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OCTOBER 12 - OCTOBER 18, 2014 | Issue 174

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THE PITFALLS OF PERFECTIONISM

How perfectionism can be bad for you and your career.



IRON MAN AND AL PACINO

Robert Downey Jr. admits that he is in awe of legendary Italian actor Al Pacino.



DISCOVERING THE FAIRYTALE CITY OF ZURICH



THE SAFEST CARS

Here are the safest car options for you to make the right choice.



The business of fashion

How Fashion Forward is proving lucrative for fashion designers.

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

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Poem of the week

I Do Not Love You Except Because I Love You

By Pablo Neruda



I do not love you except because I love you;
 I go from loving to not loving you,
 From waiting to not waiting for you,
 My heart moves from cold to fire.

I love you only because it's you the one I love;
 I hate you deeply, and hating you,
 Bend to you, and the measure of my changing love for you,
 Is that I do not see you but love you blindly.

Maybe January light will consume,
 My heart with its cruel
 Ray, stealing my key to true calm.

In this part of the story I am the one who
 Dies, the only one, and I will die of love because I love you,
 Because I love you, Love, in fire and blood.

Read. Quiz

If speed of rotation of the earth increases, weight of the body

- increases
- remains unchanged
- decreases
- may decrease or increase

Send your answer online at www.readme.ae

LAST READ. QUIZ RESULTS

Who invented the jet engine?
Answer: Sir Frank Whittle

Sir Frank Whittle	86%
Gottlieb Daimler	00%
Roger Bacon	07%
Lewis E. Waterman	07%

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THE KHOURY PROJECT

The three brothers collaborate on the Oud, Kanun and the Violin to make beautiful music.

Known to be one of the first Arabic ensembles, the Khoury Project includes a trio of brothers with Elia on the Oud, Osama on the Kanun and Basil on the Violin. The ensemble is then topped off with bassist Guillaume Robert and percussionist Inor Sotolongo. The Khourys create a fusion of the best of what the east and west have to offer in music and have performed in some of the most prestigious venues around the world. They will now be coming to DUCTAC this October.



Where: DUCTAC, Mall of the Emirates
When: October 14, 2014
Telephone: 04 341 4777



GITEX TECHNOLOGY WEEK 2014

A gateway for global technology brands to access the Middle East, the fastest emerging and investment ready ICT market.

GITEX Technology week is one of the largest trading events in Dubai, and it is back again this year. It is a gateway for global brands to access the Middle East, one of the fastest emerging investment ready ICT market. Over 1,000 media outlets from around the world gather in this annual event, which has been running for over 32 years.

Where: Dubai World Trade Centre
When: October 12 - 16, 2014
Tickets: Online registration
Telephone: 04 306 4090

GLOBAL FIGHTING CHAMPIONSHIP 2014

The GFC is back in town with another nail-biting, action-packed fight night.

The Global Fighting Championship is getting together some of the best fighters around into the ring here in Dubai. This time around the title fight will be between Badr (The Golden Boy) Hari and Patrice (The Dark Ronin) Quarteron. Both of these superweight champs from Netherlands and France respectively will be duking it out for the ultimate prize.

Also fighting will be Heavyweights Tai Tuivasa, Ismael Lazaar, Mohamed Karim and Melvin Manhoef in a 4Man Tournament with a million dirham cash prize for the winner. There will be a number of other fighters as well. To find out more, visit

www.globalfightingchampionship.com



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The courses will consist of a wide range of obstacles, having the participants run, crawl, jump, carry, climb and slide their way to the finish line, with a feeling of accomplishment unlike any other.

The top-secret location of the event will be announced shortly before the due date of the event.

When: October 17, 2014 from 7:00AM - 3:00PM
Admission: Early Summer Bird Discount- Dh315 to Dh430, Regular Price- Dh350 to Dh475
Telephone: 052 654 3617

Where: The Aviation Club, Garhoud, Dubai
When: October 16, 2014
Tickets: Silver - Dh200, Gold - Dh750, Platinum - Dh1,000
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4 Lulu Center & Supermarket Karama	Al Karama		
5 Lulu Hypermarket Arabian Center	Al Rashidiya		

Red Line Green Line

Get back in the mood to work after a HOLIDAY

Fun time is over and all recreational activities have ended. Diving and fishing are also all over, brunch and relaxation times in the morning are wrapped up, and now, brace yourself to begin a new day in the office.

How will you begin the first day back in the office? Here's everything you need to know, from where to start your daily tasks, and how you will act with a stack of notes demanding a quick response and accomplish tasks?

By Hanadi Dawara



What if you have a chance to connect to your colleagues at work? It will be a great idea to learn about the latest developments that took place in your absence; so you will be able to understand the responses to the first discussions in office.



The next thing you can do is to return to your previous routine, but more quickly, and it will be more successful if you make for yourself a list of daily routine tasks and classify them in the categories depending on the time of delivery and its relation to the work.

Create new challenges, modify the dates of the tasks on the calendar, and act strongly on team work. To be one individual actor in the existing project, plans and innovated ideas, regulate a plan to continue with the outsourced.



Replies to communications and emails are urgent tasks first, because it will inform you a lot of recent developments without asking any one of the team members.



Do not let the chaos kill your first day back to work, due to the accumulation of multiple tasks, regular meetings, e-mails and delivery of projects and reports, try to focus on the most important, and give it your fullest.



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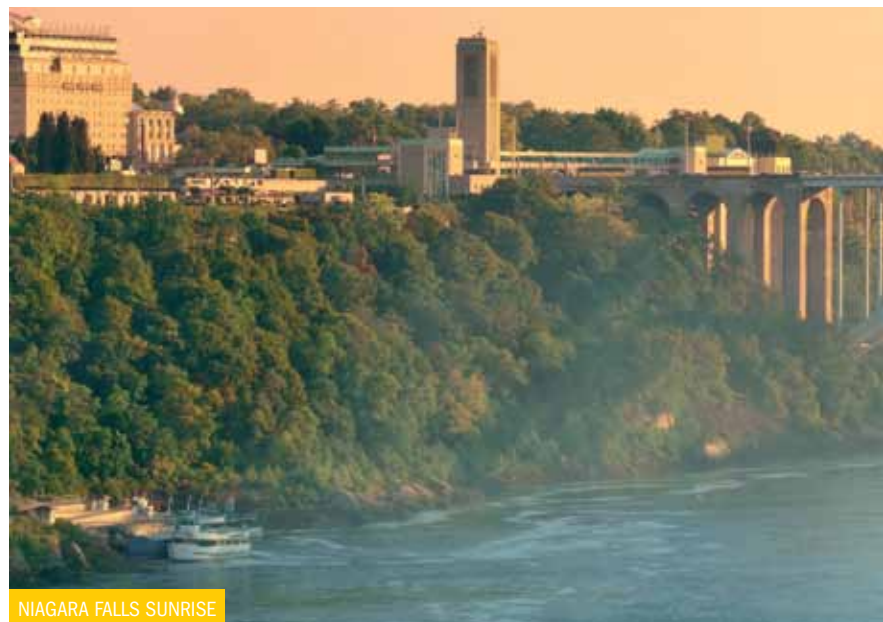
Venturing the great WHITE north

From snowy peaks to historical monuments, there's something for everybody in store in the great land of Canada.

