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SEPTEMBER 07 - SEPTEMBER 13, 2014 | Issue 169

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Poem of the week

Success is counted sweetest

By Emily Dickinson

Success is counted sweetest,
By those who ne'er succeed.
To comprehend a nectar,
Requires sorest need.

Not one of all the purple Host,
Who took the Flag today,
Can tell the definition,
So clear of Victory.

As he defeated-dying,
On whose forbidden ear,
The distant strains of triumph,
Burst agonised and clear!



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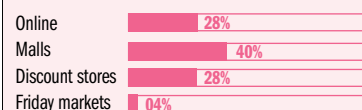
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The week that was readme.ae

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



DISNEY ON ICE - ROCKIN' EVER AFTER

The world famous Disney On Ice is bringing Rockin' Ever After for the first time outside the USA to Dubai.

Disney On Ice is a term that is synonymous around the world for one of the best entertainment experiences for families all over. This fantastic show is coming to Dubai with a version, never before seen outside of the United States of America, Rockin' Ever After. Having been witnessed by over 30 million people over 75 countries, it is an inimitable and unforgettable musical and dance extravaganza on ice as the name says it all, it is Disney On Ice. Tickets are available at Virgin stores and online.

Where: Dubai World Trade Centre

When: September 10 - 13, 2014

Admission: Bronze - Dh175, Silver - Dh275, Gold - Dh475, VIP - Dh1,000, Royal Rink Side - Dh2,000

CELEBRATING VIVAHA 2014 (SEASON 2)

The bridal fashion extravaganza returns for a second time this year.

Consisting of hand-picked selections of bridal jewellery, fashion and other lifestyle options, Celebrating VivaHa is bringing together the works of, and the artists behind some amazing ideas and designs to create an exceptionally unique event. There will be exhibitors from Mumbai to New Delhi and more attending this event, making it an exceptional day for those brides-to-be and for those who are looking for something extraordinary.



Where: The Address, Dubai Mall

When: September 12 - 13, 2014

Admission: Free

Phone: 055 560 9524



LADY GAGA - ARTRAVE - THE ARTPOP BALL TOUR

The undeniable princess of pop is coming to Dubai this September for the first time.

Lady Gaga's fourth world tour will be passing by Dubai this year as ArtRave: The Artpop Ball Tour introduces the world to her latest album, ArtPop, her third album. This amazing and unpredictable artist is coming for her first show here in Dubai and will be wowing the audiences with her unique styles and beats.

Where: Meydan Racecourse

When: September 10, 2014



GAMES14

The region's biggest gaming show is back for its seventh edition.

Where: Dubai World Trade Centre

When: September 11 - 13, 2014

Phone: 04 454 2801

GAMES14 is the Middle East's biggest video game show. Sponsored by regional industry giants such as Microsoft Xbox, Pluto Games, Red Entertainment Distribution and Sony PlayStation, GAMES14 is a three-day extravaganza where video game enthusiasts get an opportunity to play, and watch demonstrations of the most anticipated games from the world's leading international video game publishers and manufacturers. Ticket prices to be announced soon.



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غطاء سرير فرد بيري ٣ قطع
Red Berry Quilt Cover
Single 3pcs
Also Available:
Double 4pcs **AED 139**
King 4pcs **AED 159**



~~AED 169~~
AED 129 |
غطاء سرير مايل هوم ٣ قطع متنوعة
Maple Home Quilt Cover
Asstd. 3pcs
Also Available:
Queen 4pcs **AED 159**
King 4pcs **AED 189**



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AED 20 |
مناشف حمام لورا ٧٠ x ١٤٠ سم
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Laura Bath Towel
70 x 140cm
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عدد متنوع ٢
Door Mat
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١٤٠ x ٢٣٠ سم ٤ قطع
Red Berry Jacquard
Window Curtain
140 x 230cm 4pcs Set



~~AED 59~~
AED 39 |
روب حمام مايل ليف
متنوع للقطعة
Maple Leaf Fleece
Bathrobe Asstd.
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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





2 Extra care

They need it more during these days. They will be more confident when you spend more time with them reading, playing or just talking; these small gestures make him/ her think, "I'm a creditable kid, I can do everything alone rightly when mom is not here."

Before one day

Keep your plan going by involving them a night before to prepare the school basket and new clothes, new tooth brushes, and you have to make them understand that they are starting afresh in everything and they are a part of it.



5 tricks to bring back your kids to school mood

You don't want to receive a "loser letter" from school saying: "you are an unassertive mother, please try to put your kids on the right track beforehand", so avoid this embarrassing situation while educating your child and follow me through these tricks:

By Hanadi Dawara

4 Announce the end of summer

It's very important for everyone to know that it's the end of fun and we are going on other mission, and other responsibilities. However, choose wisely by using modern techniques like to create a new event that involves food with neighbours or visit a relative who lives far away. You can plan an early morning sport tour for the last weekend to say bye to all the places that they had spent enjoying time in.



5 New schedule

Everyone talks about planning a new calendar for school time: from how to re-schedule play time to study time. However, it is also a good practice to make a calendar for study time and also for fall picnic trip or Halloween costume shopping and other fun activities. This way, you will be encouraging them and make them feel that they will not have a miserable time in fall.



You are the boss

Try to assert control in the house, around 15 days before school starts. Tell everyone to go to bed earlier, starting from yourself and your spouse, so you will help them in understanding that there will be a big change in their routine.



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Athens: the cradle of wisdom

You must be familiar with Greek mythology, and perhaps you want to brush up on your knowledge of ancient history. The perfect place for you to visit is the enchanting capital of Greece. Athens is a city with plenty of different facades. It is where ancient Greece meets the best of modern world. And travelling to the ancient city is a must for history and archeology buffs. Prepare to be enlightened by the classic attractions that never fade from the most striking architecture in the world.

It can get a bit hot in Athens during summer, but if you are eager enough to discover the land of the Greeks, you will find plenty of places to keep you cool. Start your day off with a cup of strong Greek coffee, there's nothing like it. Then head out to explore the archaeological sites located around the city, such as the Acropolis that dominates almost every view. Here you discover a spectacular religious complex which consists of

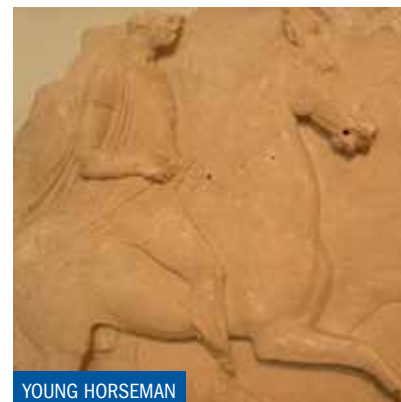
It is a [desire](#) like no other, [adventuring](#) through the city with the most glorious [history](#) in the world, a [magical city](#) blessed by the [gods](#) and worshipped by [people](#). By Wissam Aoun

several temples, like the Propylaea, the Temple of Athena Nike, the Erechtheion and the Parthenon, all built in the 5th century B.C. You will get carried away by the inspiration of the gods who are said to have passed by here ages ago.

Museums are one of the top tourist attractions in the world, especially if it's the National Archeological Museum. There are plenty of magnificent exhibits such as the "Young Horseman" or "Poseidon". Whatever you previously read in stories, played in games, and watched in movies about Greek mythology will come to life when you step into the museum. Now take a break, this could be enough for the day. Go get something to eat and try some fantastic new food, you deserve it.



