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JANUARY 04 - JANUARY 10, 2014 | Issue 186

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INNER PEACE FOR NEW YEAR

Benefits of having yoga as part of your new year's resolution for 2015.



PORSHA WILLIAMS HANDCUFFED

Desperate Housewives actress explains the incident.

ONWARD, SINGAPORE



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Sails up!

The power of wind and water:
Kite surfing



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

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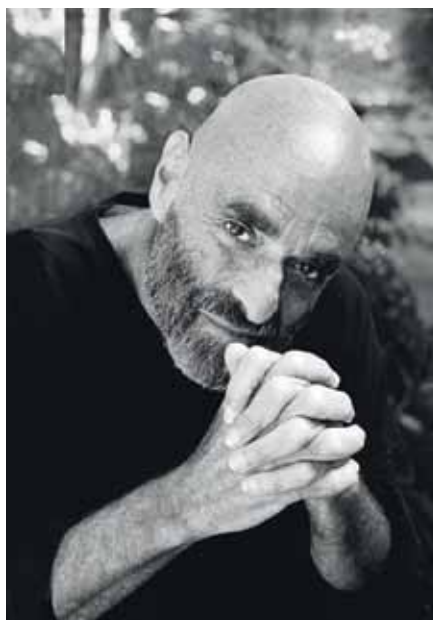
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Poem of the week

Listen To The Mustn'ts

By Shel Silverstein

Listen to the
 mustn'ts, child.
 Listen to the
 don'ts.
 Listen to the
 shouldn'ts, the
 impossibles, the
 won'ts.
 Listen to the
 never haves, then
 listen close to me.
 Anything can
 happen, child.
 Anything can be.



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LAST READ. POLL RESULTS

Which New Year's Resolution will you most likely keep?

Losing weight	34%
Following a budget	40%
Getting organised	26%

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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



The week that was

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ESCAPE QUEST

The first "escape game" devised entirely in the UAE has launched in Dubai.

In celebration of Sherlock Holmes' birthday on January 6th, Escape Quest will be offering free games to their guests who would be able to complete the challenge in less than 60 minutes... with no clues! Running from Tuesday, January 6th to Saturday January 10th 2015, teams can book a room of up to five people with the chance of winning the game for free. With five teams currently having completed this to date, it is a challenge that can be achieved.

Where: 20th Floor, HDC Business Centre, Cluster M, JLT

When: January 06-10, 2015

Admission: 2 players - Dh120 each, 3 players - Dh100 each, 4 players - Dh95 each, 5 players - Dh90 each

Admission: 055 284 5382



BALLET GALA WITH STARS FROM PARIS

OPERA NATIONAL

The Paris Opera Ballet brings beautiful French classical ballet to Dubai.

Bringing the beauty of French ballet to Dubai is the Ballet Gala with stars from the Paris Opera Ballet. The crew will perform a selection of both classical and contemporary works from the Paris Opera National Repertoire. Featuring Ludmila Pagliero and Karl Paquette, two of the most outstanding dancers in their field who hold the acclaimed Etoile title, awarded as the highest level of achievement within the Paris Opera.



Where: Madinat Theatre, Madinat Jumeirah

When: January 08-10, 2015

Admission: Tickets from Dh295 to Dh525

Admission: 043666546

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This concert series will be the biggest in the region.

To celebrate the 20th anniversary of Dubai Shopping Festival, DSF is launching a concert with acclaimed Arabic superstars Nancy Ajram and Amr Diab.

Where: Dubai Media City Amphitheatre **When:** January 10, 2015

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Four tips for your New Year's RESOLUTION

With all the **good** and **bad** times we have faced in **2014**, we bid **farewell** to this year in hopes that our dreams would come true next year and that our lives would also improve. We also hope to see our **New Year's resolution** fulfilled, but how can we do this exactly? Think about the **future** as a plan to **start up** your **healthy lifestyle**. **READ** is here to give you some tips on how you can maintain your New Year's resolution so that we may all have an **abundant** year ahead.



I want to eat healthy

The concept of healthy food is 'balance'. Begin with a healthy diet that includes plenty of vegetables, as well as proteins, reduce sugar and grease. Instead of buying canned or preservative items opt to purchase fresh produce. Stick to the plan and start from the first day of the year. Keep a journal or diary to track your daily servings and food consumption. Determination and perseverance is the key. Don't skip meals; instead chew on healthy snacks like fruits or vegetables.



I want to save money

Try to plan your goal at the beginning of the year. Reduce your expenses by getting rid of memberships that you rarely use and have never visited in the past few months. Programme your monthly target which should just be enough for your monthly expenses and the rest should be kept away at the bank for your savings. Try to keep a percent of your monthly income for travel purposes which in turn can be used for emergency issues.