By Wissam Aoun

Have you ever felt like escaping on a journey and setting your mind free by going on an exhilarating once-in-a-lifetime adventure? Well, now could be the right time for you to do that. Perhaps the second largest country in the world awaits you with its hulking-mountain and craggy-coast good looks. Canada has much more to offer than that, from extraordinary meals to rocks cool culture, and from unfurls wild to moose-spotting road trips. Canada has an endless variety of landscapes. You can find sky-high mountains, glinting glaciers, spectral rainforests and remote beaches.

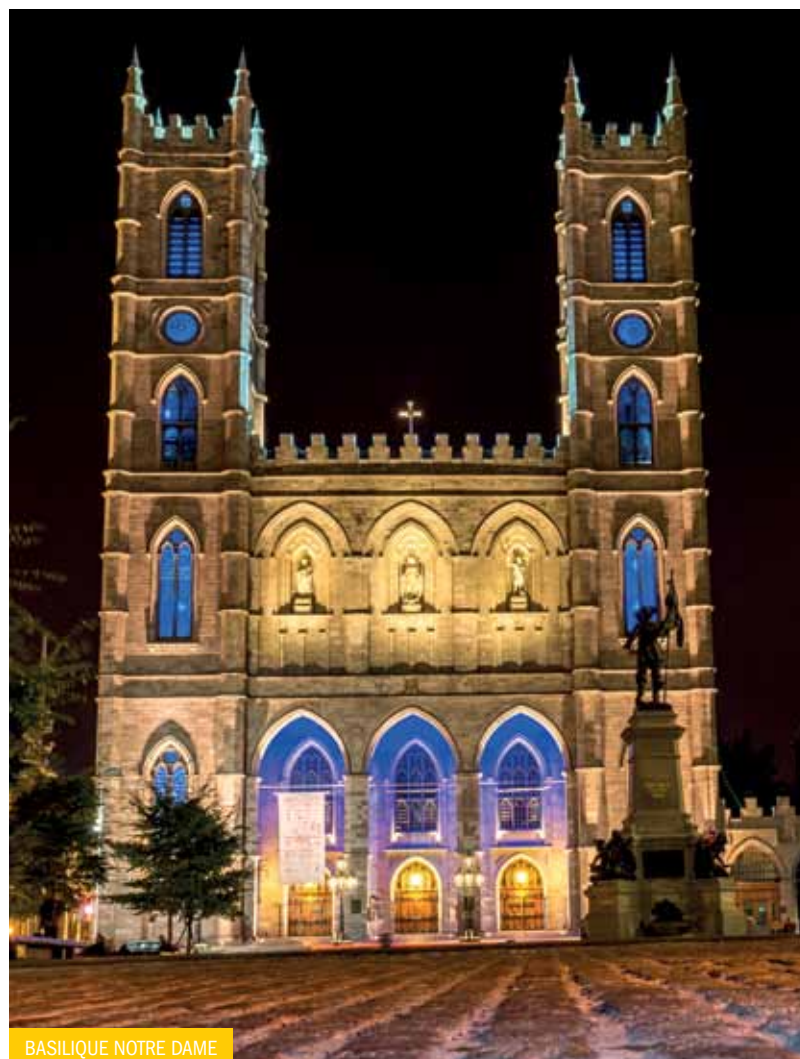
PLACE D'ARMES



NIAGARA FALLS SUNRISE

A good place to get started are the well known Niagara Falls, an unstoppable flow of rushing water surges over the arcing fault in the riverbed with massive force. It is perhaps one of the best sightseeing experiences ever, there is nothing like it. Great plumes of icy mist rise high above as the waters collide, like an ethereal veil concealing the vast rift behind the torrent. Many people are drawn and delighted by its spectacular view and hypnotic mist.

Your next stop could be the recently renovated Place d'Armes, which is framed by some of the finest buildings in Old Montreal, including its oldest bank, first skyscraper and Basilique Notre-Dame. The square's name is a reference for the bloody battles that occurred as religious settlers and First Nations tribes clashed over control of what would become Montreal. This major plaza in Old Montreal was built in the 17th century and once served as the training grounds for the military.



BASILIQUE NOTRE DAME

TECH NEWS

Shoe radiator

As the winter season is not too far away now, many of us are planning a trip to one of the cold countries for a snowy vacation. Such trips are very exciting until we get there, feel the cold, and decide to sip hot chocolate indoors! And the reason? It's too cold outside.

Maybe you have not yet discovered any new ways to heat up ourselves while outside. Nowadays, our hands and pockets and desks are full of new technologies and gadgets, but why not create something for our feet? Here's why the shoe radiator is created.

Digitsole is a connected insole that you can control straight from your smartphone which allows you to choose the temperature of your shoes. It doesn't just keep your feet warm, once you enter your height and weight it will also measure how many steps you've taken and how many calories you've burned. Look wise, it's very similar to any shoe insole you've used before, but this one is well engineered.

Moreover, to use this insole, all you have to do is to charge it via its USB port, and connect it to the app on your phone to start controlling it.



Wireless charging!

We do realise that charging our phones is a daily task that sometimes we don't have much time to do it. Leaving in the morning with a full battery isn't a guarantee that it's going to last all day long! Using our mobile phones so often will lead to a battery drainage. Qimini Deuce is a wireless charging pad with a difference, ditching the cables completely when you head out on the road and charging your mobile wirelessly on its integrated battery. Even though some portable chargers and wireless ones have been out in the market lately, but some have better options. Moreover, the Qimini Deuce works while plugged to a power source and while unplugged as well. It's very easy to carry due to its light weight and handy size, in the pocket of your bag.

Innovative bike lock

Are you ecofriendly and prefer to use a bike instead of a car? Do you like to go out cycling and stop by at a friend's or to grab a bite somewhere? Then you definitely are someone who uses a bike hook, to hang it on something and keep it safe and secure.

Seatylock is a one of a kind bike lock, created for problems such as the lack of solid, heavy-duty bike locks that are also portable and the tendency of snarfers to sniff and even steal bicycle seats.

So using this, no need to keep carrying a lock and loosening it. The seat of this bike will transform into a powerful lock. You can wrap the metal bars (and seat) around a nearby pole. The chain is 3 feet long and made of steel.



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Overcoming Vitamin D deficiency

If you're not a fan of the sun, suffer from milk allergies, or follow a strict vegan diet, there's a huge chance you can be at risk for Vitamin D deficiency. Vitamin D is produced by the body when the skin is exposed to sunlight. It is also naturally found in some foods such as fish, egg yolks, and dairy products. The sunshine vitamin is essential for strong bones as it helps the body use calcium from the diet. Some people may not have any symptoms of vitamin D deficiency and still be deficient, however symptoms can include tiredness, general aches and bone pain.

Get exposed to sunlight

The major source of vitamin D comes from sunlight. One thing you can do is to expose yourself to sunlight for approximately 15 minutes several times a week – without sunscreen. Your body can produce 10,000 to 25,000 IU of vitamin D in that time under the sun. That is usually sufficient to meet your needs. However, do not rely on the sun alone as it may not be enough.