GREEK COFFEE



YOUNG HORSEMAN



AGORA MARKETPLACE



ACROPOLIS



POSEIDON

Start your morning with a visit to the Ancient Agora, which was once the central marketplace and heart of ancient Athens. Stroll through the alluring landscape and explore the ruins rich with representations of the Greek gods and myths of Ancient Greece. You might as well spend the entire morning discovering the beauty of this area loaded with plants like almond trees, myrtle, and pomegranate. What you should do before leaving is to stand in the centre of the Agora for a wonderful view up to the hilltop of the Acropolis.



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The best seeds to eat

Chia seed

Why: Native to Mexico and Guatemala, these seeds are nutrition packed and a super food. They are the richest plant source of Omega-3, which has anti-inflammatory action. They are a good source of dietary fiber and give a feeling of fullness.

How: They can be sprinkled over your cereals, added to breads or mixed in smoothies. When soaked in water, it gets a gel-like consistency and can be used for weight loss.



Nature's little bundles of goodness, here are some of the best seeds and their benefits.

In our daily food choices, we often forget one very power-packed, super ingredient that is nature's gift to us: seeds. These small packets bursting with nutrients make delicious snacks, substitutes and ingredients for your food. Munching on pumpkin seeds at work, topping your oatmeal with ground flax seeds and adding sesame seeds to your salad will not only increase the nutrients, but also enhance the taste and texture of what you eat. Here's a list of some of the best seeds available and how to use them.



Flax seed

Why: Flax seed is known for its dietary fiber content that is soluble and acts as an excellent laxative. It also has fatty acids that are anti-inflammatory and good for blood pressure. In addition to all this, the super food also retards tumor growth and lowers the risk of cancer.

How: The best way to eat flax seed is in ground form. They can be sprinkled in yogurt, smoothies and cereals. They can also substitute a part of flour in baking and can replace eggs in pancakes. Imagine!



Quinoa seed

Why: This miraculous seed is packed – repeat packed – with proteins. It contains all the essential amino acids your body requires. It contains iron, packed with fiber and contains other essential minerals like manganese.

How: Just boil the seeds and voila. You can make innumerable salads and dishes with quinoa. We have even tried quinoa covered shrimp, which gave it a crispy crust.

Sesame seed

Why: Perhaps the most commonly used seed, sesame seeds add a distinct flavour and crunch to food. They are loaded with minerals and other goodies like calcium, iron, magnesium, phosphorus, zinc, and vitamin B and, of course, dietary fiber along with antioxidants. They help improve brain activity and makes you more focused and sharper.

How: Sprinkle them on salads, in sauces, add it to humus, top breads with it, make its pasty sauce or use it in sauces and seasonings – sesame seeds add a nutty flavour to anything.

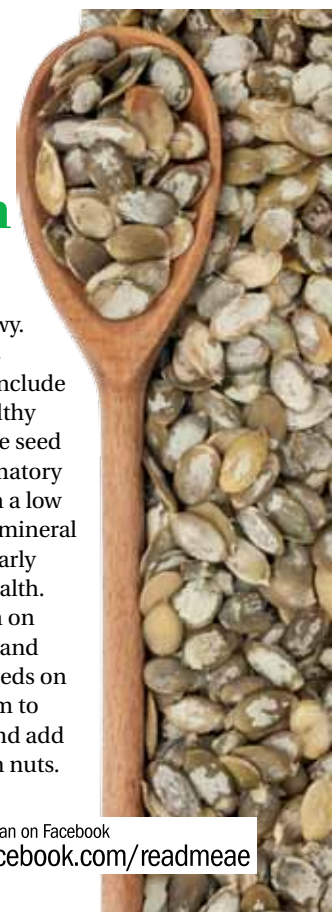


4

Pumpkin seed

Why: They are delicious, nutty and chewy. They have numerous health benefits that include heart health and healthy cholesterol levels. The seed also has anti-inflammatory properties along with a low fat content and high mineral content. It is particularly good for prostate health.

How: You can munch on these yummy chewy and slightly sweetened seeds on their own or add them to your cereal, yogurt and add them to desserts with nuts.





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7 races, 7 continents, 7 days: the ultimate run for charity

UAE-based philanthropist Maria Conceicao is all set to run 7 marathons over 7 continents in 7 straight days, and aims to raise US\$ 1 million for charity in February 2015, but what really goes into such a massive undertaking? *READ* spoke exclusively to the young Guinness world record holding, Mt. Everest summiting philanthropist of Portuguese descent about charity, her foundation and endurance training. By Masuma Raza

777 – That's a challenging feat. What's your strategy?

The last challenge – the 7 Ultramarathons in 7 Continents in 6 weeks – really took a lot out of me physically and mentally. After my successful bid on that race, I had a runner's block and didn't run for almost 5 months so my training virtually stopped. But now I'm back on track, training and making good progress. I'm feeling really healthy and good about myself, but it's still not easy. It's not easy for anyone to get up and go and exercise, so my strategy is to push myself and not make excuses, keeping in mind that the end result will be a boost for the charity foundation. Exercise and being healthy also gives you a much better general vibe in life.

When and how did you think of coupling endurance challenges with charity?

There are so many needy causes and non-profit organisations these days that it's very difficult for one to stand out. I started to take on challenges to get noticed. One event though is not enough so for us not to be forgotten and remain in the spotlight, we must continue to aim higher. I think that

taking on extreme challenges show that I am prepared to aim high and have the determination to achieve my goals, this also reflects the values of my foundation, we aim to stop poverty, which of course is a huge task. Each time we succeed we aim higher.



What have you done for charity locally in Dubai?

I have been involved with various charities in Dubai either donating, fund raising or even advising new charities being set up etc, but most

of my time is needed for MCF, 24 hours is really not enough hours in the day for everything that needs to be done. I also like to think that some of our programmes help to give a strong image for Dubai, UAE and other Gulf countries. Our adult

success stories of this highly ethical employment programme, helping create a good image in a region that sometimes receives bad press for employment issues.

Share a heart touching story from your first trip to Dhaka?

The first time I went to Dhaka, as a cabin crew for Emirates Airlines, I visited the Mother Teresa Orphanage and they took me to a local hospital. I could not believe what I saw; blood, feces, open infected wounds and disease, masses of people appeared to be uncared for and dying right before my very eyes. There were no beds, the building was dilapidated with open sewers, it was more like a rundown abattoir than a hospital. I was in complete shock; I didn't see how people could possibly 'get better' in these conditions. The next day on the bus back to the airport from our 5-star hotel, listening to cabin crew complain about the breakfast buffet and the uncomfortable pillows in the rooms whilst closing the curtains to block the sight of the beggars at the bus windows, I decided that I have to do something. Reality had hit me; I was so lucky to be adopted by Maria Cristina Matos at the age of 2 and to

be given opportunities in life. I had to try to do something to help, the next month was my birthday and I had a 10-day holiday to New Zealand booked. I decided to cancel the holiday and instead collect donations of clothes, food and sanitary items and spend the 10 days in Dhaka at the hospital, cleaning, feeding and helping in any way I can. Well the hospital rejected me and wouldn't let me help in any way, but I had a 100 kilo of donated items and I was determined. I focused on the street kids who were visiting the hospital and to find out how they lived. I ended up in the slum of Guwair. I was so taken aback by how desperate these people were; they had nothing, yet they still had hope. I saw great potential in them, if only they had opportunities! So that was a very humble yet naive beginning of what is today the Maria Cristina Foundation.

Australia followed by Asia, Europe, Africa, North America, South America, and finally, Antarctica – that's different environments, and different challenges. How are you training for the different challenges? Especially for Antarctica?
I experienced Antarctica in the last

challenge so I know roughly what to expect, but the conditions there can change so drastically that you never really know what to expect. Between the 7 continents, the temperature may fluctuate as much as 50 degree C so that will be a challenge. I have plenty of experience training in hot conditions in Dubai but not so much in cold weather. The biggest challenge overall will be the travel fatigue and sleep deprivation.

