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AUGUST 3 - AUGUST 9, 2014 | Issue 164

Read.

zoom
happy shopping on the move

COLORS ON THE DINING TABLE

Bring life and meaning to your dining table tableware that can effect your appetite.



DARE TO WEAR DENIM

We bring to you the best ways to wear denim this week. Be inspired by super cool celebrity street style.



DISCOVER THE MYSTERIES AND GEMS OF SICILY



NEW BMW X4

Here's a car that combines remarkable improvements, and impressive performance.



Mission to Mars

With the newly launched UAE Space Agency, Emiratis are now on their road to explore the red planet.



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

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Poem of the week

We'll Go No More A-Roving

By Lord Byron

So, we'll go no more a-roving
 So late into the night,
 Though the heart be still as loving,
 And the moon be still as bright.

For the sword outwears its sheath,
 And the soul wears out the breast,
 And the heart must pause to breathe,
 And love itself have rest.

Though the night was made for loving,
 And the day returns too soon,
 Yet we'll go no more a-roving
 By the light of the moon.



Read.Poll

How often do you skype back home?

- Several times daily
- Every alternate day
- Only on weekends
- Once a month

Send your answer online at www.readme.ae

LAST READ. POLL RESULTS

How much interest do you take in the newspaper?

Read the entire news story	71.43%
Do not go past the headline	0%
Browse through the pictures	7.14%
Read news online	21.43%

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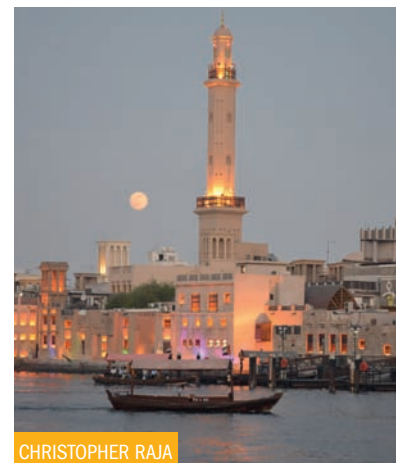
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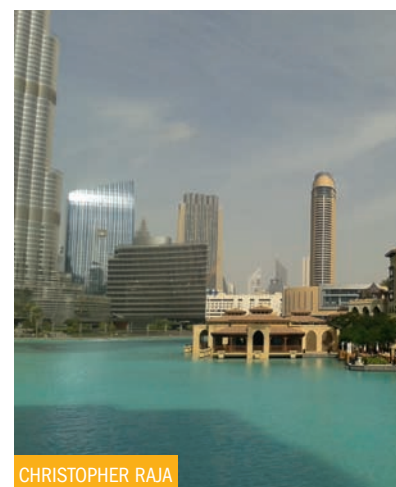
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- 4" TFT SCREEN
- 768mb RAM, 4GB in built ROM

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HONOR 3C (DUAL SIM) SMARTPHONE

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- Android 4.0 Ice Cream Sandwich OS
- 8 MP Camera, 3264x2448 pixels
- 4.0 inches, Multitouch

PLUS
DHS 75 PLUG INS GIFT VOUCHER + SIM CARD WORTH DHS 55

YOU PAY ONLY DHS 724

SAVE 16% DHS 130

EXCLUSIVE DEAL

LG

LG G3 16GB SMARTPHONE

Was **Dhs 2,299**

- Android 4.4.2.5.5" IPS QHD 1440x2560
- 2.5 GHz Quad core SnapDragon 801
- Camera 13 MP OIS

PLUS
DHS 200 PLUG INS GIFT VOUCHER + SIM CARD WORTH DHS 55 + LG Neck band worth DHS 199

YOU PAY ONLY DHS 2,099

SAVE 19% DHS 454

EXCLUSIVE DEAL

DELL

3542-INS-0626 NOTEBOOK

Was **Dhs 2,299**

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- 4GB RAM
- 500 GB Hard Disk
- 2GB Shared Graphics

PLUS
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EXCLUSIVE DEAL

acer

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- 500 GB Hard Disk
- 2GB Shared Graphics

PLUS
DHS 200 PLUG INS GIFT VOUCHER + BLUETOOTH SPEAKER & AVG ANTI-VIRUS WORTH DHS 259

YOU PAY ONLY DHS 2,299

SAVE 18% DHS 459

EXCLUSIVE DEAL

acer

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Was **Dhs 2,799**

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- 4GB RAM
- 1TB Hard Disk

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DHS 300 PLUG INS GIFT VOUCHER + BLUETOOTH SPEAKER & AVG ANTI-VIRUS WORTH DHS 259

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EXCLUSIVE DEAL

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- 200Hz PMR
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- Wi-Fi Miracast
- Skype, My remote

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SAMSUNG

55" 3D ULTRA HD LED TV

Was **Dhs 8,999**

- 4 Times Full HD Resolution
- Smart Interaction 2.0
- One Connect (Smart Evolution)
- Clear Motion Rate 1000Hz
- Resolution: UHD (3840 x 2160)
- Built-in Camera

PLUS
DHS 2,000 PLUG INS GIFT VOUCHER + SOUND BAR WORTH DHS 1,499

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Hisense

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The week that was **readme.ae**

Check out our website to see our daily news, events and competitions. Like us on Facebook and follow us on Instagram where we highlight our latest online features and our favourite **#MyDubai** pictures sent to us from you the reader.

By Mae Cabigas

2014 FIBA U17 WORLD CHAMPIONSHIP FOR MEN

The International Basketball Federation (FIBA) is hosting its 2014 U17 Basketball tournament here in Dubai at the Hamdan Sports Complex. Having begun in 2010, it is a bi-annual sporting event. Get ready to see some of the world's most skilled and talented junior basketball teams challenge each other on the court.



Date: Friday, 8th - Saturday, 16th August 2014
Duration: 9 days
Venue: Hamdan Sports Complex
Telephone: +971 4 306 2666

ARTE, ARTISANS OF THE EMIRATES

ARTE - Artisans of the Emirates - is the UAE's first and only monthly hand-made urban arts & craft market, featuring the freshest and hippest vendors residing in the UAE.



Date: Aug 8, 2014
Time: 12:00 - 19:00
Location: Times Square Center, Sheikh Zayed Road, Dubai
Telephone: +971 50 458 9411

YOUR PLANET NEEDS YOU!



Date: Until Aug 10, 2014
Location: Children's City, Dubai
 Creek Park, Gate 1, Umm Hurair
Telephone: +971 4 334 0808

Your planet's Needs
 You is an international exhibition hosted this year for the first time in Dubai. The event is an exploration of how we will survive on a changing planet. It examines strategies to ensure survival of communities and lifestyles worldwide in the face of changing climate and resource availability. Based on scientific speculation, the exhibition provides a glimpse into the world of 2050 and explores how what we do now will impact our future and the future of generations to come.

FILMMAKERS, SUBMIT YOUR ENTRIES FOR THE IWC SCHAFFHAUSEN



Filmmaker Award Directors from the GCC region will have the chance to compete for an exciting award from Swiss watch manufacturer IWC Schaffhausen. The annual cash award of Dhs367,290 is dedicated to the production of feature-length fiction films.

Deadline for entries is August 15

COMPETITIVE MIXED VOLLEYBALL

For players that are experienced in the game and are looking for a challenge, sign up to be part of this summer league.



Date: Mon 8pm-10.30pm until August 19.
Location: Barasti, Le Meridien Mina Seyahi, Al Sufouh Road, Dubai Marina
www.duplays.com
Telephone: +971 4 447 2394

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AED 15
سجادة مدخل ١٠٠ x ٥٠ سم متنوعة للقطعة
Door Mat Rectangle
50 x 100cm Asstd. per pc



~~AED 59~~
AED 39
بطانية برافو ٢٠٠ x ٢٢٠ سم متنوعة للقطعة
Bravo Flannel Fleece Blanket
200 x 220cm Asstd. per pc



~~AED 259~~
AED 199
طقم لحاف كينج ١٠ قطع متنوع
Comforter Jacquard King
10pcs Set Asstd.



~~AED 99~~
AED 79
سجادة هومويل ١٥٠ x ٢٠٠ سم متنوعة
Homewell Carpet Ankara
150 x 200cm Asstd.
Also available 170 x 270cm
AED.99



~~AED 259~~
AED 199
بطانية مورا ماجيكال ٢٢٠ x ٢٤٠ سم
Mora Blanket Magical
220 x 240cm Asstd.

Offer valid till 10th August 2014 or until stock last.



Lulu by Metro

Stores	Stations	Stores	Stations
1 Lulu Hypermarket Al Barsha	Mall of the Emirates	6 Lulu Center Deira	Abu Baker Al Siddique
2 Lulu Xpress Al Quoz	Business Bay	7 Lulu Hypermarket Qusais	Stadium, Qusais
3 Lulu Hypermarket Karama	Al Karama	8 Lulu Village Muhaisinah	Qusais
4 Lulu Center & Supermarket Karama	Al Karama		
5 Lulu Hypermarket Arabian Center	Al Rashidiya		

Red Line Green Line

Colour coding the plates

You might not know but your **subconscious** is effected by the **colour** of your **utensils** and your **eating habits** and **tastes**.