Take your supplements

If you can't seem to get enough sunlight for whatever reason, take some supplements. Studies show that adults need about 8,000 IUs of vitamin D3 per day. The supplement comes in a number of different forms, and it is recommended to take 50,000 IU of vitamin D orally once per week for 2-3 months if you are deficient. Another good idea is to take fish oil capsules once per day..



3 Eat the right stuff

Even though most dietary sources of vitamin D do not contain sufficient amounts of the vitamin to satisfy daily requirements, it is recommended that you add these foods as a part of your diet – fish, mushrooms, fortified cereals, eggs, and dairy products such as milk.



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OCTOBER 12 - OCTOBER 18, 2014 **READ.**

The business of FASHION

It is one of the most anticipated fashion events that Dubai hosts, and it has consistently been growing ever since its conception in April 2013. This Eid al Adha, Fashion Forward successfully showcased its fourth edition, with a lineup of over 19 designers, along with several accessory designers showcasing in The Garden and fashion talks and panels. All this activity packed in three buzzing days at the Madinat Jumeriah once again reaffirmed the place and prestige of the event.

But Fashion Forward isn't just about dazzling ramp shows, leggy models and hedonistic after parties. It is really a business of fashion, a market place of sorts that brings all local fashion to a multi-faceted market. According to official claims, Paloma Faith chose to wear couturier Michael Cinco's dress to the 2013 Met Gala, Colbie Caillat opted for an Ezra gown for the 2014 Grammy Awards and Elie Goulding selected

Amato by Furne One at the 2013 MTV Video Music Awards. Charbel Zoe, who participated last year, has been catapulted to fame with the like of Jennifer Lopez and Shakira as regular clients now (although he accredits social media to this end).

Talking about his participation in Fashion Forward, fashion designer Michael Cinco of Filipino origin, said, "I get so much positive response [after participation in Fashion Forward] and so many new clients from the participation. It works in terms of exposure. It is a great platform for designers like me to be known internationally when you showcase your collection in Fashion Forward, which is very global and constantly growing." Boasting

As the fourth edition of Fashion Forward drew to a wrap, we take a look at how it is benefiting the fashion freaternity. By Masuma Raza

some high profile clients, he said, "Sometimes, after a showcase, clients see my collection, and directly contact me."

Adding another dimension to the fashion market, the platform has also brought the corporate world closer to the up and coming fashion designers. Tahir Sultan, a fashion designer of Kuwaiti and Indian origins, said, "Every single season, it is very important to support a platform which lends people a voice and I personally gained a lot of work

from it. And it has opened up the corporate world as well and there are a lot more projects coming in which is really exciting." Tahir, who has recently designed the uniforms of the male and female staff for the W Hotel Maldives seemed positive about the future of fashion business. Not only is it lucrative in terms of sales and clients, but also it is more affordable to participate in a local fashion week, as Tahir said, "I used to show at London Fashion Week and I stopped because it was expensive and there



MICHAEL CINCO

BASHAR ASSAF

HOUSE OF RONALD



ZAREENA

were just no orders coming in, whereas here, it's really really great."

It makes sense when up and coming designers participate in such events, but how important is it to participate in such showcases for veterans in the industry? Zareena, a fashion designer who has been in the business since the 1980's, said, "Every person needs to progress more, and I think it is the time now that other nationalities are introduced to and

notice my work because it would suits everybody, as it is ethnic yet fashionable and Fashion Forward provides that platform."

Only time will tell how lucrative participation in the fourth edition of Fashion Forward will be for the fashion designers, and we will just have to wait till the next awards season. In the meanwhile, let's laud the efforts of the designers and the team for a fabulous show.



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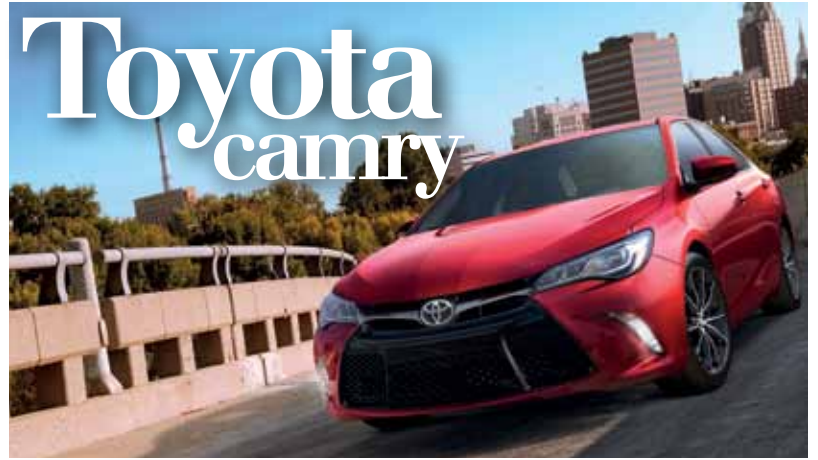
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Safest cars to choose from

By Firas Salloum

It is a very exciting step when we start taking our driving lessons, and it is breath-taking moment when we pass our driving tests. What present do we get for that? Either a drive in the town or a brand new car afterwards. This is just great! But what we actually never thought about – at least some of us – is how safe is the car we want? As speed is becoming a primary cause for accidents, it can be regulated by authorities. Facing an accident can sometimes be less dangerous if we're driving a tough car. As per the Insurance Institute For Highway Safety (IIHS), here is a list of some cars that ranked among the best when tested for crashes. And in order for a car to be ranked in the Top Picker or Top Picker Plus, it must earn good ratings in the moderate overlap front, side, roof strength and head restraint tests, as well as a good or acceptable rating in the small overlap front test.



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WISH list

Autumn is upon us in all its glory 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**.

By Mae Cabigas

1 Steve Madden Strapped Sandals

In Dubai it's never too late to wear summer items during the ber months. Hit up the malls and show off with these gorgeous looking strappy heeled sandal, make your own trend and make sure that those heels will receive the attention it needs. Pair it up with a simple white pants or jeans and a colour blocked blouse and you're ready to go!



2 Guerlain Eau de Cashmere

This new scent by Guerlain will leave you feeling fresh and ready to head out into the world. The mixed scent of flowered vanilla and musk, this is a perfect match for women who would like to feel powerful but soft at the same time.



3 Lush Christmas Magic Wand

We're sure that after giving your house a whole new look you'll be exhausted. Don't worry we've got you covered. Lush just released their all new Christmas Bubble Bars and just in time too. We personally pick the 'Magic Wand Bubble Bar', now your wish to relax will be able to come true. It can last up to ten bubble baths. Just swish it around the water then pop it on the side for use another time, just like magic!



4 Colette by Colette Hayman diamond earring

Go for the unconventional look and switch your necklace and pearls for this bold look instead. It's also a perfect excuse to wrap your hair up in that elegant way that you've always wanted to try or maybe even a side swept look. Change it up and it's a promise that this will give your outfit a whole new meaning.

