY 53%

TUE

29nd

SUNNY
HIGH 39°C
LOW 32°C
HUMIDITY 57%

WED

30th

SUNNY
HIGH 39°C
LOW 32°C
HUMIDITY 55%

THU

31st

SUNNY
HIGH 40°C
LOW 32°C
HUMIDITY 41%

FRI

01st

SUNNY
HIGH 41°C
LOW 32°C
HUMIDITY 47%

SAT

02nd

SUNNY
HIGH 41°C
LOW 32°C
HUMIDITY 51%

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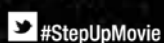
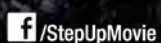
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