How has the response from UAE volunteers been to the upcoming challenge?

We have a few people who have come forward to run the Marathon in Abu Dhabi, but not as many as we had hoped for. So far we have some first time runners as well as some experienced runners. The opportunity is open to everyone. We had a regular volunteer girl in August 2014 who was 120 kilos deciding to change her life by signing up for the marathon in February 2015.

What does one have to do to volunteer, and then train for the challenge?

We are seeking volunteers to join our team for the challenge either for

the individual races or the whole 7 continents. We would need them to raise the funds themselves to cover the expenses and also help us raise a minimum of US\$ 1,000 per race. This target is based on the lowest amount needed to fully educate one child for one year. We can advise them on the training required and hook them up with professional coach to set realistic targets and set a training schedule.

How do the proceeds work towards the education of youth in Dhaka? What's the course they take?

At the moment we encourage all financial donations to be paid direct to the partner school that we use in Dhaka to cover the school fees; this way we encourage complete transparency and visibility of how the money is spent. Sometimes donors want to sponsor specific children in which case we give feedback of how

those children are doing in school as well as the welfare of their families. The family welfare is very important as parents can often be under a lot of pressure to take their kids out of school to send them to work or to marry off their young daughters to help make ends meet.

What can we expect in the future?

You can expect many very interesting and exciting challenges, to aim high and achieve those goals is the ethos of our foundation. It's what we encourage our kids in Dhaka to do. We want to try to get more and more people involved in our challenges to push themselves, to either join us or do something exceptional themselves. I find it so satisfying and inspirational to see people overcome their challenges whatever they may be, I really look forward what lies ahead.

Image courtesy of Imran Ahmed.

For donations, updates and more about the Maria Cristina Foundation please visit the Facebook page: www.facebook.com/MariaCristinaFoundation.

The sponsors include Right Bite, NAMA, Sport in Life, Newton, 2XU, Full Potential UK, Raahi Group, Option 1 Event Services, UAE, Radius Exhibitions and Fixtures LLC, as well as private individuals Dr. Jocelyn Charest, Nabil

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TECH NEWS



HTC's desires

HTC, one of the leading companies in designing and developing smart phones, is launching two new models named Desire 516 and Desire 616 in the UAE market. These two devices have 5 inches of touch screen, 2 sim cards for each, and will be made available at an affordable price. The designs of these two models are in line with the market demand in the UAE for new smartphones that combines technology along with a good price. Both phones are equipped with front and back cameras, and Blinkfeed system that belongs to HTC phones. They're available in dark grey and white colours.

The coolest cooler

How would you imagine a cooler to take to outings and campings? A temperature controlled box, right? But this is different, here is the coolest cooler someone might ever own. It doesn't only control the inside temperature, but it also integrates a clip-on blender/ice crusher for creating the best drinks for the picnic, and an app controlled Bluetooth speaker for listening to music and a USB port for charging your devices.

This is not just a cooler, it's half of what you need at the park. No need to carry music devices, ice crushers, coolers for cold temperature, and other things. And here's the best thing about this cooler: 18 volts



rechargeable blender, removable waterproof Bluetooth speaker, USB charger, LED lid light, gear tie-down, cutting board, easy rolling tires,

storage place for plates, knives and a bottle opener. This is the cooler of the 21st century made to fit all our needs for an enjoyable outing.

Wearable charger

We've seen in older issues how technology has been used in a good way for creating new portable chargers, tracking devices, and other uses. But in this issue, what's new is a portable charger that looks exactly like a bracelet. In fact, not just any bracelet, it's a very stylish bracelet suitable for both men and women, and available in different colours. The design is plain, making it suitable to be worn by everyone.

Furthermore, it is very easy to use, we just have to plug it with electricity while at home or during the night for around 90 minutes, and just wear it the second day. When at any point your battery is dead, just plug it to your smartphone. You can then hold it in your hand and it will look as a stylish accessory, or simply balance it out to make the phone sit on it.

The battery level and charging state is shown using four LEDs that are hidden above the connector in the bracelet. Q Designs co-founder said, "A user would just pull open the bracelet and the LEDs automatically cycle to show the battery level. While charging, the LEDs blink to show the current charging level."





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NEWS ON WHEELS



Nissan: a new era of safer, more sustainable mobility

"We see four major socio-economic trends affecting the world's car industry: the first is the rise of global mega-cities, which is increasing the need for innovations to ease congestion, reduce emissions and improve traffic management. Second, demand is growing for in-car communications that meet or exceed the high expectations of the 'digital generation.' Our vehicles must be as connected as the smartphones and tablets that this generation depends upon day in and day out. Third, there is the need to bridge the generation gap by providing vehicles that appeal to the world's growing population of seniors. These consumers want technologies and automated systems that enable them to drive safely, for longer. And fourth mega-trend is the pressing need to embrace gender diversity. This means recognizing the vital role that women play as consumer-purchasers, decision-makers and managers throughout the car industry."

"Nissan is a company with a history of breakthroughs, particularly in vehicle emissions, connectivity and safety. Take the all-electric Nissan LEAF. Since we introduced the Nissan LEAF in 2010, it has become the world's best-selling zero-emissions car by a wide margin. On each of these goals, Nissan is bringing breakthrough technologies to the market. Many of them will be embedded in Autonomous Drive vehicles, which Nissan aims to bring to market by 2020."

Carlos Ghosn,
CEO of Renault and Nissan

Mini celebrates 55 years

By Firas Salloum



55 years since the very first Mini model was launched back in 1959. Today, the car manufacturer Mini celebrates five and half decades of success, improvement, and of all the new models throughout the years.

The Mini of today blends the classic traits of its old models along with the stylish look and finishing of the 21st century. And for that, all Mini lovers gathered in Kent County in the UK to celebrate the event, where a collection of old and new models were on display.

Furthermore, Mini being one of the safest, happiest, and most stylish small cars of today, have many models like the Mini Cooper, Cooper S, Clubman, Countryman, Paceman, and many other special editions.



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4 PCS
Dhs 18.75
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4- غرام
La Vache Qui Rit sliced cheese as-
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Dhs 29.15
2 PCS
Dhs 16.50
دجاج كامل (ساديا) 1.1 كيلو
Sadia whole chicken 1.1kg



Dhs 91.20
3 PCS
Dhs 56.75
أرز بسمتي (تilda) 2 كيلو
Tilda basmati rice 2kg



Dhs 26.30
2 PCS
Dhs 18.50
زيت ذرة (صلي) 1.8 لتر
Sunny corn cooking oil 1.8L



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2 PCS
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SPORT SHORTS

Boxing:

Scotty Cardle prepares to take on Kirk Goodings for the English belt on September 13 in Manchester as he believes this is the perfect time to make a major impact on the British lightweight division. The 25-year-old is confident and feels well prepared after 15 straight wins. The winner of this fight is expected to challenge Terry Flanagan.



Cricket:

Gloucestershire bowler James Fuller has been ruled out for the rest of the season due to needed surgery in his foot. The 24-year-old was undergoing treatment all summer but his problem was intensified when he played in a recent Second XI match. Director of cricket John Bracewell stated "We had to test it out to see if it was getting better so we could make a decision on whether an operation was necessary."



Rugby:

James Simpson was forced to retire after suffering an ankle injury. The former England winger has been sidelined since November after suffering the injury during an LV= Cup tie against Newcastle Falcons. The 32-year-old has come up with the decision to retire from the sport after receiving professional medical advice.