Food is really a multi sensory experience. It is undisputed that the smell of the food is the first thing that attracts you to food – be it a regular meal or something different. But what about other senses, the the sense of sight and of sound – and furthermore, what about the colours of the dishes and plates and the sound of cutlery? It might be surprising, but they really effect you and your appetite. A new study has confirmed that certain colours in forks and spoons may influence the taste perception of food. For example, yogurt eaten from a blue spoon was rated saltier than with other colours. While the black spoons gave results of less sweetness.

Lose or gain weight with colours

Contrasting the colour of food with the colour of your plate can help you eat less, while using contrast plate colours with food make you eat 22% more.

If you have a sweet tooth, trick your tongue into the taste that it wants.

Use the contrast to trick your brain about the size of the portion; eat less of white pasta in a red dish or a small portion of red pasta in a white dish, the beauty of contrast will make you happy and satisfied .

Meaning behind plate colours

Green : Use green plates with salad. This may encourage you to eat more of the salad, and this is exactly the point – everyone needs more greens.

Blue: If you are facing any problem with salty food, lie to your brain and eat in a blue plate, with lesser salt quantity. You will not notice the change.

Red: Choose red plates for dinner, because you don't want to eat a for your last meal of the day. Red dishes will make you to eat lesser.





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The power of minerals

With our **busy lifestyles** and so much everyday **stress**, staying healthy and **fit** can be quite daunting. For adults, it would be impossible for food alone to supply enough **nutrients** to promote optimal health, but that's what the latest plan that has been all the rage lately - Healthiest Way of **Eating Plan** - is all about. The Plan provides over **100% daily value** of many important nutrients from foods. These include:

by Ruba Eid



Folate-rich foods

Folate rich foods, again most green and leafy vegetables, orange, strawberry and avocados, are especially good for women. They help in the prenatal brain development, healthy functioning of the brain, prevent against cardiovascular diseases and helps against depression.



Protein rich foods

Protein is literally the building block of your body. It is the nutrient that helps your body stay the way it is, by building and repairing cells. Structural protein keratin that is found in outer layers of skin, nails and hair promotes their health and enhances appearance.

Vitamin C rich foods

This vitamin found in citrus fruits, works wonders for the immune system, by strengthening it against immune system diseases. It's also good for your skin and eyes, and protects against cardiovascular diseases. It also helps reduce free radical damage to cells.



Vitamin K-rich foods

Vitamin K that is commonly found in green vegetables like broccoli, spinach and kale - some of the most powerful health foods - has been found to promote the absorption of calcium and prevent osteoporosis. So for healthy bones that do not fracture easily, drink the infamous green juice.



Vitamin A-rich foods

Again, found abundantly in green vegetables like spinach, broccoli and kale, along with carrots, cod liver oil and eggs, Vitamin A helps to support a healthy immune system, prevent frequent colds and flues, and promote healthy vision. It also works wonders for the healthy functioning and appearance of the skin.

Fiber rich foods

Fiber is literally roughage that adds bulk to the food that you consume. It aids healthy absorption of digested food and helps the indigested food to easily pass out of the body. Fiber rich foods are most of the cereals and fruit.



Cut down on SALT

1

Read the label

At the supermarket, read the label for salt content. A low salt content food will contain >0.3g salt per 100g, medium is 1.5g per 100g and high is >1.5g per 100g.



3

Get the app

The FoodSwitch app allows you to scan an item at the store and it tells you about its nutrition. It then offers healthier alternatives.



6

7

In the best interest of your overall health, it's helpful to know ways to cut down on your salt intake. Your body needs salt but because of its ability to make food taste better, we often consume way more than our body can comfortably process.



2

Try alternatives

There are salt alternatives readily available. They cut down on the sodium by creating a mix of potassium chloride and sodium chloride. LoSalt is a good one to try.

Eating out

Avoid pizzas with processed meats, anchovies and olives. Choose pasta with vegetable or lean meat sauces rather than those with bacon and cheese, and order boiled rather than fried rice in Asian and Mexican meals.

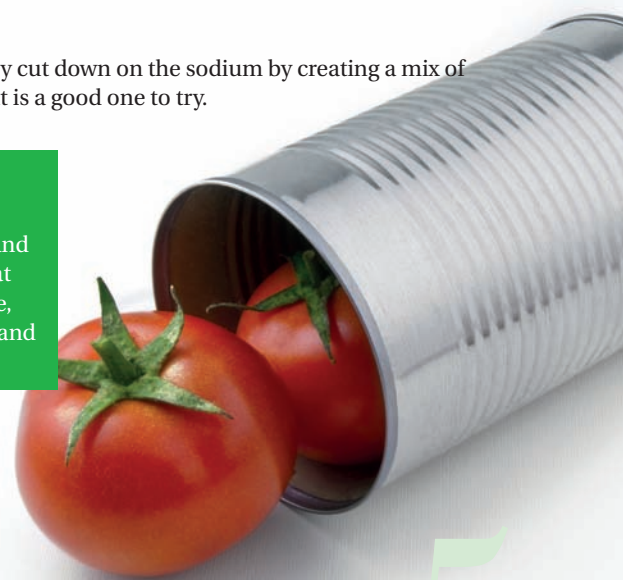
No processed food

Around three-quarters of the salt you consume will be from the processed foods you choose over home-cooked meals. Eating less processed food and cooking a meal from fresh ingredients is one of the easiest ways to cut down on salt.

Make better choices

No-one is saying you can't enjoy a healthy diet eating processed foods, but you can help your health by making informed and better choices.

4



5

Get flavour clever

If we add salt to make food taste better, it follows that if we can find an alternative and the food still tastes great, we're on to a winner. And don't think it is just by using fresh herbs and spices that you can eliminate the need for lots of salt. Tricks like using wine to add depth of flavour to casseroles, stews and sauces is fab.



Sicily: A Mediterranean jewel

Everybody has a [desire](#) to [escape](#) from everyday life to an enlivening [adventure](#) to [discover](#) himself/herself even more. Maybe visiting the wondrous isle of [Sicily](#) will fulfill that desire as you go on a once-in-a-lifetime adventure. It is a [linchpin](#) of [Mediterranean culture](#) and one of Europe's most glamorous destinations. Sicily is quite big, meaning you will have [plenty](#) to [catch up](#) with.

By Wissam Aoun



MONREALECATHEDRAL



Let's get started with the magnificence of Mount Etna, a fuming mountain located in the Sicilian province of Catania and the largest active volcano in Europe. Going on one of the tour groups would be a great idea to explore even more about this majestic nature attraction. You can hike on some of the craters and also reach a high altitude by taking a cable car, thus reaching a safe viewing point which will leave you breathless. Spending a day at the beach could be really joyful and relaxing, especially when it's at San Vito lo Capo (Saint Vitus Cape), Sicily's most beautiful shoreline. Now is the perfect time to experience the breathtaking shoreline. The weather is best in summer months, leaving you with a fantastic view where the limestone cliffs of Mount Cofano rise above the warm sands. And if you forgot to bring some snacks with you, no big deal! You'll find several eateries near the beach, some of which are well known for their fantastic Italian sandwiches. Besides, what could possibly be tastier than eating Pizza in its own home?



ETNA AND CATANIA

The Cathedral of Monreale is definitely a favourite amongst travellers, so you might want to consider a visit. The cathedral is famed for its glorious golden mosaics and is perhaps the finest Norman building in Sicily. You will be dazzled before even entering by its pleasant exterior design, but prepare for even more once you get in, as you will be enlightened by the richly mosaiced interior. The golden mosaics cover all the walls of the nave. If you look around you will be attracted to the apse, where a magnificent portrait of Christ gestures in blessing and gazes off to one side.



SEGESTA TEMPLE



Visiting the Segesta Temple is a must, because who isn't interested in a little architecture? It is a temple which rises high on a hill surrounded by a panoramic view stretching right down to the sea. This Doric Temple was constructed in the 5th century, however not built by the Greeks, but rather by the Elymians, an indigenous population of Sicily. And only looking at the great Temple is enjoyable as it greets you with its breathtaking views.



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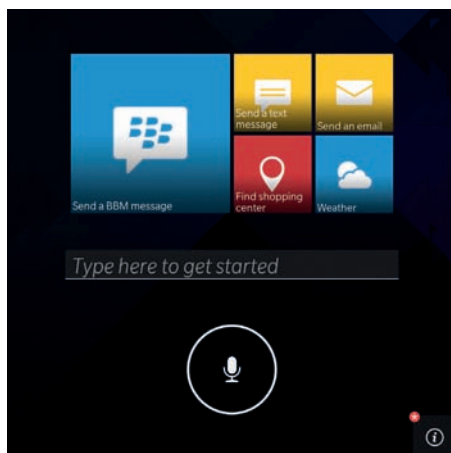
TECH NEWS

Sony's improved sound system



Sony recently announced the launch of its new all-in-one sound system, MHC-V6D, in the Middle East and Africa region. This new sound system will enhance, amplify sounds and the acoustic experience. The MHC-V6D is the latest cutting-edge technology by Sony for home audio systems, and is improved to produce stronger and deeper sound quality. Which also means it is great for house parties! Moreover, MHC-V6D comes with multiple connectivity option which works on connecting all Sony home audio systems with a normal auxiliary cable for better sound outputs. DJ effects and LED lights that users can employ to create disco like ambience. As well as the Song Pal App, a smart phone app that allows users to hear music from their phones on the audio system. Furthermore, it is always better to have its own sound system at home and be able to enjoy the music we like!