5 Aura Home Pieces

A new season and a new year is about to enter our lives yet again. What better way to start than to give the spaces we live in, a whole new look. You don't need to paint the walls to give your home spaces a lively look, just throw in a couple of bright colored cushion pillows and a few sets of chosen home décor and you are set. Drop by Aura and we guarantee that you'll be leaving the store with a whole new look for your chosen living space.



Red, crimson & ruby

Although this red hot colour is in vogue all year round, but shades of red are just the thing to get you in the festive mood for the upcoming holiday season. Not just that, it brightens up the fall days and nights, and brings some lady-like charm to your wardrobe. Here are some of the best looks in red from the week that was.



Hillary Duff

Hillary Duff is radiant in red as she makes her way to the ABC Studios in New York City for an appearance on *Good Morning America*. She looks casual chic in ripped jeans and a red leather studded jacket teamed up with red heels.



Michelle Monaghan

Michelle Monaghan looks preppy in a structured red dress at *The Best of Me* Premiere in Los Angeles. With a messy do, gold and red python heels and nude lips, Michelle nails the look.



Kendall Jenner

Taking things a notch darker is Kendall Jenner who wears a maroon top and a black skirt in NYC with her favourite Celine bag. The cropped top shows her toned physique and leaves little to imagination.



Lily Collins

Lily Collins sizzles in a cut out red dress at the world premiere of *Love, Rosie* at the Odeon West End cinema in London. Lily has kept it simple with the elegant cat-eyed eyeliner and statement rings.



Dakota Fanning

Always a charmer, Dakota Fanning attends the UK premiere of *Effie Gray* at the Curzon Mayfair in London in a suede tassel dress. She completes the look with nude rock stud heels and some bling bling jewellery.

Hollywood news



Jennifer Hudson reveals weight loss secrets

Singer Jennifer Hudson has finally revealed her weight loss secrets. The recording artists said that she takes the out of sight, out of mind approach. If she keeps things out of her sight, she will not eat them. She said that she doesn't let food intimidate her and keeps junk out of her house. She said that she watches carefully what she puts in her body. She also added that she didn't work out a lot, however she admitted to being pretty active. She does, however, have one weakness: she needs to have chocolate around.

Robert Downey Jr. in awe of Al Pacino

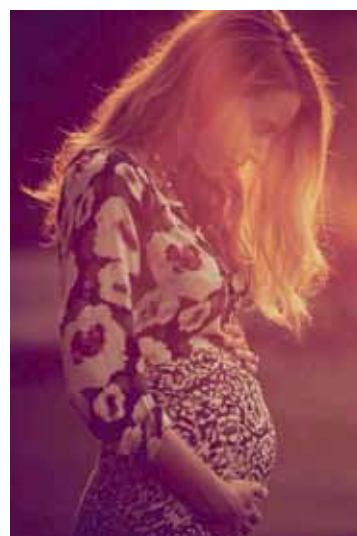
Hollywood heart throb Robert Downey Jr. has recently admitted to being in awe of legend Al Pacino. The actor said that Al Pacino had been the top star during the 1970's and that he was in awe of him. He went on to further add that he was envious of Johnny Depp who has, over the years built a good relationship with the three, "Pacino, Brando, Nicholson." He also wished that he could casually invite them all to dinner.



Jolie connected with her mother through her children

Angelina Jolie says that whenever she looks at her children, she feels connected to her mother Marcheline Bertrand. Marcheline passed away in 2007 fighting ovarian cancer. When asked about her mother's legacy, the actress said, "I'm not certain...I feel in contact with my mother when I look at my children. I can feel her influence over me then. I see that my way of raising them resembles the way she raised

my brother and I. It's more apparent with my daughters Shiloh and Vivienne. Therefore, yes, my mother is there, present in this influence, all the time."



Blake Lively announces pregnancy

Gossip Girl actress Blake Lively has taken to her website Preserve to announce her first pregnancy. The actress has been married to Ryan Reynolds since September 2012, and has been vocal about wanting to start a family. The actress posted images of pregnant ladies on her website, congratulating them, and then posted a picture of herself cradling her pregnant belly.

Bollywood news



Tanu Weds Manu 2 shooting starts

Shooting for the sequel of *Tanu Weds Manu* has begun in the ancient city of Lucknow. Lead actors Kangana Ranaut and Jimmy Sheirgill have been in the city working on the film. *Tanu Weds Manu 2* starts off from where the first movie had ended, with the wedding of the lead cast. The film will be based on the life of the couple four years into their marriage. "This movie is the story of Tanu and Manu's life four years hence," said writer Himanshu Sharma.

Parineeti Chopra overwhelmed after meeting Indian soldiers

After meeting soldiers of the Indian Army, actress Parineeti Chopra was all praise for the men in uniform. The rendezvous took place in Jaisalmer, Rajasthan, for a TV show, and it left a lasting impression on the actress. Parineeti tweeted, "What an honour to spend time with the jawans." "Living in the desert and braving the heat, they live a gruelling life away from their families just to keep all of us secure." "It's been a life enriching experience for me and my team, we never realise the difficulties faced by the Indian army to keep us safe," she posted on Twitter.



Vivek Oberoi hosts fashion show for cancer patients

Supporting cancer awareness, Bollywood actor Vivek Oberoi along with designer Maheka Mirpuri's foundation MCan and Tata Memorial Hospital, organised a charitable fashion show. The proceeds of the show were directed towards funds for cancer patients. Thanking the attendees for their support, Vivek said, "What I love about this night is that and all of you who made this possible is that all of us in this room have lost someone we love, all of us. Me, Mahika and all of you people, someone you care about." He further added, "And this I think is the most beautiful way to encapsulate the spirit of creating a living monument to the love that you felt for the people that you lost to cancer because in this love, in this night, in all that we are doing this evening there is hope for so many people that are fighting with cancer now."

Lisa Haydon learnt Hindi from Akshay Kumar's films

Lisa Haydon has admitted that during her initial days in Bollywood, the actress had learnt Hindi from watching Akshay Kumar's films. The actress will be seen in an upcoming film *The Shaukeens*, in which she plays the role of an obsessive fan and Akshay Kumar makes a cameo appearance. "I still can't believe that I am doing a film with Akshay. I am a fan but not a crazy one like a play in the movie. If he knew I was psycho, he would never work with me. There is so much respect for him. When I was learning Hindi, I used to watch his films because he speaks the language so well," Lisa 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