Lewis Hamilton says that he hasn't given up and still looks forward to winning this year's World Championship as he tries to catch up to Mercedes team-mate Nico Rosberg. Hamilton is 29 points behind Rosberg after the Belgian Grand Prix.

Hamilton seeks victory in the Italian Grand Prix to reduce the deficit between him and Rosberg before the season finale at Abu Dhabi. "The Italian Grand Prix is always a special one for me in terms of the memories I have there. Monza is such a historic circuit and to win there is a really special feeling. I had that experience in 2012 and I would love to do it again in 2014," Hamilton said.

Hamilton has been behind Rosberg throughout most of the season following the Australian GP and has only managed to lead the championship for two weeks between the Spanish and Monaco GPs.



Moving forward



The chosen ones

USA captain Tom Watson has called in Keegan Bradley, Hunter Mahan and Webb Simpson as his three wild cards for the Ryder Cup. Watson went with his instinct and is confident that these were the right people to choose as they have experienced the Ryder Cup previously. Mahan has previously played twice in the Ryder Cup, while Bradley and Simpson have played just once.

On the other hand, Europe captain Paul McGinley has picked his three wildcards to be Stephen Gallacher, Ian Poulter and Lee Westwood. "I think we have three players that will add a lot to the nine already qualified and make the European team as strong as it needs to be to take on the might of America," McGinley said.

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Football:

The past couple of months have been completely woeful for England's Steven Gerrard. The Liverpool striker has recently announced his retirement from international football following England's poor display at the World Cup. But as the season goes on, Gerrard expresses his disappointment and says that he knew Suarez would leave Liverpool as soon as he saw the Uruguayan striker bite Italy's Giorgio Chiellini.

"I thought he would stay, I thought we'd have got another year out of him," said Gerrard.



"I was actually already on the floor when I saw the bite because we knew we were going out. It was a double blow, knowing you're going out of the World Cup and knowing you're going to lose your best player."

"And that's when I knew there's no way back for him and that he would engineer a way out of Liverpool."

However, the former England captain looks forward to a new season working with new striker, Mario Balotelli as Gerrard is convinced the striker has the talent and the quality to replace Suarez.



Andy Murray insists that he has rediscovered his best form after making it through to the US Open quarter finals with glorious victories. The Scot feels he is ready to challenge whatever awaits him.

"I don't feel like I'm that far away from playing my best tennis," said Murray. "I know there is a lot of work to be done between now and then, but I'm putting everything out there on the courts."

The eighth seed has reached the peak of his confidence following the victories he managed to achieve lately. "Winning matches does build confidence. I played against some very good players this year and lost a few close matches," he said. However, Murray was beaten by top seed Novak Djokovic in the US Open Quarter Finals last week, but the Scot shows he still has all the skills to win more Grand Slam titles.

Thrilling end to the transfer window

With the end of the Football transfer season, all teams are confident enough with what they have and believe these signings is exactly what they needed. Manchester United has been on a buying streak the past week ending their signings with Colombia's Radamel Falcao who joined the English club on a one year loan, and previously signing Angel di Maria.

Furthermore, Loic Remy is excited to work with his new manager Jose Mourinho in Chelsea, making him the fifth addition to the Blues following the arrivals of Diego Costa, Cesc Fabregas, Felipe Luis and Didier Drogba.

Arsenal have signed Danny Welbeck from Manchester United for approximately £15 million. Mario Balotelli joins Liverpool as a replacement for Luis Suarez who left to Barcelona.

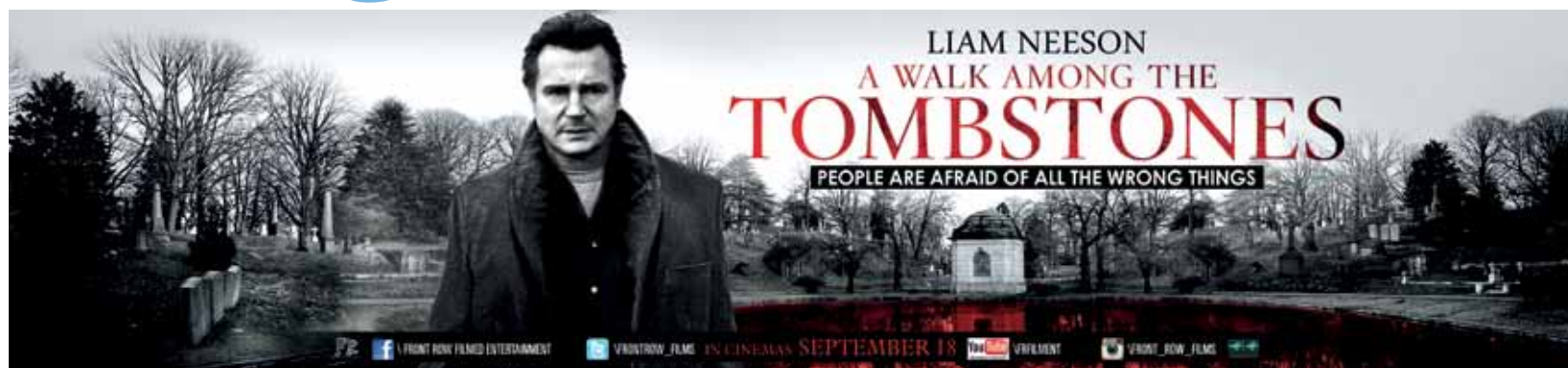
Fernando Torres makes his way to AC Milan on a 2 year loan deal. The Spanish striker admits he knew his time at Chelsea was over after signing Diego Costa, however he is excited for a new chapter at AC Milan.



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



The Dubai Mall

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And So It Goes - 3:45pm 8:05pm
As Above So Below - 3:30pm 7:40pm 11:50pm
Dawn Of The Planet Of The Apes - 1:40pm 7:25pm 1:10am
Deliver Us From Evil - 11:35am 2:00pm 4:25pm 6:55pm 9:25pm 11:55am 2:25am
From Bombay To Paris - 7:35pm 10:00pm 12:25pm
Guardians Of The Galaxy - 12:25pm 5:15pm 10:05pm
Guardians Of The Galaxy (3D) - 2:50pm 7:40pm 12:30am
Hercules - 12:20pm 4:40pm 9:00pm 1:20am
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Into The Storm - 1:30pm 3:30pm 5:10pm 5:30pm 7:10pm 7:30pm 9:10pm 9:30pm 11:10pm 11:30pm 1:10am 1:30am
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Let's Be Cops - 11:50am 2:00pm 2:05pm 4:15pm 4:20pm 6:30pm 6:35pm 8:45pm 8:50pm 11:00pm 11:05pm 1:15am 1:20am 2:15am
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The November Man - 1:20pm 5:30pm 9:40pm 1:50am
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Third Person - 11:30am 2:15pm 2:25pm 5:00pm 5:05pm 7:45pm 10:10pm 10:30pm 1:15am
Transformers: Age of Extinction - 4:15pm 10:00pm

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The Hundred Foot Journey - 2:15pm 4:15pm 9:45pm

Mall of the Emirates

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Transformers: Age of Extinction - 12:00pm

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Raja Natwarlal - 10:15am 3:45pm 9:15pm
Teenage Mutant Ninja Turtles - 10:30am 3:00pm 7:30pm
Teenage Mutant Ninja Turtles (3D) - 12:45pm 5:15pm 9:45pm 11:59pm
Third Person - 4:30pm 7:15pm 10:00pm 12:45am