Is BlackBerry copying iPhone?



After launching the new OS 10.3 by BlackBerry, the company is now looking forward for more technology to be used in its mobile phones and to compete with other powerful brands.

BlackBerry Assistant is like Siri from iPhone, if we might say. This assistant also appears with a microphone in the middle of the screen, and tells you what to press in order for the phone to do something for you, like sending a BBM text, an email, check the weather, and much more. Furthermore, BlackBerry Assistant is expected to add great value to the BlackBerry phone but on the other hand, is a BlackBerry Assistant what is really needed to increase the demand and sales of these phones? Or maybe a major change for the software and looks and for the way the phone functions?

All we can do for now is just wait and see the feedback of previous BlackBerry users, tech savvies, and competitor phone brands like Apple and how will they criticise the imitation of Siri.

Home alone furry friends



Ever wondered what to do if you've got a cat home but have to go to work? And what to do if you have a late dinner out over the weekend and the cat is home alone? Your wish just came true! For all animal lovers and especially cat lovers, here is the solution for not starving your cat till you come back and feed it.

Innovative and smart technology has been put out together for cat lovers now – The Bistro is a new machine that automatically feeds your cat. All you have to do is to set it up for the cat or each cat you have.

But what does it really do? The Bistro is a cutting edge technology equipped with a camera, face detection option, feeding tray, water tank, weight scale, and a live camera option. You can also download a phone app to keep track of every time the cat eats, monitor its diet, its weight, and even watch it eating live when you're out or at work.

All you need to do is to keep The Bistro always full with food and water, and always connected to your phone. But don't leave your little cat alone for too long, it will miss you.

Alpha A6000



Sony Middle East and Africa launched the speedy new Alpha A6000 with the quickest AF performance of any interchangeable lens digital camera, snapping subjects into sharp focus in just 0.06 seconds. Every frame is captured with rich details and texture with the 24.3 megapixel Exmor APS HD CMOS sensor and BIONZ X processor. This new camera by Sony has a unique iconic design, and is quicker than most DSLRs. It delivers high quality clear pictures, why? Because it is equipped with the latest bright OLED Tru-Finder, 4 double aspherical lenses. Furthermore, sharing photos have become easy using this camera. Allowing easy sharing, on-board Wi-Fi permits one-touch connection with your Smartphone or tablet. A single touch also activates Smart Remote Control, linking the camera to fire the shutter from a distance and view photos on your mobile. With an interchangeable lens and an easy share option, what's better than enjoying all your happy moment with A6000.

Smartest keychain!

We often complain about the size, shape, or helpful use of a keychain. Don't we? And we often carry keychains that reflect a symbol or a color we like. But how about a keychain that is indeed helpful and much useful than others.

"The Smart Keychain" has many uses in its small size. It can be used as a USB device, calendar alert notifications, email notifications, and key locator.

Furthermore, concerning the emails, you have to set it up by choosing 5 important contacts to keep receiving emails from, and getting them displayed on its small screen. And when you lose it it's so easy! Just work your phone and press locate so it starts sounding like an alarm.

Great to have, helpful keychain, and much more useful than any other keychain that keeps getting lost!



Keyless lock



Have you ever imagined yourself getting in your house without having to unlock the door with a key? Did you always feel it's a hassle to take out the keys to unlock the door every time you come back home? And since technology is making everything smart, why not have smart keys!

Yes! Smart keys. "Genie Smart Lock" is the solution for all the key hassle. It works on connecting your door handles to the Internet so that you can lock and unlock remotely, send digital keys to friends and visitors through a phone app, keep tabs on comings and goings, and get into your home without the hassle of taking your keys out of your pocket.

Moreover, one great thing to mention about this lock is the battery, which can last for a year without having to charge it.

So all you have to do is to set it up, link it to your Smartphone app and attaching the small "Genie" sensor either to your pants, bag, in your pocket or anywhere else. Let's not forget to note that this smart lock won the Australian start-up competition.

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NEWS ON WHEELS

New BMW X4



The all new BMW X4 sport model will be joining the other sport models from BMW like X1, X3, X5, X5 M, X6 and X6 M soon. This car will combine remarkable improvements, and an impressive performance. The front is to directly show that it gained all the BMW X series traits, with large air intakes, and muscular lines. Looking at the roof, you will notice that it has kept the same concept of picking up above the front seats, and inclining till reaching a coupe shape at the rear. Moreover, the interior is generously vast and allows roomy space for all passengers. The car is equipped with BMW ConnectDrive that acts as the driver's assistant, and to take care of the safety, convenience and infotainment at an unmatched level. In addition to that, the engine is to be a 3.0 litres delivering 306 Hp and can accelerate from 0 to 100 km/h in just 5.5 seconds.



We take a look at the one and only Dodge SRT4 in the UAE modified by Salem Al Shaqsi.



Here is another beauty from the Emirati car modifier Salem Al Shaqsi. It only happened when Salem decided to buy a car that is not similar to all other cars in the country. He decided to choose a very special and unique SUV. He searched the world for it, and got it shipped from USA to UAE. It is the only modified Dodge SRT 4 in the entire UAE – based on what Salem told us.

This vehicle is 4 cylinders 2.4 turbocharged and intercooled inline-4 engine, twin overhead cams, and 16 valves, delivering 305 Hp with K&N air intake and filter, blow off valves, electric distributor, and performance spark plugs. Auto Turbo Timer and heavy duty manual double gear Clutch. It can accelerate up to a quarter-mile in 14.4 seconds at over 156 km/h.

The car has won three car show competitions in different categories: best sound system deep base category, best participant, and 2nd place twice in open day drag race.



Moving to the exterior, the car is painted a sky blue and fiery red colour with 4D carbon fiber front grill. It also boasts custom blue and red painted projector headlights, custom LED taillights, custom LED fog lights, custom fox exhaust system, black coated and red SRT4 19' rims, custom caviler blue carbon fiber side mirrors, as well as a rear diffuser and a rear spoiler. Ceramic brake system, coil springs with anti roll bar suspensions, neon effects underground lights and an automatic sunroof.

The interior is as special as the exterior, it has two boost gauge bars, white SRT4 gauges with display monitor for G-force. Braking power distance with 1/4 and 1/8 mile reading. Special custom blue crocodile leather seats, dashboard, doors and trunk. And the SRT4 logo stitched in the interior is hard to miss. Custom blue caviler carbon fiber console and doors by carbon signal, custom sound system with 2 15's inch subwoofers and 8 speakers. DVD player, 6.2' touch screen GPS all grace the interior.

New SKYACTIV Mazda6



Mazda is always trying to improve with its latest technology being used. The designers of the new mazda6 started with a new perspective, taking the car to a new level. What is also notable, the use of the SKYACTIV technology, which helps the car for a better performance, and more fuel economy.

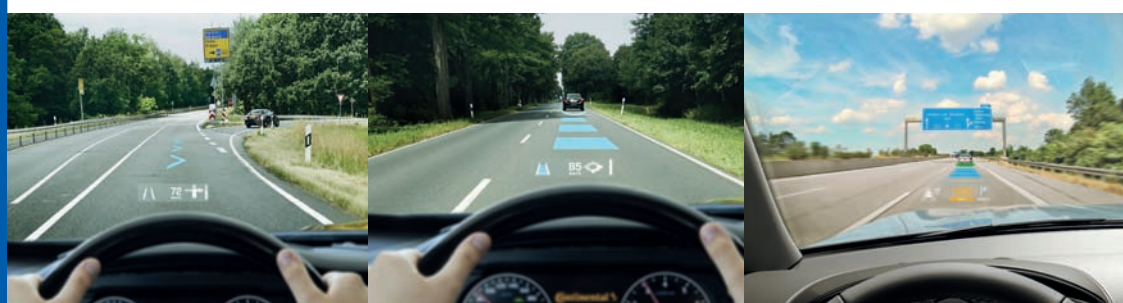
The new form of «Mazda 6» is inspired by the movement of animals in the wild. Facing us with new LED lights in the front, big grill that gives it more aggressiveness, and new lines drawing the new Mazda shape. Wheel's size is available in 17 and 19 inches.

Moving to the interior, the mazda6 is comfortable, yet not very spacious. Equipped with basic technologies, making it enjoyable for a while. Multi-information display screen measuring 3.5 inches takes place in the center, where we can manage all settings, music, and much more.