DRACULA UNTOLD

The Dubai Mall

Al Harb Al Almiya 3 - 10:45pm 1:05pm
4:10pm 4:20pm 8:35pm 8:40pm
Annabelle - 12:10pm 2:20pm 4:30pm
6:40pm 8:50pm 11:00pm 1:10am
A Walk Among Tombstones - 10:00pm
6:40pm 10:55pm 12:25am
Bang Bang - 12:05pm 3:10pm 6:15pm
9:20pm 12:25am
Beyond - 2:50pm 4:45pm 9:00pm 1:15am
Dolphin Tale 2 - 11:30am 1:45pm 4:00pm
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Decoding Annie Parker - 6:05pm 8:05pm
10:05pm 12:05am
Dracula Untold - 11:20am 1:20pm 1:30pm
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Good People - 12:20pm 2:20pm 4:20pm
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Guardians Of The Galaxy - 2:35pm 11:55pm
Guardians Of The Galaxy (3D) - 7:15pm
Hercules - 5:05pm
Hercules (3D) - 9:45pm
Into The Storm - 2:00pm 6:10pm 8:30pm
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Let's Be Cops - 2:05pm 2:10pm 6:30pm
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Lucy - 2:15pm 6:25pm 6:40pm 10:35pm
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Maya The Bee - 11:20am 2:05pm
One Direction: Where We Are - 11:00am
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Captain Harlock - 11:00am 1:20pm 3:40pm
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Teenage Mutant Ninja Turtles - 11:10am
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Teenage Mutant Ninja Turtles (3D) - 1:20pm
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The Maze Runner (4D) - 6:15pm 8:45pm
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Captain Harlock - 12:00pm 3:10pm 6:20 pm
9:30pm 12:40am
Decoding Annie Parker - 10:00am 11:50am

How PERFECTIONISM can be BAD

The pitfalls of perfectionism

Perfection can be a standard that most companies aim for, but once it becomes the only standard accepted within the company, this is when it becomes unhealthy. When you set perfection as the standard for all of your employees' objectives, you are placing unnecessary pressure on your people. You stand in the way of them trying new things, taking risks, and making mistakes. The necessity of self-acceptance becomes impossible and this lack of acceptance is used as a standard for others' performance as well. Akhtaboot is here to highlight the pitfalls of perfectionism and how it may be holding you back at work.

Perfectionism stops you from taking risks

Being a perfectionist is not as glamorous as it appears to be. It can keep you stuck in your comfort zone and stops you from taking risks. Risks are a necessary part of growing and improving. That's why it's important to always push yourself to go above and beyond your limits even if you end up making mistakes. This is the only way to discover new information about yourself and things you never thought you were capable of doing. It is never easy to break free from being a perfectionist, but you need to be willing to take risks and not worry so much about what other people might think.

Perfectionists tend to be micromanagers

Perfectionists feel a need to focus on minor details as opposed to the big picture and they hesitate to encourage their employees to take the initiative. Often perfectionists thrive in bureaucratic companies because they feel very comfortable with having control over all aspects of work life. But Micromanagement is an obsolete leadership style that is all about trying to observe and control all aspects of your employees' work. Most employees become timid and hesitant and possibly even paralyzed in such environments. You need to free people from boxes if you want their creativity to be unleashed. You can still pay close attention to details without being a control freak.

Perfectionists find it hard to adapt to change

Perfectionists tend to find it difficult to adapt to change, and have a low tolerance or understanding of other people's points of view. They believe that their way of doing things - and only their way - is the best. For business to be successful, for leadership to be visionary, you must learn some new techniques that will spark creativity and force you to think creatively. But when you are stuck in perfect, that process can't even begin. Perfectionism often stems from the belief that you can avoid mistakes by doing everything right, but it's only a temporary shield at best.

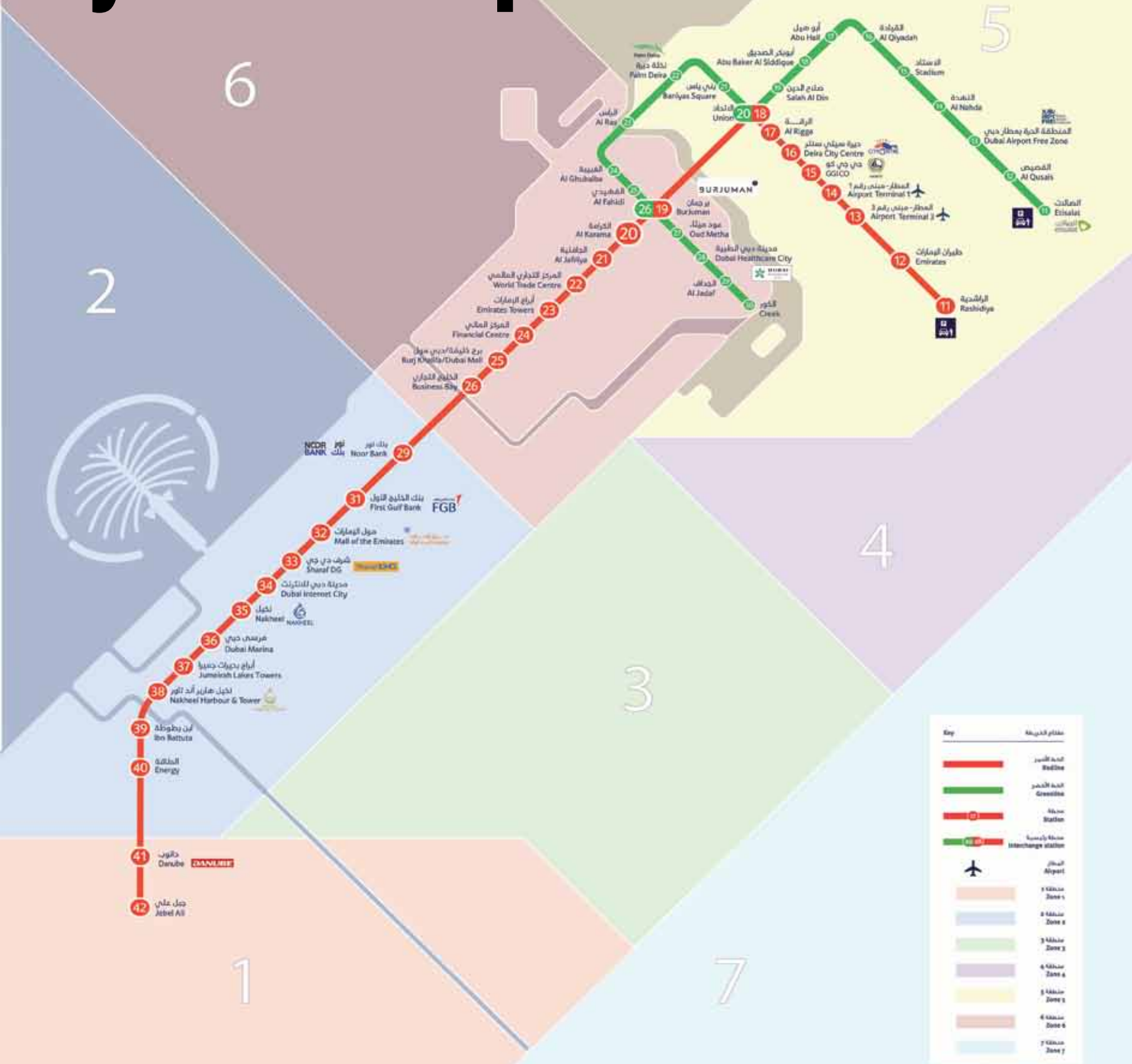
Perfectionists have unrealistic expectations

Perfectionists have unrealistic expectations of themselves. They will often expect excellence of others too. This might sound rational, but setting unattainable goals creates a culture of failure and will destroy your employee morale. After all, no one is perfect, although perfectionists do their best to come close. Perfectionists can be difficult to work with if you aren't always up to the task, but this can be controlled early on by managing their expectations. Great managers know that perfectionists are motivated by achieving challenging goals on a regular basis, that's why they need to always make sure that all goals are specific, attainable and time bound so that they don't get caught up in unnecessary details.