Cineplex Wafi City

As Above So Below - 10:40am 2:40pm 6:40pm 10:40pm
Deliver Us From Evil - 11:30am 1:45pm 4:00pm 6:15pm 8:30pm 10:45pm 1:00am
Hercules - 12:40pm 4:40pm 8:40pm 12:40am
Into The Storm - 10:00am 12:00pm 2:00pm 4:00pm 6:00pm 8:00pm 11:59pm
Jawaza Mery - 12:45pm 5:45pm 10:45am
Let's Be Cops - 10:00am 12:15pm 2:30pm 4:45pm 7:00pm 9:15pm 11:30pm
Life Of Crime - 10:30am 12:30pm 2:30pm 4:30pm 6:30pm 8:30pm 10:30pm 12:30am
Mardaani - 2:00pm 7:30pm 1:00am
Mary Kom - 10:00am 12:30pm 3:00pm 5:30pm 8:00pm 10:30pm 1:00am
November Man - 10:15am 12:35pm 2:55pm 5:15pm 7:35pm 9:55pm 12:15am
Raja Natwarlal - 11:00am 4:30pm 10:00pm
Teenage Mutant Ninja Turtles - 11:30am 1:45pm 4:00pm 6:15pm 8:30pm 10:45pm 1:00am
Teenage Mutant Ninja Turtles (3D) - 10:30am 12:45pm 3:00pm 5:15pm 7:30pm 9:45pm 11:59pm
The Single Moms Club - 10:15am 3:15pm 8:15pm 1:15pm
Third Person - 10:30am 1:00pm 3:30pm 6:00pm 8:30pm 11:00pm 1:30am

Dubai Festival City

Deliver Us From Evil - 11:30am 2:00pm 4:30pm 7:00pm 9:30pm 12:00am
Into The Storm - 10:00am 12:00pm 2:00pm 4:00pm 6:00pm 8:00pm 10:00pm 12:00am
Jawaza Mery - 1:00pm 5:30pm 10:00pm
Let's Be Cops - 10:15am 12:30pm 2:45pm 5:00pm 7:15pm 9:30pm 11:45pm
Life Of Crime - 4:15pm 6:30pm 8:45pm 11:00pm
Mary Kom - 11:00am 1:30pm 4:00pm 6:30pm 9:00pm 11:30pm
November Man - 11:15am 1:30pm 3:45pm 6:00pm 8:15pm 10:30pm 12:45am
Peruchazhi - 10:00am 1:15pm 4:30pm 7:45pm 11:00pm
Teenage Mutant Ninja Turtles - 11:15am 1:30pm 3:45pm 6:00pm 8:15pm 10:30pm 12:45am
Teenage Mutant Ninja Turtles (3D) - 10:30am 12:00pm 12:45pm 2:15pm 3:00pm 4:30pm 5:15pm 6:45pm 7:30pm 9:00pm 9:45pm 11:15pm 11:59pm
The 7th Dwarf - 10:15am 12:15pm 2:15pm
Third Person - 11:00am 1:45pm 4:30pm 7:15pm 10:00pm 12:45am

Galleria

Amara Kaaviyam - 10:00am 4:00pm 10:00pm 1:00am
Avatharam - 1:00pm 7:00pm
Peruchazhi - 10:30am 1:30pm 4:30pm 7:30pm 10:30pm 1:30am



Fighting off boredom at work

A good job can be a great job if you ward off boredom.

We all start a new job feeling excited, our learning curve goes up, and we meet new people. Once we become familiar with the daily routine of the job, we often switch to autopilot, and then we get bored. You can have the most exciting job in the world and still feel bored at work every now and then. Just remember that you're not alone in your feelings. Instead of blaming yourself or giving up on your job, you need to make a conscious effort to boost your motivation to fight off boredom. Akhtaboot is here to the rescue with a number of tips to ward off boredom at work and keep your brain moving throughout the day.

Take regular breaks

Research shows that working non-stop for long hours can take a great toll on your performance and you'll end up feeling bored. So if you feel that your productivity is decreasing, it might actually mean that you need to take more breaks to recharge your energy. While most people consider checking their social media feeds a break, they're not going to be nearly as refreshed as they would be if they took a real break outside the office. You need to get up and move around to get the blood flowing and clear your mind. In fact, many companies allocate a quiet space for their employees to clear their minds.



Take on bigger challenges

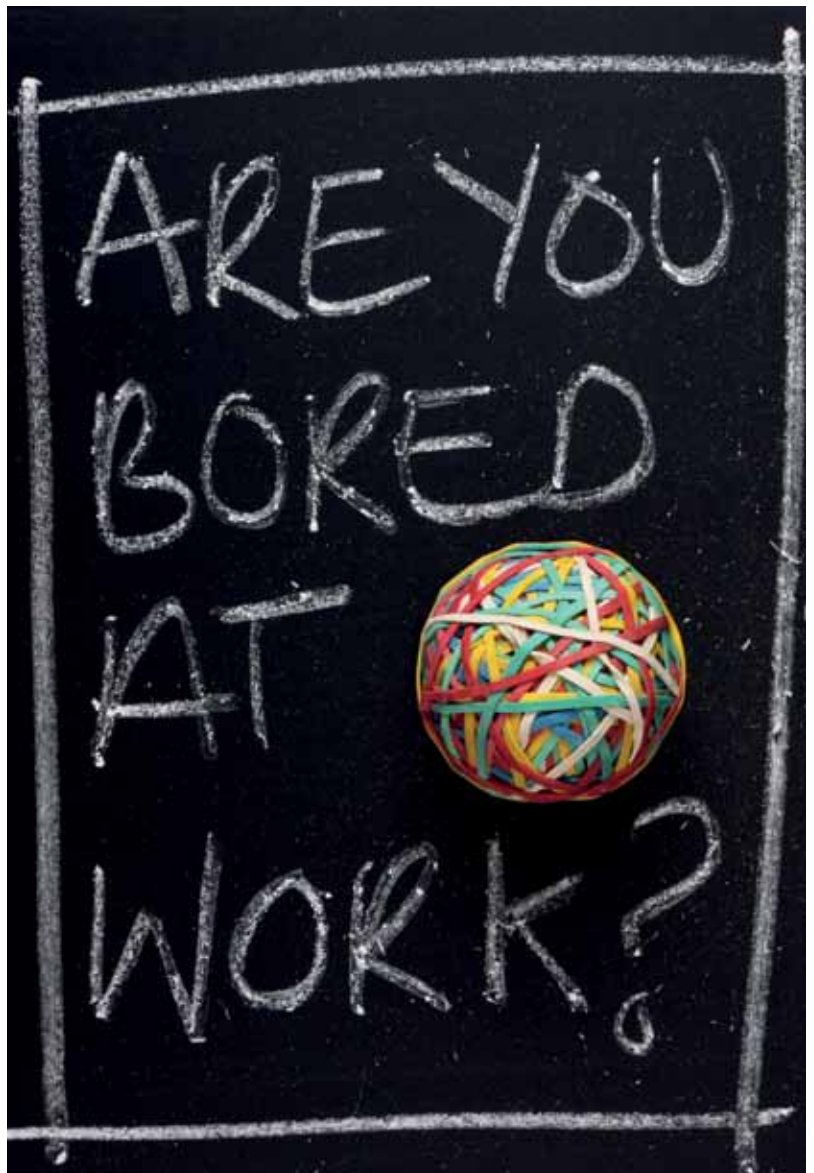
Change is the key to fighting off boredom. If you find that your tasks are easy to perform, consider taking on bigger tasks and projects for yourself. Ask to handle additional responsibilities that push you outside your comfort zone. Look for growth opportunities, even when you're busy. Don't wait until you start feeling bored as the opportunities may no longer be available. Jobs with limited opportunities to shine are driving an increasing number of employees to distraction and costing employers a lot in lost productivity.