This mazda6 is available in two twin-engine: SKYACTIV-G 2.0 and SKYACTIV-G 2.5 direct-injection. Starting with SKYACTIV-G 2.0 with 4 cylinders, 16-valve, 155 Hp at 6000 rpm, and 200 Nm of torque at 2,000 rpm. Six-speed transmission and fuel tank capacity of 62 liters, while it consumes approximately 9.5liters / 100 km. The second is SKYACTIV-G 2.5 with 4-cylinders, 16-valve, too, but 185 Hp at 5700 rpm, and 250 Nm of torque at 3250 rpm. Six-speed transmission and fuel tank capacity of 62 liters, as the other. As for fuel consumption, the car consumes 5.4 / 100 km approx.



Continental Technology



Continental is one of the leading companies in the field of tires and different car parts.

Continental unveiled a new vertical display which is the newest and the best. This screen works in conjunction with the AR-HUD system that keeps checking nearly everything around the vehicle. While keeping the driver updated with relevant information about his driving, it examines traffic congestion, blind spots, and also alarms the driver of any possible collision ahead.

Moreover, this system is to help the driver focus more on driving by getting everything to him, without having to look left or right. The designers of this screen focus on the importance of having all the information in front of the driver so he won't look elsewhere to figure it out.

Types of negative attitudes in the workplace

Address the root cause of negativity and garner a positive work environment at work.

It doesn't come as a surprise that negative attitude in the workplace can have direct and destructive consequences on your clients and employees. Clients might be turned off by rude treatment, and other employees' performance might be affected by the bad attitude. If the negative employee has other good qualities, termination doesn't have to be your first resort. Instead, you'll need to point out and discuss the effects of bad attitude with the employee in question. Before you can take effective corrective actions, you need to define "negative." Once you are clear about what triggers negativity in your workplace, you can take steps to address your employee's problem and stop negativity from spreading in your workplace. Akhtaboot is here to highlight the different types of negative job attitudes and how you can resolve each.

'Divide and Conquer' attitude

Believe it or not, almost every workplace is a political environment. While many say that they don't engage in such games, there's actually little truth to that. Office politicians who have a "Divide and Conquer" attitude are always on the look for ways to garner support, usually by creating a division within ranks and informal groups. In this case, insecurity rules, the employee's own insecurity pushes him to intentionally (or unintentionally) create disharmony, and pitting one against the other. If you notice that your employees are divided into cliques, you need to address the situation early on. Team-building activities or assembling groups of different employees to work on projects will help discourage behaviours that can alienate other employees.

Resisting change

Many employees with control issues are inflexible and want everything done their way. When change is introduced they tend to make a big deal out of nothing. While you may be tempted to overlook this issue especially if they have valuable skills, resisting change can be harmful to your business. When your employees don't have a significant understanding of the company's products and long term goals, they may create a lot of busy work to mask their lack of domain knowledge. The sooner you involve employees in the process; the better off you will be implementing the change. A formal communication channel is more effective at implementing change than a negative informal one.

Positive



Passive aggression

Passive-aggressive behaviour is the indirect expression of hostility. A passive-aggressive employee is someone who on the surface appears to be agreeable and supportive, but behind the scenes will not keep promises, and will not hesitate to backstab others. This behaviour from employees and managers is damaging to team's harmony and productivity. Don't allow passive-aggressive behaviour to flourish in your company. If it exists, change it as soon as possible. Start with those in leadership positions and send a clear message that this kind of attitude will not be tolerated. Create a culture of integrity, honesty, and respect.

Negative

Hording information

An evident sign of having trust issues is when employees act secretive, territorial, and cautious around other team members. Information hoarding can be a result of personal insecurity or from past dealings with unethical or discriminatory management. It should be a leader's top priority to resolve this negative attitude and discover the root cause of it. Make sure that the team is recognised for collaborative results and not just individual achievements and ensure that all members know that team success is their priority.

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

Mission to Mars

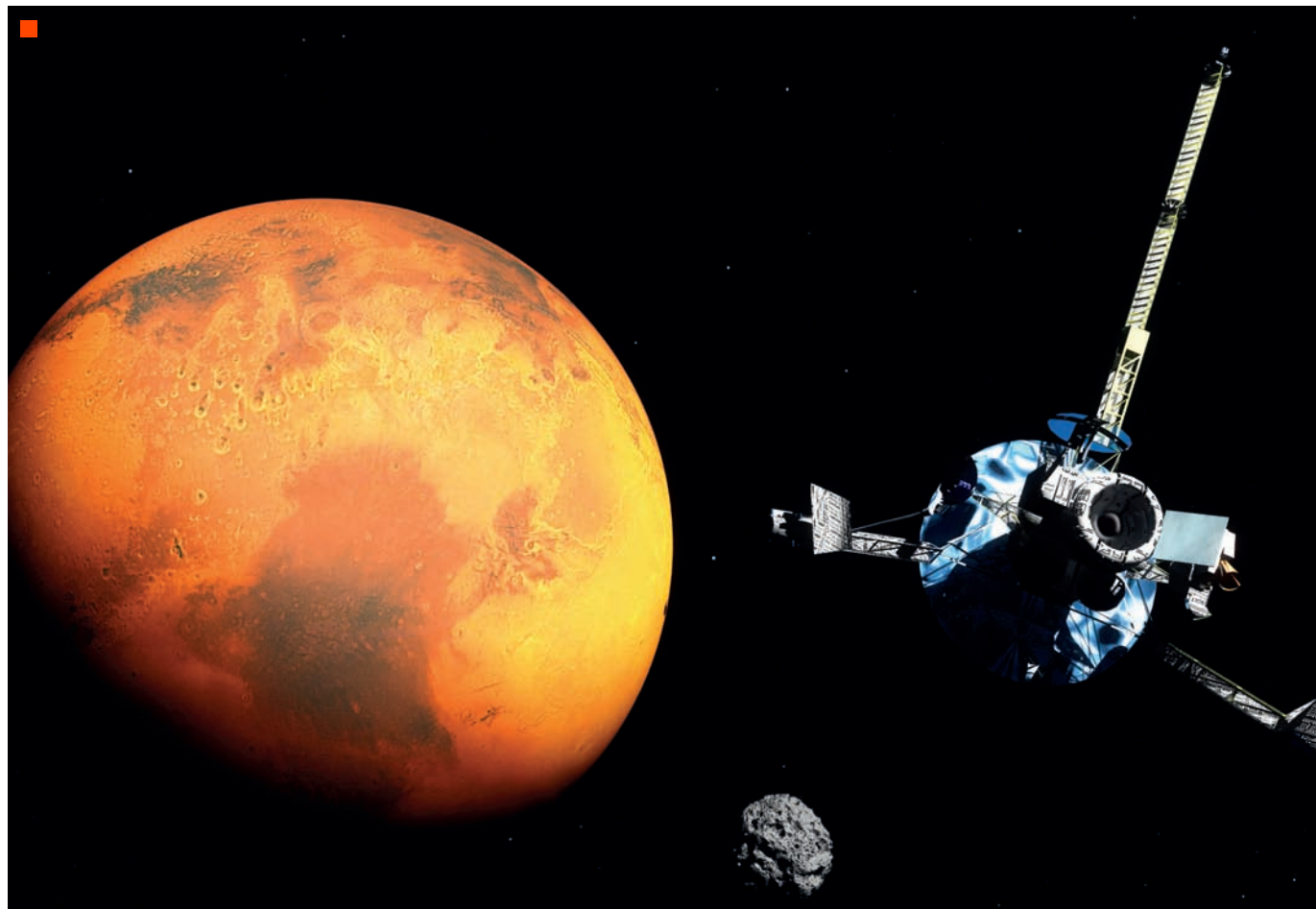
With the newly launched UAE Space Agency, Emiratis are now on their road to explore the red planet.



At the inaugural session of the UAE Space Agency in Dubai, His Highness Sheikh Mohammed Bin Rashid Al Maktoum, UAE Vice President and Prime Minister and Ruler of Dubai directed all government institutions to provide full support to the agency. The newly inaugurated agency sets out to work on its goal of sending the Arab world's first unmanned space mission, headed by Emiratis, to Mars in 2021 – in time for the 50th anniversary celebrations of UAE.

"This is a historic mission and an epic challenge for the Arab and Islamic world, led by a team of fine and dedicated Emirati talent," Sheikh Mohammed said at the meeting. "Our success will reflect positively on the trustworthy reputation we have established. This is a message for the new Arab generation, to trust their capabilities and what they can achieve," he said.

The inauguration of this historical agency marks UAE's entry into the space world, and making it one of the handful of countries with a mission to Mars. Both intellectual and technical capabilities of the Emiratis will be put to use in this ambitious project. The unmanned probe will travel over 60 million kilometers in a span of nine months. It is being dubbed as a giant leap in the UAE's space exploration industry, with the Emiratis having invested over Dh20 billion in space exploration already.



The agency will adopt international best practices and study the missions that have already been sent to the red planet. The space agency will supervise the mission and coordinate the country's growing space technology in the sector. Upon launch into space, the mission will mark the first Islamic country's entry into space explorations.