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

Dubai Metro system map



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- Welcome Drinks
- International Buffet (4 Star Catering)
- 3 Hours Cruising
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- Tanura Show
- Background Music

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Drone service to monitor strategic RTA projects

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PROJECTS

The Roads and Transport Authority (RTA) has launched a drone service to facilitate the monitoring of completed phases of the RTA's vital projects, thus obviating the need to follow traditional steps to accomplish the arduous task. The move comes in response to the directives of His Highness Sheikh Mohammed Bin Rashid Al Maktoum, Vice President and Prime Minister of the UAE and Ruler of Dubai, to rank Dubai as the smartest city world-wide, and in line with the objectives of the Hamdan Bin Mohammed Smart Government Program.

In this context, Abdullah Al Madani, CEO of the RTA Corporate Technical Support Services Sector, said: "Launching the drone service is a practical response to the directives of His Highness Sheikh Mohammed Bin Rashid Al Maktoum to serve the people. Despite bringing happiness to people, is one of our strategic goals, the initiative of His Highness has opened up for us wider vistas and new horizons to serve the people."

"Among the benefits and advantages of the drone service is its ability to reach places inaccessible by conventional human means such as work teams."

"We recently conducted a practical test run by flying a drone to monitor the implementation phases of Jumeirah Beach Walkway project,

"This reaffirms the RTA's unwavering commitment to keep up with the latest developments to maintain the prestigious standing enjoyed by Dubai emirate."

street lighting units, and completed phases of the Dubai Water Canal project. The test had several benefits as it provided us with a holistic view of the sites and projects to follow up the completion phases. The drone service can also be used in cases of crises and emergencies on the roads to monitor the adverse impacts on a large scale, which ultimately serves residents of Dubai," elaborated Al Madani.

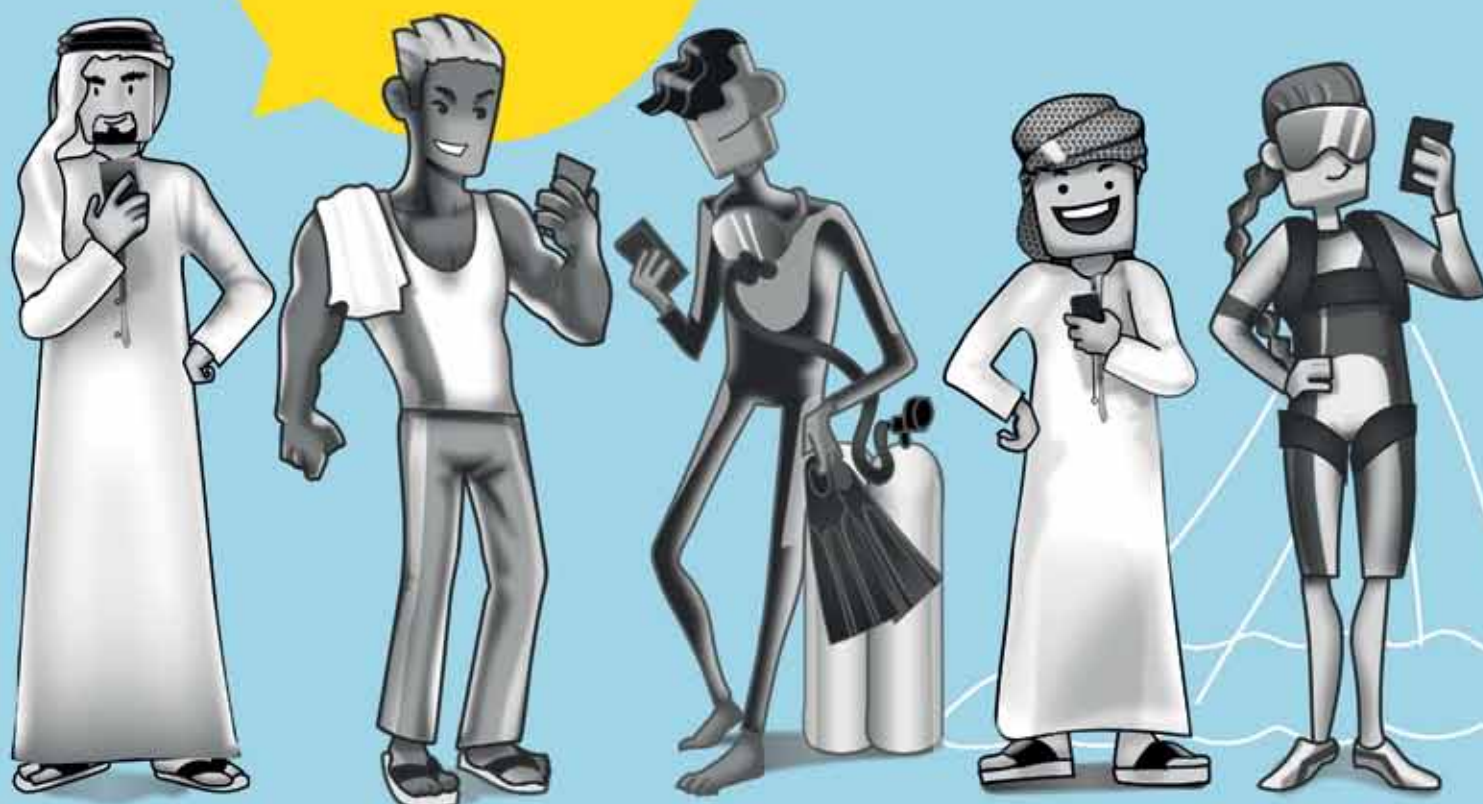
"Among the benefits and advantages of the drone service is its ability to reach places inaccessible by conventional human means such as work teams. Examples of such inaccessible places are the upper parts of the metro stations, and underneath bridges to inspect or identify the parts that need maintenance. The remotely controlled device is capable of taking images of more than one location as the drone is programmable to access a series of places and take photos. The drone service also serves both the first strategic goal of 'Smart Dubai' and the seventh strategic goal of 'RTA Excellence'. This reaffirms the RTA's unwavering commitment to keep up with the latest developments to maintain the prestigious standing enjoyed by Dubai emirate," said Al Madani.



"Launching the drone service is a practical response to the directives of His Highness Sheikh Mohammed Bin Rashid Al Maktoum to serve the people. Despite bringing happiness to people, is one of our strategic goals, the initiative of His Highness has opened up for us wider vistas and new horizons to serve the people."



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SHORTS**Cricket:**

Ashley Giles has been named as the cricket director and head coach of Lancashire. The 41-year-old takes the place of Mike Watkinson, ending a 32-year association with the Red Rose county. "I am thrilled by the prospect of coaching Lancashire. I can't wait to work with the players and staff," said Giles.

**Rugby:**

Queensland Reds have brought in Adam Thomson to the squad after signing the former All Blacks flanker. Thomson will play Super Rugby again next season after he brings an end to a spell in Japan with the Canon Eagles.