Build meaningful relationships with your coworkers

Burying your head in work all day without any interaction with your coworkers can make you feel bored in the long run. You will also end up being a social outcast which may create even more loneliness and dullness. Although you do need to limit meaningless distractions when you're working on an important task, you can still engage in conversations with your colleagues to recharge your energy. A bad job can be a great job with good people around, just as a great job can be a terrible job if you're stuck working with people you don't like.

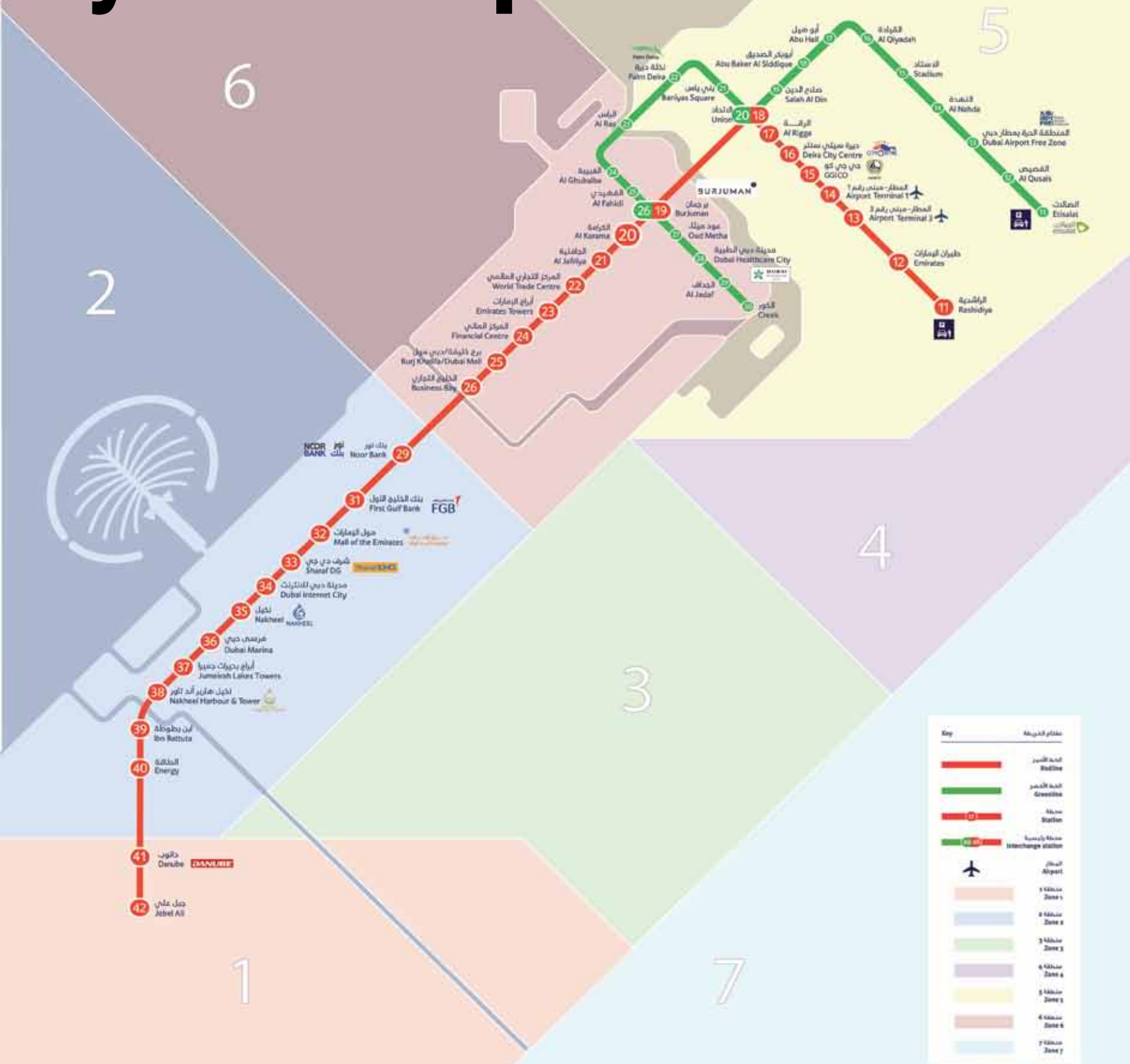
Rethink your career path

Sometimes making changes within a career field is not change enough to elevate boredom at work. Maybe you're not bored because you don't have interesting tasks. It could be because your job doesn't engage you or utilise your skills. This is a different situation altogether. Moving to an entirely new profession or industry might be the answer. If you've got a lot on your plate and you're still feeling disengaged, you have some soul searching to do. You can't always tell when a change of career is due, but sometimes there are clear signs that it's time to move on.



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

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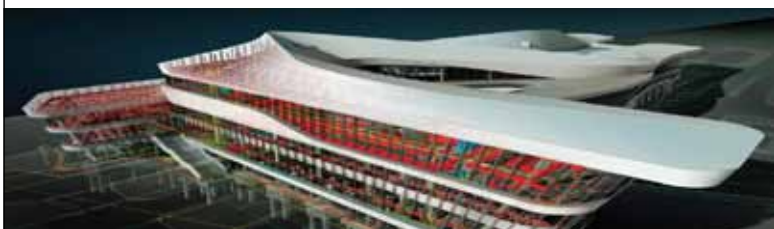
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LG top load automatic washing machine available for sale. Dh300 only. Call 0504847587.

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Selling 2 single beds, 2 mattresses and 1 cabinet for Dh1,500. Interested buyers please call 0508923883.

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Dubai Government panel visits RTA

Ministry of Social Affairs and Labour delegation gets acquainted with the RTA's e-services and CRM applications.



THE VISITING DELEGATION GETS ACQUAINTED WITH THE RTA

MEETINGS

The Roads and Transport Authority (RTA) recently received a delegation from the Ministry of Social Affairs and Labour and briefed it on the strategy adopted by the RTA in e-services and applications relating to Customer Relationship Management (CRM) and knowledge sharing in various fields.

Abdullah Al Bastaki, Director of Information Technology, RTA, said: "The visit of the delegation from the Ministry of Social Affairs and Labour comes as part of the RTA's strategy to share experiences and knowledge with all Dubai Government agencies in various fields relating to the business of the RTA."

The meeting started with a presentation about the RTA's customer service management system, implementa-

tion phases, advanced technological features as developed by Microsoft, in addition to future plans related to business processes.

Al Bastaki added that the presentation also briefed the visiting delegation on the current customer communication channels, such as the RTA website and social networking sites and the call centre 8009090, which enable RTA customers to file their suggestions and complaints about the services on offer. The visitors were also apprised of the 'Level of Service,' which pertains to determining the period of time required to sign off customer requests, suggestions and complaints after submitting them to the RTA's stakeholders. The delegation was given a full briefing on the progress made as regards linking the customer

“The visit of the delegation from the Ministry of Social Affairs and Labour comes as part of the RTA's strategy to share experiences and knowledge with all Dubai Government agencies in various fields relating to the business of the RTA.”