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& strawberry 90g



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Tang orange instant powder drink 2.5kg

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دجاج كامل (ساديا) 1 كيلو
Sadia whole chicken 1kg



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Dhs 21.25

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SPORT
SHORTS

Basketball: Luol Deng has finalised his move to the Miami Heat as a free agent after being with the Chicago Bulls and recently at the Cleveland Cavaliers. The Great Britain forward spent the last 10 years playing in the NBA. "Luol Deng is one of the most important signings that we have ever had," said Heat president Pat Riley. Dwyane Wade has also resigned with the Heat, thus he will join Deng in Miami.



Golf: Paul McGinley has been ruled out of the USPGA Championship due to a shoulder injury. The 47-year-old European Ryder Cup captain previously missed the French Open after some pain in his left shoulder, and the condition has now forced him to withdraw from this week's major tournament at Valhalla Golf Club. The Irishman was prescribed a period of rest after undergoing a scan.



Commonwealth Games: Chika Amalaha has been suspended from the Commonwealth Games after failing a drug test. The Nigerian gold medallist won weightlifting gold in the women's 53kg category. Amiloride and hydrochlorothiazide were said to be found in a sample, which are actually forbidden. The teenager is the first athlete to fail a drug test at Commonwealth Games.



Defensive Recovery



Serena Williams has successfully recovered from the virus which ended her journey in Wimbledon, leaving her fit and ready for the US Open as she defends her title. The 32-year-old has already made her return to the tennis court at the Bank of the West Classic at Stanford University and is prepared to take on what awaits her at the US Open.

"I feel very good. I feel very happy to be here, so it's good," Serena said.

Williams was defeated in the third round of the singles at Wimbledon last month, and was then forced to retire from the doubles with sister Venus after difficulty serving.

She managed to win the last two US Opens, with a total of five times.

Hamilton vows
successful comeback

Lewis Hamilton has promised to come back stronger than ever following the Formula 1 summer break after going through some difficulties in the last two races in Germany and Hungary. The Englishman had problems during qualifying as his brake disc failed at the German Grand Prix, including a fuel leak at Hungary which set his car on fire.

Hamilton finished in third place ahead of Mercedes team-mate Nico Rosberg, leaving Daniel Ricciardo in first place and Fernando Alonso in second place.

"I think it's been very challenging the last two weeks," said Hamilton. "I'm still in the fight and I'm still raring to go. So this break will be good to re-energise, get fit." The 29-year-old hopes to come back stronger physically and mentally.

Germany's Nico Rosberg still holds the lead over Lewis Hamilton by 11 points. The next race returns after the break at the 24th of August and will take place in Belgium.





Fully Confident

Kell Brook has insisted that he will give it his best as he faces Shawn Porter on August 16. The Sheffield fighter seems confident enough to become world champion. The fight will take place at the StubHub Center in Carson, California – where Brook hopes to claim the IBF welterweight title by defeating the American.

Brook has been preparing very well for the big occasion in order to rise and be at his peak, as he and his team at the gym have been training at warm-weather camps in Fuerteventura. The 28-year-old will also have enough time to get in the best shape possible in the States prior to what will be his biggest fight.

“I am excited to see what I can do,” he said. “On the 16th I think you will see the very best of me, so far.”

Stevie Expresses Woes

England's Steven Gerrard has claimed that the last three months have probably been the worst of his life after a disappointing ending with Liverpool last season, following the early World Cup exit in Brazil.

Even though the Liverpool midfielder has played the best football of his career lately, he feels dejected from losing the Premier League title to Manchester City and from England's inadequate performance at the World Cup.

Liverpool were on the edge of Premier League victory until Gerrard's unlucky slip gave Chelsea the lead at Anfield, which gave Manchester City an even bigger chance for the title.

The 34-year-old opted to retire from international football after England's poor display in Brazil, thus he sets focus on Liverpool as the Reds return to the Champions League this season. Gerrard has recently stated “I still want to be available; I want to be fresh and play at a high level for Liverpool for certainly one more season.”



Hollywood news

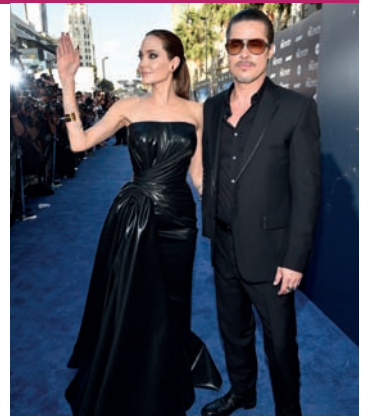
Ben Affleck struggles with bat suit

Batman Ben Affleck has reportedly been struggling in the new batsuit on the sets of *Batman vs Superman*, it has been reported. It is because the new batsuit is rather uncomfortable and restrictive. The muscular actor along with a number of assistants spends around 30 minutes several times a day putting it together and peeling it off. "The suit is extremely restrictive. Ben finds it hard to perform basic tasks and struggles to look natural. He's also been complaining of problems with breathing, given how tight the suit is," a source said. "He's also been complaining of problems with breathing."



Brangelina to reunite on silver screen

The power couple of Hollywood Angelina Jolie and Brad Pitt are coming together again for a film, their first after the 2005 action film *Mr. and Mrs. Smith*. The film, *By the Sea*, is a home production or the duo with Brad producing it and Jolie as the director and scriptwriter. "I am very happy to continue my relationship with (Universal Pictures chair Donna Langley) and the entire Universal team as I finish *Unbroken* and begin work on 'By The Sea'. They have created a very special place for story-tellers, and I look forward to the continued passion and support they have provided to me as a filmmaker," said Angelina. Back in 2012, she had said, "I wrote something a few years ago for Brad and me. Just for fun. Just an independent little art piece. Because we don't get to do those as much as we'd like. But it's something really small and experimental."



Katherine Heigl satisfied with her career



The actress of *Scrubs* and *27 Dresses* fame has recently admitted to being satisfied with her career in the film industry. She said that she felt grateful for her acting career. The actress said she loved watching her previous movies, saying, "I was just kind of making choices that were certainly unbelievably fun. I had a really good time and I still love those movies. I'll still watch them." However, the romantic comedy roles that she has become famous for had left her unsatisfied as an actor, she added.

Kurt Russell in Quentin Tarantino's The Hateful Eight

Kurt Russell is reuniting with director Quentin Tarantino for an upcoming film *The Hateful Eight*. The duo have worked in *Death Proof* in 2007. "I've got a Tarantino project called *The Hateful Eight* that looks like it may go somewhere around the beginning of the year," Kurt said. The story is based on a group of pitiless and mistrustful group trapped together after a blizzard.



Bollywood news



Soha and Kunal engaged

Having been romantically linked some time now, Soha Ali Khan recently announced her engagement to Actor Kunal Khemu. The actress took to Twitter to announce the details of the news, "It gives me great happiness to share with you all that Kunal proposed to me in Paris with the most perfect ring in the world and I said yes." Her close friend Neha Dhupia congratulated her – again on Twitter – posting, "@sakpataudi wow that the best news ever! Congratulations, now come back soon u both ... Yes @kunalkemmu ur one helluva lucky guy!"

Soman Kapoor all praise for Rekha in Khubsoorat

Currently working on the remake of *Khubsoorat*, Bollywood beauty Sonam Kapoor recently said that she doesn't even come close to Rekha's character in the remake. Rekha played the chirpy lead role in the movie and is still acclaimed for it. "I don't think I can do justice to anything Rekha has done," said Sonam, who further added that what was more important for her was the fact that she will be part of a film that has some meaning and gives a strong message. Sonam will be seen romancing Pakistani heartthrob Fawad Afzal Khan in the film due to be released in September.



Neil Nitin Mukesh proud of his grandfather

On the occasion of his grandfather's death anniversary, Bollywood actor Neil Nitin Mukesh said that even though he never got a chance to meet his grandfather, he is still proud to be his grandson. The legendary singer Mukesh of Jeena Yahan Marna Yahaan fame passed away before the actor was born. "Never met him in my life. My Grandmother told me so much about him and bridged the gap. So proud to be born his Grandson so proud to be MUKESH," he tweeted. Explain the length of his name, he added further, "As a son it is his duty that his father be remembered, hence my father's name NITIN MUKESH. As my father's son, it is my duty that my father and his father are always remembered hence My name. NEIL NITIN MUKESH. #Happybirthdayermukesh," Neil tweeted.



Finding Fanny like a holiday for Arjun Kapoor

For Arjun Kapoor, working on Homi Adajania's English language film *Finding Fanny* was more of a holiday than work. The film has been majorly shot in Goa, and boasts a stellar cast that includes Naseeruddin Shah, Pankaj Kapoor, Dimple Kapadia and Deepika Padukone. "Homi was clear about what he wanted the film to be like. He wanted it to seem like a regular conversation, and to seem like it's out of real life. He wanted the quirkiness and humour to come out in a dead pan way. I enjoyed working on *Finding Fanny*. It was like a holiday for me," Arjun said.



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

Aaron Paul Pierce Brosnan Imogen Poots Toni Collette

A LONG WAY DOWN

Every friendship has its ups and downs.