The 32-year-old is currently the leading try scorer in the Japanese Top League.

The Queensland Reds have also signed James O'Connor and Karmichael Hunt.

**Athletics:**

Lord Coe has admitted having problems with the nomination of Justin Gatlin for World Athlete of the year. Gatlin's name is in between the 10 on a shortlist announced by the International Association of Athletics Federation. The 32-year-old sprinter has served two doping bans when he failed drug tests in 2001 and 2006. Many were disappointed after he won a silver medal at the 2012 Olympics, and it worsens as he emerges as a real contender for victory in Rio.



Cech not satisfied



Chelsea goalkeeper Petr Cech has claimed that he will consider leaving the Blues in the near future if he is to remain the second choice to Belgium's Thibault Courtois. Cech has played with Chelsea for more than 10 years and had almost 500 appearances; however the Czech was controversially snubbed by Jose Mourinho at the start of the season.

Courtois was preferred over Cech after three successful seasons on loan at Atletico Madrid. "I think they know me well enough at Chelsea to know that the situation is definitely not the way I would imagine," said Cech.

"If the situation will not start to improve for me then I will want to solve it."

LeBron James
demands patience

LeBron James has asked Cleveland Cavaliers fans to remain patient as he says that immediate success can't be guaranteed. The American superstar rejoins a team he plays with for the first time in four years alongside Mike Miller, James Jones, and veteran forward Shawn Marion who give the team sufficient depth, however James declares that fans should not expect instant success.

"I understand what it takes to win a championship, it is the hardest thing you could ever do" said James, "My expectations are still high, but I'm more patient now than I was four years ago."





Game on

Patrick Reed has confirmed that he will take place in this week's Volvo World Match Play at the London Club in Kent. The Ryder Cup star was the stand-out star of the American team at Gleneagles as he won three and a half points from his four matches in an outstanding Ryder Cup debut. Reed looks forward to returning to the UK for the elite 16-player tournament.

The 24-year-old will be joined by Graeme McDowell, Henrik Stenson, Thomas Bjorn, Jamie Donaldson, Victor Dubuisson and Stephen Gallacher. "I enjoyed the competition of my first Ryder Cup and can't wait to get back out there to play in another match play event in the UK," he said.

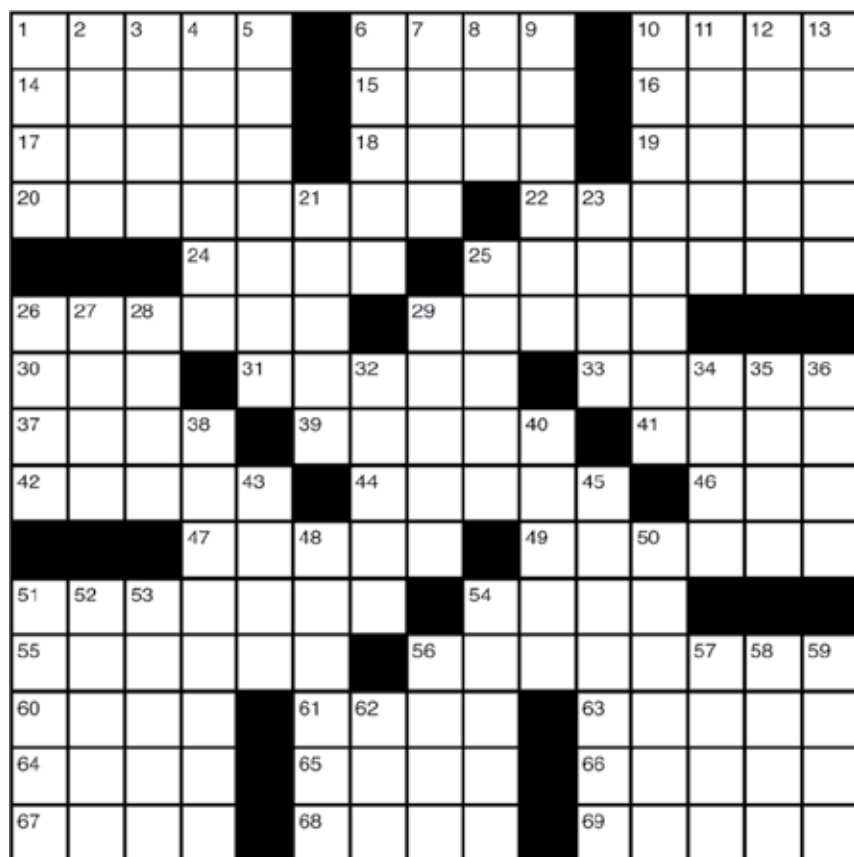
Bianchi in critical condition

Jules Bianchi is still in a critical but stable condition in the hospital following his crash in the Japanese GP. It was confirmed that the Marussia driver has suffered brain injuries after crashing into a recovery vehicle in the rain-hit race at Suzuka last week. Bianchi's parents had confirmed that their son has suffered "a diffuse axonal injury and is in a critical but stable condition."

It is reported that diffuse axonal injury doesn't occur from a blow to the head, but rather from the brain moving back and forth in the skull as a result of acceleration or deceleration.



Taking your time



Crossword

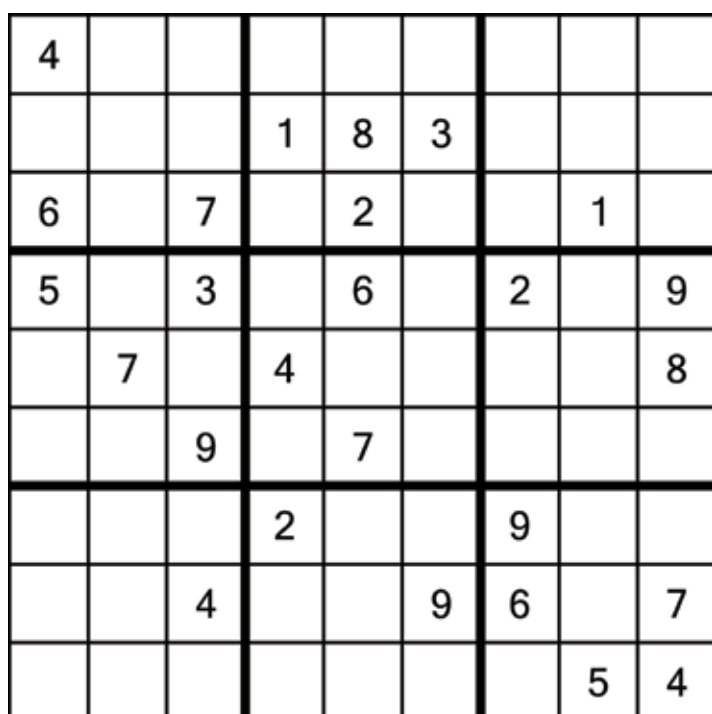
Across

1 Hymn-singing group 6 Pillow cover 10 Highest point 14 Row of shrubs
15 Lima's nation 16 ___ against; revile loudly 17 Sports building 18 Rocky
ridge 19 Benevolent 20 Leftover; remaining 22 Italy's western neighbor
24 Slight coloring 25 Covered wagon driver 26 Wild brawls 29 ___ away;
dismisses 30 Certain vote 31 Harvests crops 33 Bird of prey
37 Twelve months 39 Public uprisings 41 Dirt 42 Not straight 44 Tricks
46 Male sheep 47 Manservant 49 Ocean ___; cruise ships 51 Modified
54 Get away 55 Provides with fresh weapons 56 Personal code used to
enter a website 60 Evans or Robertson 61 Puncture 63 Traditional Sioux
home 64 Heating chamber 65 Actor James ___ Jones 66 From the East
67 Sit for a spell 68 Cook in the microwave 69 Flower stalks