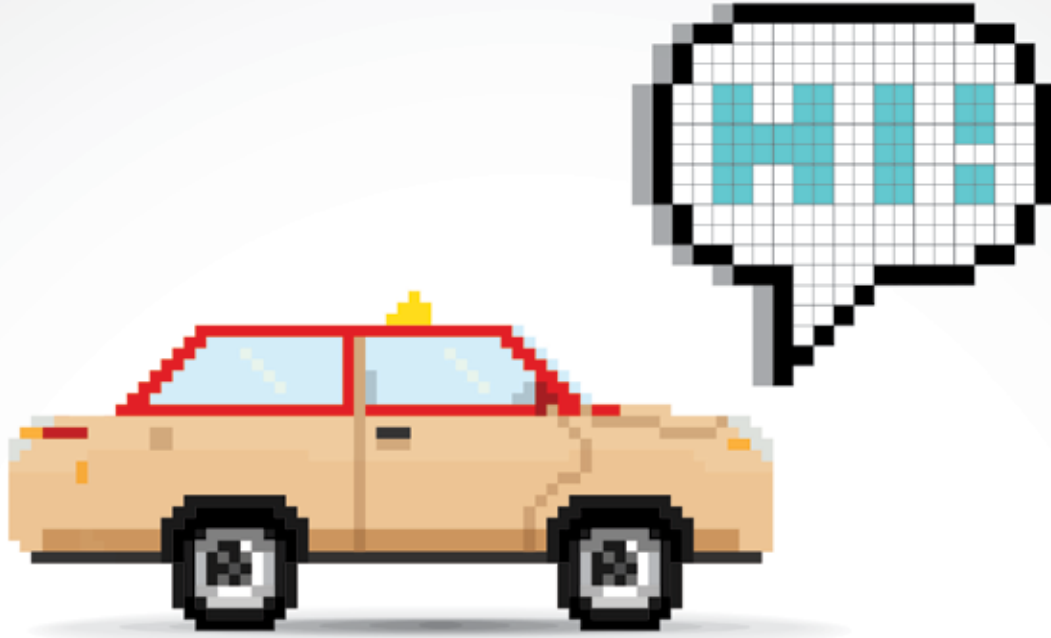
service management system and other operational systems including the parking department, licensing, and the automated fare collection of Nol cards.

Al Bastaki added, "The RTA has advanced experiences in utilising

high technologies to facilitate communication with customers in order to meet their needs, particularly as customer segments that the RTA currently deals with have higher aspirations for services; thus they have to be addressed through the best means of communication. This feature has rendered the RTA a distinguished entity capable of providing the best practices in various corporate business domains."

The visiting delegation praised the outcome of the visit in terms of information and advanced action plans, and stressed the importance of communicating with the RTA in upcoming visits in order to achieve the ultimate objective of integrating the business of Dubai Government departments towards realising the visions of its prudent leadership.





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The week that was... In men's fashion

Some men have it all – a stellar career, looks to put the best of us to shame and an impeccable style. Even if it's the straight-out-of-bed look with disheveled hair or slick and classic look, the leading men of tinsel town carry it off all too well. We bring to you some of the best in men's fashion from the week that was, for some fashion inspiration.



Jared Leto

Always a statement maker, Jared Leto teams a colourful cardigan with jeans, a ripped slogan tee shirt and a plaid shirt. With his long hair let loose, the actor is also carrying his hat. His look is artsy and stylish, bringing a splash of colour.



Sean Lennon

Sean Lennon is dressed all in black, making a stylish statement on the street. Teaming up a classic black suit with boot, statement jewellery and a hat, Sean is rocking this look.



Leonardo DiCaprio

Leonardo DiCaprio's latest look with a bushy beard and a ponytail has managed to grab our attention. Wearing a classic suit with casual sneakers, we don't know whether to love this look or to hate it.

Joe Manganiello

The macho man of tinsel town Joe Manganiello is out and about in Los Angeles, sporting a laid back look. With a slogan sweatshirt, ripped jeans and suede boots and killer attitude.



Bradley Cooper

Hollywood heartthrob Bradley Cooper wears the classic American outfit – classic jeans, tee shirt and a well-fit leather jacket. Teamed up with aviators and suede boots, the hunk is an epitome of style.

Pierce Brosnan

The original James Bond, Pierce Brosnan is impeccable at *The November Man* world premiere in a formal suit and boots. We love the dapper gentlemanly style that is always in fashion.



Hollywood news

Brangelina have the blessings of the father!

After the news broke out of the most popular celebrity couple tying the knot, the couple has the bride's father's blessings. Jon Voight, father of Angelina Jolie, said in an interview that he was happy to call Brad Pitt his son-in-law. "I'm very happy about it, I'm very happy that I can now legitimately call him my son-in-law, this wonderful fellow who I love." Although he wasn't invited to the intimate ceremony held in Chateau Miraval, France, he is still happy that his daughter has wedded her partner of nine years. He further continued, With just 22 guests in attendance, the couple's six children each had a role in the wedding: Maddox 13 and Pax 10 walked their mother down the aisle, Zahara 9 and Shiloh 8 were flower girls, and twins, 5 years of age, Vivienne and Knox were ring bearers.



Jennifer Aniston looking for directorial debut



After already having directed two short films, Jennifer Aniston is now on the hunt to make her feature film directorial debut. "Directing is the next big hurdle I want to take on. I've done some short films that I just loved the experience of doing. I'm just waiting for that wonderful window and that wonderful script and that will be the next move for me," the actress said. Talking about her genre of choice, Jennifer added, "I don't think you'd want to see my directorial version of a horror film or *The Matrix* kind of thing!"

Designing tee shirts for a cause: Scarlett Johansson

Scarlett Johansson has recently teamed up with women's group Planned Parenthood to design the new line of celebrity designed T-shirts as a fundraising campaign. The limited edition tees have been commissioned by the Women are Watching campaign by the organisation, which educates youth about women's health and rights issues. "I'm proud to support Planned Parenthood Action Fund's Women are Watching campaign to ensure that young women know the high stakes for women's health and rights this November," she said. "Women are watching, and we will fight for candidates who will ensure that birth control is affordable and who will protect access to safe and legal abortion," she added.

J-Law to tour with Chris Martin?

For an upcoming tour, it has been cited that Chris Martin's reported girlfriend Jennifer Lawrence might accompany the band. Coldplay will be touring this fall to promote their latest album *Ghost Stories* across the US, and J-Law might be joining them on the road. According to a source, the tour will be a smaller one, with stops in major cities. "Chris doesn't want to be away from his kids, Apple and Moses. Girlfriend Jennifer Lawrence will be part of the entourage. She has some down time in her schedule at the moment, and is having so much fun with Chris. Chris' sense of humour has genuinely surprised her, and his bandmates really like Jennifer," said the source.



Bollywood news



Irrfan Khan with Aishwarya Rai Bachchan in Sanjay Gupta's *Jazbaa*

For Sanjay Gupta's new film in the pipeline, it is already known that Aishwarya Rai Bachchan will play the lead. But it has recently been found out that Irrfan Khan will play the lead opposite the Bollywood beauty for the upcoming action suspense thriller *Jazbaa*. Aishwarya will play a lawyer in the film with Irrfan playing a suspended cop, who challenges authority and needs to be disciplined.

Priyanka Chopra ready to go bald for a film

The super versatile Priyanka Chopra has recently admitted to being ready to go bald for a movie, if the role requires her to do so. Priyanka has pulled off many different looks for the number of versatile characters she has played. She had to adopt the bald look for one scene in her recent movie *Mary Kom*, but didn't shave off her head. "It was just about one scene in *Mary Kom*, so it was not required for me to go bald. Then who would have shot the rest of the film? But if a film requires for me to go bald entirely, maybe I will do it. But just for one or two scenes, I can't go bald," Priyanka said.