From 'NICK HORNBURY', writer of 'High Fidelity' & 'About A Boy'



Deira City Centre

Transformers - Age of Extinction - 9:30am, 12:45pm, 5:12:45am
 3D Transformers - Age of Extinction - 10:30am, 1:45pm, 5:00pm, 8:15pm, 11:30pm
 4D Transformers - Age of Extinction - 12:00pm, 6:15pm, 12:15am
 Kick - Hindi - 12:00pm, 3:00pm, 6:00pm, 9:00pm, 12:00am / 10:00am, 1:00pm, 4:00pm, 7:00pm, 10:00pm
 3D Planes - 11:00am, 1:00pm, 3:00pm, 5:00pm, 7:00pm
 Step Up All In - 9:45am, 12:15pm, 2:45pm, 5:15pm, 7:45pm, 10:15pm
 3D Step Up All In - S - 10:45pm, MTW - 9:00pm, 11:30pm
 4D Step Up All In - 3:30pm, 9:40pm
 Jigarhandana - Tamil - 9:30am, 1:00pm, 4:30pm, 8:00pm, 11:30pm, S-12:30am
 Angry babies in love - Malayalam - 9:30am, 12:30pm, 3:30pm, 6:30pm, 9:45pm
 Dawn of the planet of the apes - 11:00 am, 9:45pm, S-12:30am
 3D Dawn of the planet of the apes - 9:45pm, 12:30pm, 3:15pm, 6:00pm, 8:45pm, 11:30pm
 Made in egypt - Arabic - 4:15pm, 6:45pm, 9:15pm, 11:45pm
 Tammy - 1:45pm, 6:00pm, 10:15pm
 The Purge - 4:00pm, 8:15pm, 12:15am

Mall of the Emirates

Planes Fire and Rescue - 11:15am, 1:15pm, 3:15pm, 5:15pm
 3D Planes - 10:15am, 12:15pm, 2:15pm, 4:15pm, 5:30pm, 7:30pm, 9:30pm
 Transformers - Age of Extinction - 3:15pm, 10:15pm, 1:30am
 3D Transformers - Age of Extinction - 9:30am, 11:00am, 12:45 pm, 2:15pm, 4:15pm, 7:45pm, 9:30pm, 11:15pm, 12:15am, MTW 5:45pm
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 Tammy - 10:00am, 12:15pm, 2:30pm, 4:45pm, 7:00pm, 9:15pm, 11:30pm
 Kick - Hindi - 10:15am, 12:00pm, 1:30pm, 4:45pm, 6:45pm, 8:00pm, 11:15pm, 12:45am, S 1:40am, MTW 1:45am
 The Purge - 7:45pm, 10:00pm, 12:15am, 1:45am
 Made in egypt - Arabic - 10:00am, 12:15pm, 2:45pm, 5:15pm, 7:15pm, 9:45pm, 12:15am

Mirdiff City Centre

Transformers - Age of Extinction - 9:30am
 3D Transformers - Age of Extinction - 10:30am, 1:45pm, 5:00pm, 8:15pm, 10:30pm, 11:30pm
 3D Dawn of the planet of the apes - 10:00am, 1:00pm, 3:45pm, 6:30pm, 9:15pm, 12:00am
 Planes Fire and Rescue - 11:00am, 1:00pm, 3:00pm, 5:00pm
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Made in egypt - Arabic - 2:15pm, 4:45pm, 7:15pm, 9:45pm, 12:15am
 Tammy - 3:30pm, 5:45pm, 10:15pm
 The Purge - 8:00pm, 12:30am, 1:45am

Mercato Mall

3D Step Up All In - 10:00am, 10:45am, 1:15pm, 3:45pm, 6:15pm, 8:45pm, 11:15pm
 Kick - Hindi - 9:30am, 12:30pm, 3:30pm, 6:30pm, 9:30pm, 12:30am, 1:15am
 3D Dawn of the planet of the apes - 9:30am, 12:15pm, 3:00pm, 5:45pm, 8:30pm, 11:15pm
 3D Transformers - Age of Extinction - 10:15am, 12:30pm, 1:30pm, 4:45pm, 8:00pm, 9:45pm, 11:30pm, 12:40am
 Made in egypt - Arabic - 4:15pm, 6:45pm, 9:15pm, 11:45pm
 Planes Fire and Rescue - 10:30am, 12:30am, 2:30pm
 3D Planes Fire and Rescue - 9:30am, 11:30am, 1:30pm, 3:30pm, 5:30pm, 7:30pm
 Tammy - 4:30pm, 6:30pm, 8:30pm, 10:30pm

The Dubai Mall

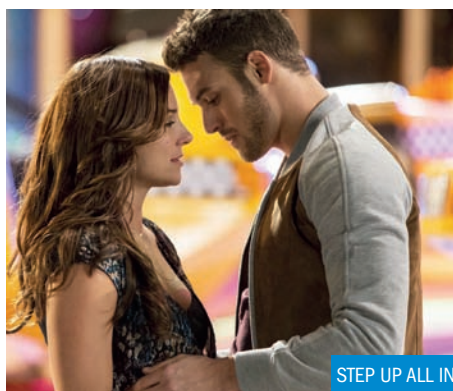
Planes Fire & Rescue - 11:15am, 1:10pm, 3:05pm, 5:00pm, 6:55pm, 8:50pm, 10:45pm
 3D Planes Fire & Rescue - 10:30am, 12:25pm, 2:25pm, 4:25pm, 6:25pm, 8:25pm, 10:25pm
 Kick - 12:05pm, 1:00pm, 3:05pm, 3:55pm, 6:10pm, 6:50pm, 9:15pm, 9:45pm, 12:20am, 12:25am, 12:40am, 3:35am
 Transformers: Age of Extinction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

Dubai Marina Mall

Transformers: Age of Extinction - 11:15am, 5:35pm, 12:05am
 3D Transformers: Age of Extinction - 2:25pm, 8:50pm
 Planes Fire & Rescue - 11:00am, 12:20pm, 2:15pm, 4:10pm, 6:05pm, 8:00pm
 Step Up All In - 12:55pm, 6:10pm, 8:30pm, 10:50pm
 Kick - 3:15pm, 9:55pm, 12:50am, 1:10am, 3:40pm, 3:40pm
 3D Planes Fire & Rescue - 11:40am, 1:40pm, 3:40pm
 3D Dawn Of The Planet Of The Apes - 5:40pm, 8:15pm, 10:50pm, 1:25am
 Dawn Of The Planet Of The Apes - 11:35am, 2:15pm, 4:50pm, 7:25pm, 10:00pm, 12:35am
 Tammy - 11:30am, 1:30pm, 3:30pm, 5:30pm, 7:30pm, 9:30pm, 11:30pm, 1:30am



PLANES FIRE AND RESCUE



STEP UP ALL IN



KICK

JBR - The Beach

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



TRANSFORMERS - AGE OF EXTINCTION

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 makeup must-haves to skin essentials, our wish-list will make shopping **easier** for you with these latest handpicked goodies.

L'Oreal Elvive Extraordinary Oil Nourishing Oil Replacement

An innovative hair cream with oil components is like power food for your hair. It quenches thirsty hair and provides nourishment to the most damaged hair. Easy to apply and wash off, there is left feeling healthier and smoother. Let your hair do the talking.



H&M Cosmetics

Have some fun with your makeup bag by these yummy additions. H&M nail polish and lip pen have some delicious colours that will make you stand out of the crowd with a single sweep. The lip pen has a sheer colour that glides on effortlessly for a brilliant glossy colour. The nail polish has a glossy finish and lasts for days.



Sally Hansen Glitter Top Coat

This glittery top coat in Crown Jewels with up the glam factor in any nail colour you apply. Add a feisty touch to your nails by a single application. And an added bonus is that the chip-resistant formula makes the base coat last longer. For a simple look, apply it on clear nails.



Bourjois Little Round Pot Blusher

Bourjois blusher in Cendre De Rose Brune is compact, so it saves you the hassle of carrying bigger cased blushers and that's not the end of it. The blusher is super smooth and blends easily into the skin for a shimmery and rosy complexion. The light formula doesn't blotch.