I want to exercise more and keep fit

Following daily exercises will have a dramatic impact on your health and fitness as it will alleviate the pressures of life. According to scientific research, it is said that fit people have a key reason to live a healthy and long life; so start your day every day in 2015 with exercises at home. You can pass up on a gym membership (as that will just be another additional expense) and keep a morning and evening workout routine at home. Jogging or running outside is also healthier as it will help you get clean fresh air.



I want to stop smoking:

Getting rid of bad habits should be at the utmost top of your list this New Year, most especially smoking. If you are a smoker, try by every means to get rid of it. Approach medical help and ask a specialist on the best way to cleanse your body of the unhelpful habit. Always think about your health as it is one of the important things we should always take care of.



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YOGA for new year

Think **yoga** is just about flexibility and a whole lot of “om-ing”? The various types of yoga including **Power Yoga**, **Bikram**, **Ashtanga**, **Vinyasa**, and **Hatha**, offer a wide range of **benefits** you probably didn't realize. You've probably heard that yoga is good for you. Maybe you've even tried it and **discovered** that it makes you **feel better**. READ up on some of the **health benefits** of yoga.

Breath in, Breath out

Most of us take shallow breaths and don't give much thought as to how we breathe. Yoga usually involves paying attention to your breath, which can help you relax. Yoga promotes breathing in through the nose, which filters the air, warms it and humidifies it, removing pollen and dirt and other things you'd rather not take into your lungs.



Sleep Better

Yoga can provide relief from the hustle and bustle of modern life. According to research, eight weeks of daily yoga significantly improves sleep quality for people with insomnia. One way you may be able to snatch some extra shut-eye is by adopting a nightly yoga routine.



Mental Calmness

Concentrating so intently on what your body is doing has the effect of bringing calmness to the mind. A few minutes of yoga during the day can be a great way to get rid of stress that accumulates daily, both the body and the mind. We all love to visit peaceful, serene spots, rich in natural beauty; little do we realize that peace can be found right within us.



Fight Food Cravings

According to research, regular yoga practice is associated with mindful eating, an awareness of physical and emotional sensations associated with eating. By causing breath awareness, regular yoga practice strengthens the mind-body connection.



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Onward, Singapore

A little piece of heaven on earth.

By Bianca Alcaide

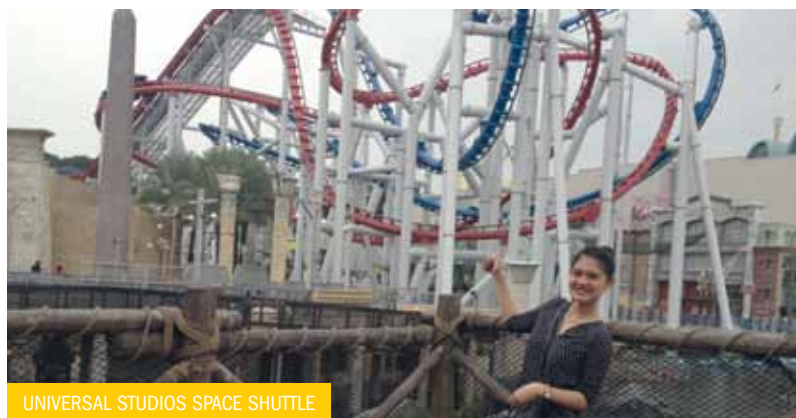
I arrived at around 2pm, Singapore time, with a slight drizzle to the weather. Upon my first step into the airport, I couldn't help but feel giddy and excited as this was my first travel experience with only my friends as company. With so much anticipation to finally see the city, I didn't even notice how big their airport was. I just saw myself going straight for the exit. Singapore is a beauty. That was my first thought when I first laid my eyes on the city as we drove to the hotel. I applaud them for the greenery and how they truly appreciate nature; another thing I noticed was how clean their city was. Just imagine nature and cleanliness altogether. Singapore was a little piece of heaven on earth.

The moment I arrived at the hotel with my friends, we simply dropped our bags on the floor, freshened up a bit and then headed straight to Singapore's famous Bugis Street. Thankfully, the hotel we were staying in were only a few blocks to what is branded as the largest street-shopping location in Singapore. If you're the fashion forward type of person, then this place is for you. They literally have everything that you could possibly imagine. From shoes, to clothes, wallets, all types of accessories, you name it, they have it. I basically spent the whole afternoon roaming around the shopping district feasting my eyes on so many beautiful things. Since shopping in Singapore is a bit expensive, I would advise for you to bring enough money and to only purchase the things you really need.