Paresh Rawal will not launch his sons in Bollywood

Paresh Rawal didn't have it easy for himself, and claims that he will not launch his sons into the film world either. He said recently that his sons will also have to find their way through the hard route. "I never had any launching pad. I can give them advice, but if you think I will invest Rs.10 to Rs.15 crore and launch my kids, then I will not do that. Besides I don't even have that much money," he said. His elder son is currently under the wing of Naseeruddin Shah and being mentored by him, whereas his younger son is into screenplay and writing.

Entering Bollywood wasn't not pre-planned: Fawad Khan

Pakistani heartthrob Fawad Khan has all set to make his debut in B-town with the upcoming remake of *Khoobsurat*, but claims that his entry into Bollywood was not pre-planned. As a consequence, the hunk claimed that he was nervous to face the film fraternity. "I did not have preconceived notions about Bollywood. There was nervousness as I was to enter and be part of a different world of entertainment which I have not experienced," Fawad said. The actor has received widespread fame in Pakistan and has done some memorable roles in dramas like *Humsafar* and *Zindagi Gulzar Hai*.

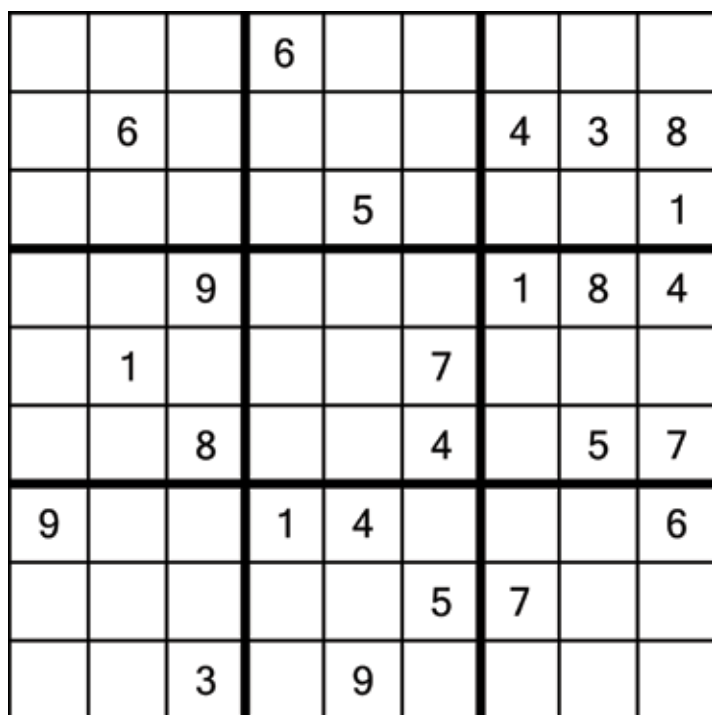


Across

Down

1 Sheep's cry **2** Carve in glass **3** Heavy book **4** Schedules **5** Saws & pliers
6 Farmland unit **7** Baseball sticks **8** Making deep wide cuts in **9** Deli meat
10 Work animals **11** Hatfields or McCoy's **12** Mattel's boy dolls
14 Proud as a ___ **21** Hurry **25** BPOE member **26** Scrapbook **27** Stop
28 Of the kidneys **29** Attempted **30** Achieves a victory **31** Evil demon
32 Row of shrubs **33** Cornered **35** Long-winded uninteresting speaker
38 Sad **39** Oakland team **41** Bull's mate **42** Hockey score **44** Drunk
45 Most tender to the touch **47** Garbs in the Colosseum **48** Powerful wind
49 "Up, Up and ___"; 5th Dimension hit **50** Trait transmitter **52** Stench
53 Woman **54** Fly high **55** Long tale **59** Cub Scout group

Sudoku



Spot the difference



ANSWERS

SUDOKU

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

CROSSWORD

[illegible]

What's in your stars?

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

ARIES

(MAR 21 - APR 20)

Friends and allies are in the stars. You plus others equals great things. So why do it alone? Try as you might to get something off the ground, the cosmic energy's creating a bit of a fog. You might just need to wait for things to clarify.



TAURUS

(APR 21 - MAY 21)

You can give it your level best, but work or other projects may be a bit of a struggle to deal with. However, the energy shifts for the better, you can even achieve an understanding of a situation that you've been hoping and striving for.



GEMINI

(MAY 22 - JUN 21)

You've likely got something to share, but the right words or the right time could be elusive. Heed your instincts on this one. The end of the workweek brings active, expressive energy that's much better suited to taking the initiative and letting others in on your ideas.



CANCER

(JUN 22 - JUL 23)

Let logic and your feelings both have their say, rather than exclusively relying on the former or getting carried away with the latter. It's your instinct that's your best guide. As far as understanding others, especially in a romantic context! You're all over it now.



LEO

(JUL 24 - AUG 23)

Go with the proverbial flow; things are changing fast, and you want to keep up. You might inspire a surprising reaction at work or in your personal life. What exactly is going on? Asking won't hurt, be direct, and listen to your intuition, too.



VIRGO

(AUG 24 - SEP 23)

An imaginative idea might send you in a whole new direction. It looks like a relationship's in the forefront, with change in the air. Allow room for some important evolution. If you're hoping for forward motion, the end of the workweek is made for taking action.



LIBRA

(SEP 24 - OCT 23)

If you've got love on your mind, don't delay! Friends and coworkers appreciate you more now, too. The feeling's likely to be mutual, when they help you out with many aspects of your busy life. The going could be slightly tough now, but things will be smooth again.



SCORPIO

(OCT 24 - NOV 22)

The new week's energy might inspire you to make changes, but get input from family or coworkers who could be impacted by your whirlwind! Inspiration in the love department is on its way. The coupled-up can rekindle now, while singletons are giving off sparks.



SAGITTARIUS

(NOV 23 - DEC 21)

Look for smarter alternatives. Linking up with someone who has an unusual outlook can help. You may be feeling nostalgic. Thinking about the past is fine; dwelling on it, not so much. Consider the lessons you've learned and how they're helping you find your life path now.



CAPRICORN

(DEC 22 - JAN 20)

Short-term plans may go awry but don't worry: the stars favour what you put together long-term now. Your imagination's clamoring for some attention. Give that creative side something to chew on, if music, art and performance are involved, that's even better.



AQUARIUS

(JAN 21 - FEB 19)

Dive in and make some positive waves, they're magnified by the stars. However you'll want to check on finances, at work and personally, because a tidal change might take you by surprise. Exploring new waters is favored at the end of the workweek.



PISCES

(FEB 20 - MAR 20)

Working with a partner or talking things over with a friend helps you stay centered amid it all. You're highly attuned to the nuances of situations and people. Life or love may be puzzling, but instead of waiting or fretting, look for key pieces and patterns.



This week's local weather

SUN

07th

SUNNY
HIGH 38°C
LOW 32°C
HUMIDITY 50%

MON

08th

SUNNY
HIGH 39°C
LOW 31°C
HUMIDITY 43%

TUE

09th

SUNNY
HIGH 39°C
LOW 29°C
HUMIDITY 44%

WED

10th

SUNNY
HIGH 38°C
LOW 30°C
HUMIDITY 53%

THU

11th

SUNNY
HIGH 38°C
LOW 30°C
HUMIDITY 53%

FRI

12th

SUNNY
HIGH 38°C
LOW 30°C
HUMIDITY 55%

SAT

13th

SUNNY
HIGH 38°C
LOW 30°C
HUMIDITY 54%

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Bijumon Thomas
Designer

Nahas Abdul Majeed
Prepress production

ADVERTISING

Michael Kakish
Senior sales manager
E: michael@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
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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