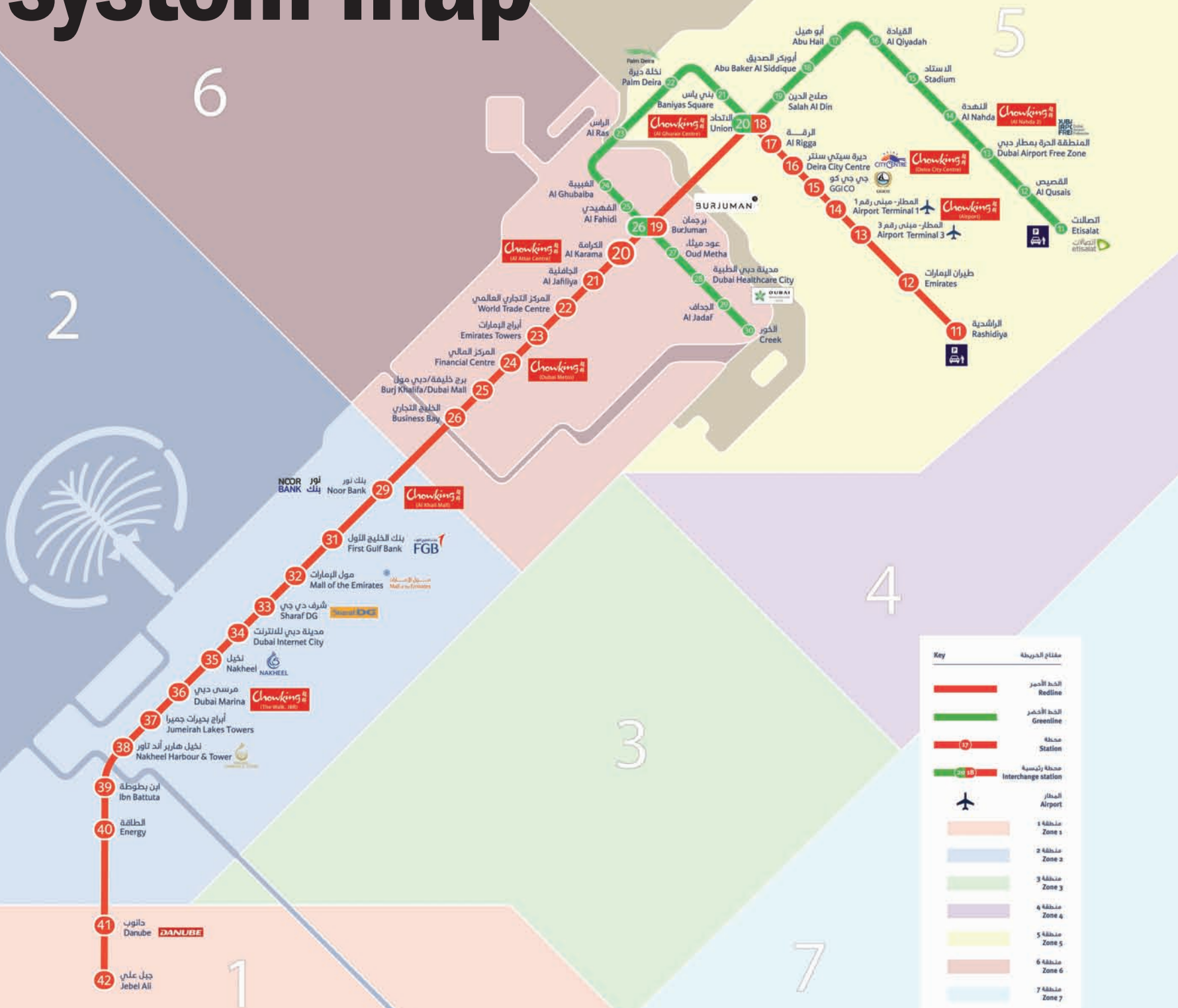


Lush Ocean Salt scrub

This fresh scrub with coconut cream and sea salt is so fresh- like a dip in the foamy ocean. It sloughs off dead skin and dirt and leaves behind thoroughly cleansed and invigorated skin, while avocado and coconut leave skin hydrated and soft.



Dubai Metro system map



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Nissan Tiida, GCC 2011 model available for sale. In excellent condition. Fully automatic. Price Dh34,500. Bank loan will be arranged. No down payment. First payment is after four months. Call 0558238415.

Toyota Corolla 2012 1.8 xli GCC model for sale. In excellent condition, fully automatic. Price Dh45000. We will arrange bank loan without down payment. First payment after four months. Call 0509553395.

Cars for sale: Nissan Tiida 2011 model, Toyota Corolla, Mitsubishi Lancer EX 2.0 and Mitsubishi Lancer GL 1.3. 100% bank loan without down payment will be arranged. No salary transfer required. Three months bank statement compulsory. Monthly payments are less than rent a car. Call 0558238415.

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Dakota Fanning

is ready for summer as she walks around in New York City in a denim romper, sipping iced lemonade. Paired with pink and blue flats and funky sunglasses, she looks adorable.



Katie Holmes

keep it casual in denim overalls, white tee, bohemian flats and a funky satchel in a day around city.



Pixie Lott

attends a party in London in a Love Moschino Resort 2015 playsuit, funky platform heels and Chanel accessories.



The leggy and fabulous **Kendall Jenner** has paired up Barbara Bui denim leggings with a denim bustier top and Topshop pumps. Super glamorous!



The ever so glamorous **Miranda Kerr** steps out in a complete denim outfit – a denim shirt she has tucked in her high waisted denim skinny – teamed up with her Birkin and animal print stilettos.



Hollywood's darling **Reese Witherspoon** looks trendy in white denims – a perfect summer choice – coupled with a printed top and denim jacket.



Natalie Portman

keeps it effortlessly chic in a white peasant top and denim shorts paired with casual trainers on a hot summer day.

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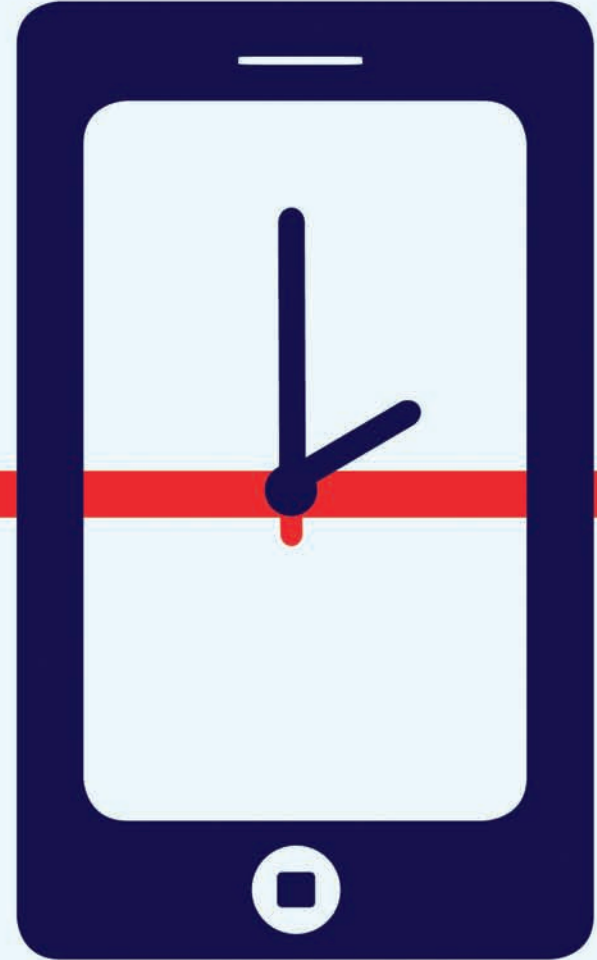
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Example:
Space

Platform IDs can be found at each platform on the Information Display screens or in the Dubai Metro Handy Guide available at all Metro Stations.



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*0.18 fils/sms



يوم سياحي في دبي



شاهد المنحدرات الثلجية، والأسواق، والمتاحف، وانطلق نحو الجزر الرائعة وصولاً لأي مكان في مدينة دبي، فقط في يوم واحد. سافر برحلة استكشاف إلى قلب دبي النابض بالروائع الجميلة مع هيئة الطرق والمواصلات. استمتع برحلة برية وبحرية على متن المترو، الباص، فيري دبي، الباص المائي والعبرة، واكتشف المدينة كما لم ترها من قبل. نرجو لك رحلة سعيدة!

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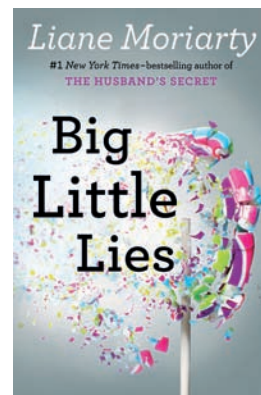


للمزيد من المعلومات حول رحلة في يوم واحد من هيئة الطرق والمواصلات، يرجى زيارة rta.ae



A Long Way Down

Four strangers happen to meet on the roof of a London building on New Year's Eve, each with the intent of committing suicide. Their plans for death in solitude are ruined when they meet as they decide to come down from the roof alive, however temporary that may be.



Big Little Lies

This year's annual Trivia Night at Pirriwee School was quite different than how it usually is. It began with a riot, following the death of a parent, and only moments later police investigators try to pick up clues of murder. The reasons behind the apparent murder are the interlocking tales of three women, their spouses and children, as well as their ex husbands and wives. Liane Moriarty's novel reveals several mysteries of suburban life.



Hypnotic Eye

American rock band Tom Petty and the Heartbreakers have released their thirteenth studio album "Hypnotic Eye" by Reprise Records. This excellent album took three years to make, and it often sounds like buddies out on a weekend garage-jam bender. It is also set to mark a stylistic return to the band's first two albums, 1976's Tom Petty and the Heartbreakers, and 1978's You're Gonna Get It!