By night time, my friends and I decided to treat ourselves to some Singaporean street food. If you decide to eat street food in Singapore make sure you have someone with you



BUGIS STREET



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STREET FOOD

who knows where the good foods are. Thankfully for us, my friends knew someone who lived in Singapore, so we didn't have a hard time finding food and where it's safe to eat.

The next day, we headed straight to one of Singapore's top tourist destination, Universal Studios and Sentosa. If you plan to visit these places, make sure you get the mul-

tiple day pass. One day isn't enough as Universal Studios and Sentosa are connected to each other. More than that, most of your time will be spent waiting in lines, if you're the type of person who wants to try every single ride take note of this. My whole afternoon was spent running around the theme park with my friends trying as much as possible to ride everything. If you decide to spend a whole day

in Universal Studios, don't forget to wear the comfiest clothes you have and never ever forget to keep yourself hydrated. When night time arrived, we headed straight to Sentosa to watch Songs of the Sea, a water show. Their production is for the whole family to enjoy so I'd suggest you drop by to watch this awe-inspiring laser light and fire effects show.

Our next stop was the Marina Bay Sands Hotel. Personally, I'd say this was my favourite part of the trip. Did you know that Marina Bay Sands is the world's second most expensive building costing US\$5.5 billion? The agenda for the hotel was to go to the Sand Skypark. The minute that we arrived at the top, the sun was just about to set, talk about perfect timing! Seeing the sun set in the horizon and having the view of how Singapore looked at the bottom was just breathtaking. Just as the sun had set, the sight of Singapore was all the more stunning with all the night-time lights. I didn't want to leave the place. I would have stayed at the Skypark all night if only it was possible. The feeling of being there seeing the beauty around you was truly a heavenly experience. Singapore is one place I know I'd go back to anytime of the year. Not only was I amazed by how clean their country is, I was also stunned with the residents of Singapore as well. They were disciplined and you can tell that they love their country because they follow the rules and take care of their surroundings; and not only that, Singaporeans have such good hearts. If you want to experience the fun I did, pack your bags and bring along your friends and family with you for a trip you'll never forget. Singapore is the perfect place to be.

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The power of the WIND and the SEA

Kitesurfing takes off in the U.A.E

By Mae Cabigas

Dubai has been known to have some of the most amazing sports venues to go to. First there's the Ski Dubai where one can ski and snowboard and even play with the penguins. Then there are the ever amazing sand dunes where you can try dune bashing and sand skiing. There's even an indoor play park for skateboarding and trampoline jump parks. To top it all off are the water sports, from surfing to wakeboarding to parasailing, you name it they have it.

One of the water sports that have been the talk of the town is Kite surfing and is now the fastest growing water sport in the world and for good reason! Kite surfing is an exciting adrenaline packed sport combining high speeds, big air, acrobatics and wave riding. Either in the swell or popping tricks in the beautiful flat water. Kite surfing has been around the U.A.E for quite some time but has then grown into an enormous group. There are now several schools, teams and organisations where people who are interested to try the sport can approach these organisations to receive proper training. Some of these organisations are Kitesurf Club Dubai, Kitesurfing UAE and Dukite.



Kite surfing has been a sport that has been in the U.A.E since sometime in 2003. The sport consists of having a kite, a kite surf board and a harness. A kite surf board is similar to a wakeboard or a small surfboard. The concept of Kite surfing is to harness the power of the wind by using a large kite and for first timers it usually takes an average of 6 to 7 hours to start your first rides on the board in safe conditions.

The best place to go kite surfing and to get good wind and waves is what is now called the Kite Beach, which is directly behind Sunset Mall. The original Kite surfing beach used to be the beach near Burj Al Arab.

You won't get into the water during the introductory lessons, instead they will be teaching you how to control a kite and some basic knowledge on how to fly it. Once you have mastered

those, you'll start off with a small board. According to Ozzy Shihab who is the founder of the kitesurfing company AWE Kite surfing, "the kites flown around are 15ft wide because there isn't a great deal of wind in Dubai, so these big kites are used to maximise the wind available. Beginners will however start off with a 3ft learner kite also known as a 'foil'. He goes on to explain that, "The first lesson is to understand which direc-





“ Kite surfing is an exciting adrenaline packed sport combining high speeds, big air, acrobatics and wave riding. ”

tion the wind is coming from. Then you'll need to keep your hands at waist height and treat the handle like a steering wheel, moving it right and left in the direction you want the kite to move. You'll notice how incredibly strong the wind feels and how satisfying it is to quickly gain more control over the beast in the sky. You might need a few lessons with the kite on the sand, though, before taking to the water with one of the 15-footers.”