Down

1 Burn slightly 2 In this place 3 Some of Keats' poems 4 Set on fire 5 More
prepared 6 "Jack ___ could eat no fat..." 7 Contemptible person 8 "You ___
what you eat" 9 Item on a bread tray 10 Little Rock, ___ 11 Actor Michael
12 Chop finely 13 Firstborn of two 21 Racer Al ___, Jr. 23 ___ away; galloped
off 25 Nuisances 26 Poet Angelou 27 Peepers 28 Faucet problem
29 Pitcher part 32 Publicized 34 Clinton's VP 35 Fib teller 36 Lawn trees
38 Devout 40 ___ out; betrays 43 Weather word 45 Afternoon naps
48 Diminish 50 Most modern 51 Zeal 52 Depart 53 "Andersen's Fairy ___"
54 One of Aesop's stories 56 Grassy area for recreation 57 Mayberry kid
58 Paper quantity 59 Cozy rooms 62 Fraternity letter

Sudoku



Spot the 7 differences



ANSWERS

SUDOKU

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

CROSSWORD

1	Hymn-singing group
2	In this place
3	Some of Keats' poems
4	Set on fire
5	More prepared
6	"Jack ___ could eat no fat..."
7	Contemptible person
8	"You ___ what you eat"
9	Item on a bread tray
10	Little Rock, ___
11	Actor Michael
12	Chop finely
13	Firstborn of two
14	Row of shrubs
15	Lima's nation
16	___ against; revile loudly
17	Sports building
18	Rocky ridge
19	Benevolent
20	Leftover; remaining
21	Racer Al ___, Jr.
22	Italy's western neighbor
23	___ away; galloped off
24	Slight coloring
25	Nuisances
26	Poet Angelou
27	Peepers
28	Faucet problem
29	___ away; dismisses
30	Certain vote
31	Harvests crops
32	Publicized
33	Bird of prey
34	Clinton's VP
35	Fib teller
36	Lawn trees
37	Twelve months
38	Devout
39	Public uprisings
40	___ out; betrays
41	Dirt
42	Not straight
43	Weather word
44	Tricks
45	Afternoon naps
46	Male sheep
47	Manservant
48	Diminish
49	Ocean ___; cruise ships
50	Most modern
51	Zeal
52	Depart
53	"Andersen's Fairy ___"
54	Get away
55	Provides with fresh weapons
56	Grassy area for recreation
57	Mayberry kid
58	Paper quantity
59	Cozy rooms
60	Evans or Robertson
61	Puncture
62	Fraternity letter
63	Traditional Sioux home
64	Heating chamber
65	Actor James ___ Jones
66	From the East
67	Sit for a spell
68	Cook in the microwave
69	Flower stalks

What's in your stars?

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

ARIES

(MAR 21 - APR 20)

You're prone to slips of the tongue, it's a great idea for you to slow down and think things through before speaking. Still, you can recover from almost anything. You feel confident, if not entirely comfortable at first. Seize the day and try something really daring.



TAURUS

(APR 21 - MAY 21)

Avoid signing anything binding this week. It may come back to bite you, it may not, but you will be wondering for a long, long time, and that's just not worth it for you. You should get a lot more information and that should decide the matter once and for all.



GEMINI

(MAY 22 - JUN 21)

You should expect fun and good ideas to flow freely. Bring others into the fold if they seem to be hanging back. Possessions and other physical objects seem to cause trouble of their own volition, but it's just your mind filling in weird explanations for everyday behavior.



CANCER

(JUN 22 - JUL 23)

Nobody seems to be telling you what to do or not to do, but that doesn't mean you can get away with anything. The spotlight is on you, but it should be almost overwhelmingly positive, and you should find that people are much more willing to talk up your obvious strengths.



LEO

(JUL 24 - AUG 23)

You're more thoughtful than usual, so see if you can get yourself to focus on that one big issue that's been troubling you and your friends for so long. You might come up with a hot idea! The timing couldn't be better, it's perfect for taking new action and you are itching to go.



VIRGO

(AUG 24 - SEP 23)

Work is on your mind more than almost anything else, and even if it's covering up something else, the timing is right, you can make amazing progress if you apply yourself. Your social energy is powered up by the most important people in your life.



LIBRA

(SEP 24 - OCT 23)

The week begins with chatter about changes or new ideas that popped up over the weekend, and you may need to lead the conversation if you want people to adopt your point of view. Progress isn't likely this week, and while that may upset you a bit inside, try not to let it show for now.



SCORPIO

(OCT 24 - NOV 22)

Avoid taking risks on Monday and Tuesday, they're much less likely to pay off for you. That's not to say you've got bad luck, because playing it safe works out quite well. Use your good energy midweek to discover some new restaurant or band that you've never heard of.



SAGITTARIUS

(NOV 23 - DEC 21)

You've got to make sure that you're sticking with your schedule early this week, busy as it may be. You should have plenty of energy for all of your planned activities, so don't worry too much about exhaustion. Your friends and family are quite important to you.



CAPRICORN

(DEC 22 - JAN 20)

You're feeling the need to exercise your brain somewhat. Walk that fine line until you see what you need to do next. Your good social energy makes the week fun and a lot more inviting to those you know well, so it's a good time for a dinner party or some other small gathering.



AQUARIUS

(JAN 21 - FEB 19)

Romantic energy fills you up early this week, so you should take time out to be with your significant other — or make sure that you're as available as can be to the singles in your neck of the woods. You can make any moment sizzle!



PISCES

(FEB 20 - MAR 20)

Communication is somewhat more difficult than usual for you. But if you can avoid getting into technical details and focus instead on feelings and impressions, than you should be able to get your ideas across. Enjoy the mystery that comes your way.



This week's local weather

SUN

12th

SUNNY
HIGH 35°C
LOW 28°C
HUMIDITY 57%

MON

13th

SUNNY
HIGH 38°C
LOW 28°C
HUMIDITY 40%

TUE

14th

SUNNY
HIGH 38°C
LOW 27°C
HUMIDITY 31%

WED

15th

SUNNY
HIGH 36°C
LOW 27°C
HUMIDITY 33%

THU

16th

SUNNY
HIGH 36°C
LOW 28°C
HUMIDITY 37%

FRI

17th

SUNNY
HIGH 35°C
LOW 28°C
HUMIDITY 44%

SAT

18th

SUNNY
HIGH 34°C
LOW 28°C
HUMIDITY 51%

Read.

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