READ PLAY

The Last of Us: Remastered

It is the apocalypse, and what you need to do is survive. You are surrounded by abandoned cities reclaimed by nature. The population has been decimated by a modern plague. The only thing left is survivors killing each other for food, weapons, or anything useful. Joel, a strong survivor, and Ellie, a brave young teenage girl, fight through side by side hoping to survive their journey across the US. The Last of Us: Remastered was rebuilt to run in 1080p, offering you a list of upgrades with higher resolution character models, upgraded textures, and improved shadows and lighting. It also includes eight new multiplayer maps in the Abandoned and Reclaimed Territories packs.



Across

Down

1 Burst 2 In the sack 3 Three threes 4 Native of Pago Pago 5 Warning device 6 Skimpy skirt 7 Singer Joan 8 Put together 9 Legally responsible 10 Climb __; mount 11 Eerie saucers, for short 12 Surpasses 14 Tales 21 Pugs & chows 25 Rail systems in some cities 26 Clear the slate 27 Vetoes 28 Snooze 29 __ Peace Prize 30 Paints for Thomas Kinkade 31 Husband and wife 32 Without companions 33 Salamanders 35 Actress Gilbert 38 Narrow cracks 39 Burned with a liquid 41 Center of activity 42 Have nothing to do with 44 Groups of eight 45 Hesitated 47 FDR's affliction 48 Halt 49 Transient 50 Leave out 52 __ a one; none 53 Helsinki man 54 Gabor and Longoria 55 Sandwich shop 59 Hair __

1	2	3			4	5	6	7	8		9	10	11	12
13			14		15						16			
17					18						19			
	20			21							22			
		23					24	25						
26	27	28				29	30				31	32	33	
34					35						36			
37					38						39			
40				41						42				
43			44					45						
		46					47							
48	49	50			51	52	53				54	55		
56					57						58			59
60					61						62			
63					64						65			

Sudoku

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

ANSWERS

SUDOKU

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

CROSSWORD

[illegible]

Spot the difference



Avocado Hummus

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



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:

Blend all of the ingredients in a food processor until smooth.
Transfer the avocado hummus to a bowl and cover with cling film. Chill in the fridge for one hour.
Serve in bowls with pita breads.

Sausage & Butter Bean

Ingredients:

8 sausages
1 onion, diced
1 garlic clove, chopped
1 tsp dried mixed herbs
1 x 400g/14oz tin butter beans, rinsed and drained
½ bunch parsley, rough chopped
400g/14oz tin chopped tomatoes
500ml/18fl oz chicken stock, made from stock cube
Salt and freshly ground black pepper
For the herby crumb topping
100g/3½oz bread (ideally day old), crusts removed
½ bunch parsley, finely chopped
1tbsp olive oil



Procedure:

Preheat the oven to 200C/400F/Gas 6.
Heat a large frying pan over a medium heat. Once hot, add the sausages and cook for 6-8 minutes, turning now and again to colour evenly.
Add the onion and continue to cook for three minutes, then add the garlic and dried herbs and cook for two more minutes, stirring from time to time.
Meanwhile, for the herby crumb topping, tear the bread into small crumbs (or put into a food processor if you have one) and mix it with the finely

chopped parsley.

Add the butter beans, parsley, tomatoes and chicken stock to the pan. Stir to mix everything together and season well with salt and pepper. Transfer to a medium ovenproof baking dish.

Sprinkle the herby crumbs evenly over the surface of the stew, drizzle with olive oil, season with salt and pepper and bake for 25 minutes, or until the topping is crisp. Serve while hot.

What's in your stars?

The *Read.* astrologer tells you what you can expect over the next seven days.

ARIES

(MAR 21 - APR 20)

A rendezvous in a strange location gets you excited. You feel like a character in a noir film. You may use someone else to your advantage; be sure they're getting something out of the deal. After a successful mission, your sights will be set on still greater heights.



TAURUS

(APR 21 - MAY 21)

As much as you love your friends, other people are a liability at the beginning of the week. Be charming and diplomatic. This weekend, a confusing interaction with someone else leaves you flummoxed. Chalk it up to weird weather. It means nothing.



GEMINI

(MAY 22 - JUN 21)

If what you are saying just isn't getting through to you-know-whom, consider the way you're saying it and where this person is coming from. If you can get someone to laugh, you've got their attention. This week will be a little sparse.



CANCER

(JUN 22 - JUL 23)

Your wattage might be running low, so do something chill: take lunch on your own, stop by the video store. The whole week you'll be in this mood, and it may lead to a meaningful revelation. Find whatever you're interested in, and enjoy it.



LEO

(JUL 24 - AUG 23)

You have a passion for travel. Then again, what don't you have a passion for? It helps that your romantic life is going well. You will make a good impression and then you will do something healthy. When someone hands you a problem, you will quickly solve it.



VIRGO

(AUG 24 - SEP 23)

Overcoming the tension will be key to enjoying the romance that soon kicks into high gear. You will learn a bunch of new things, or else you will learn the one thing that makes everything else fall into place. Be open-minded and you'll be thrilled with what you discover.



LIBRA

(SEP 24 - OCT 23)

Social experimentation totally pays off. You put the oddest ideas on the table and people take to them instantly. You will have little time to be dazzling the masses with your thinking, as the home realm requires your attention. But this weekend is nearly nonstop romance and good times.



SCORPIO

(OCT 24 - NOV 22)

You are your own person, certainly, but you find yourself feeling more identified with a group than you have in a while. It's nice to belong and it's nice to wind up involved in adventures you would never stumble into on your own, but don't forget to assert your own personality.



SAGITTARIUS

(NOV 23 - DEC 21)

You are feeling quite good. Everyone you know has found a way to love one another, and it's putting you in a heck of a good mood. You feel more moved by art and music than you have in a while. You'll randomly meet someone and end up talking to them for a long time.



CAPRICORN

(DEC 22 - JAN 20)

As they say, anything is possible if you put your mind to it, but you also have to apply energy. You just have to think about being across the street and you're already there. But nothing happens overnight, and don't be discouraged. An airtight plan will occur to you.



AQUARIUS

(JAN 21 - FEB 19)

Your social group could use a few new members, so be open to unfamiliar faces. It is a time of expansiveness. Suddenly you're among a singing, dancing crowd. You're not always in the mood for musical numbers, but you'll be charmed.



PISCES

(FEB 20 - MAR 20)

The first two days of the week are your lucky days. Don't rush out and buy a lottery ticket, it's not that kind of luck but notice how the small things seem to be going your way? If someone needs your help, you're happy to give back.



This week's local weather

SUN



SUNNY
HIGH 43°C
LOW 29°C
HUMIDITY 38%

MON



SUNNY
HIGH 43°C
LOW 30°C
HUMIDITY 38%

TUE



SUNNY
HIGH 43°C
LOW 30°C
HUMIDITY 37%

WED



SUNNY
HIGH 43°C
LOW 30°C
HUMIDITY 37%

THU



SUNNY
HIGH 42°C
LOW 29°C
HUMIDITY 37%

FRI



SUNNY
HIGH 41°C
LOW 30°C
HUMIDITY 38%

SAT



SUNNY
HIGH 41°C
LOW 30°C
HUMIDITY 38%

Read.

EDITORIAL

Danielle Hosri
Chief Editor

Arnold Pinto
Publisher

Editors
Masuma Raza
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Ruba Eid
Wissam Aoun
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Webmaster

DESIGN

Houssam Barazi
Art director

George Domingo
Designer

Sunil Kumar
Designer

Bijumon Thomas
Designer

Nahas Abdul Majeed
Prepress production

ADVERTISING

Micheal Kakish
Senior sales manager
E: micheal@kassabmedia.com

Mona Semaan
Sales manager
E: mona@kassabmedia.com

Syed Ahmad
Sales executive
E: sayed@kassabmedia.com

Cheva Salazar
Sales coordinator

CONTACT US

info@readme.ae
editorial@readme.ae
letters@readme.ae
advertising@readme.ae
pics@readme.ae



Continental Multimedia FZ LLC
Dubai Media City, Phase 2, Building 6
Office No. G11
T: +971 4 390 2904
F: +971 4 445 6753
E: info@readme.ae
W: www.readme.ae
PO Box 502824, Dubai, UAE

BRANCHES

ABU DHABI:
T: +971 2 622 7880

KSA (JEDDAH):
T: +966 2 657 3161/36

BAHRAIN:
T: +973 1 723 3499

OMAN:
T: +968 2 456 4015

EGYPT:
T: +20 23 762 2914

JORDAN:
T: +962 6 565 3601

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SHOPPING CENTRE | ARABIAN CENTER
MY MALL - MY WORLD | BIN SOUGAT CENTRE |
| BURJUMAN | Century Mall
Dubai | CITY WALK | دبي مول
Dubai Mall | اتحاد مول
Etihad Mall | IBN BATTUTA MALL | KARAMA CENTRE | LAMCY PLAZA
GOOD FEEL - GREAT DEAL |
| Madina Mall
مدينة مول | Mazaya Shopping Centre
SHAIKH ZAYED ROAD | OASIS CENTRE
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TIMES SQUARE CENTER |
| | | | | | | | WAFI |

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