This is definitely a sport to try out, you don't need to be fit to try it but it is recommended that you know how to swim. Any organisation you approach will have all the materials and equipments you would need to try out the sport. All you have to bring along with you is your confidence, swim gear and lots of sunscreen!



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How to stop MULTITASKING

Given the highly interactive Internet era we live in, many employees are dwelling in a sea of information with too many distractions. Studies have confirmed that multitasking not only reduces productivity at work, but it also makes less efficient and prone to making mistakes. It also pushes your brain to work harder which can have a long term effect on your memory. The key to producing high quality work in today's demanding workplace is to know when to slow down. You need to train your brain to manage all the input at once. Akhtaboot is here with a number of tips to help you stop multitasking at work and to help manage your tasks more effectively.

Work on One Task at a Time

It's illegal to speak on your mobile phone while driving a car –and for a good reason: the human brain is not wired to do multiple tasks at the same time. Multitasking will slow you down as you will become more susceptible to make mistakes, especially if one or more of your activities involve a lot of critical thinking. Contrary to popular belief, focusing on one task at a time will allow you to get done with more things and with fewer mistakes too.

Prioritize

Most employees are always on the look for ways to achieve multiple goals simultaneously. In fact, many non-multitaskers perceive themselves as poor performers. While it might seem easy to do two routine tasks at the same time, doing two tasks that are both complex, will push your brain to work harder and can have an effect on your productivity. The key to avoid multitasking is to focus first on the heavy tasks that need your full attention. Once those tasks are done, you can go back to juggling your routine tasks that you normally do.

Eliminate Distractions

Social media is one of the top distractions in today's workplace. Yet, employees can't drag themselves



away from scrolling through their news feed every couple of minutes. There's nothing wrong with taking a 10-minute break to clear your mind from a heavy task. If you have to check your social media feeds, schedule time in your day for that. The key here is to not get carried away.

Take Regular Breaks

We are designed to work in cycles. We concentrate for a period of time

but then need time to rest. Research shows that working non-stop on multiple tasks can take a great toll on your performance and you'll end up feeling exhausted. So if you feel that your productivity is decreasing due to multitasking, it might actually mean that you need to take more breaks to recharge your energy. Taking regular pauses during the work day can improve productivity, mental awareness, reduce fatigue, and relieve muscle pain.

Put it on Paper

Too many mental notes make for a messy mind. Avoid overloading your brain with too many mental notes as you will only drain your mental energy. Putting whatever's on your mind on paper or on a digital notepad will also help you limit distractions and improve your concentration. Knowing that you have too many unfinished tasks can drain your mental energy. So write it all down on a piece of paper.

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

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AMP Camera
4.8" Touchscreen
3G HSPA
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Quad-Core 1.2GHz Processor
Android OS V4.4.4

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4G LTE
16GB Memory
Quad-Core 2.2GHz Processor
Android OS V4.4.4

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799 Dhs .00

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WiFi

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~~1699 Dhs .00~~
1399 Dhs .00

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HP Notebook Pavilion15-R120

UP TO 2 YEARS EXTENDED WARRANTY

i3 4005
4GB Ram
500GB HDD
1GB Graphic card
15.6" Screen
Windows 8

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875 Dhs .00

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1,049 Dhs .00

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SPORT SHORTS

Cricket:

MS Dhoni has ended his Test career with immediate effect, shocking all his fans. The India captain will be replaced by Virat Kohli who will lead the team in the fourth Test as they face Australia on the 6th of January. MS Dhoni will now concentrate on ODI and T20 formats.



Rugby:

Australia's Nick Phipps has signed a two year contract extension with the Australian Rugby Union, leaving him with the Wallabies and New South Wales Waratahs until the end of 2017. The 25 year old has been offered the new deal following the 14 of Australia's Tests over the past season.



Basketball:

LeBron James led the Cleveland Cavaliers to victory in a hard-fought 98-89 win over Orlando Magic, scoring 29 points and eight assists for his team and responding well to a disappointing defeat against Miami Heat. This was Orlando Magic's fifth loss in the last six games.



Climbing back up

Brendan Rodgers is confident that Liverpool is now seeing improvement after a tough 2014 following their impressive 4-1 victory over Swansea at Anfield. The Reds managed to score three goals in only 18 minutes, which made them end a turbulent and rollercoaster year in eighth place in the Premier League. Liverpool were five points off the top four after that splendid victory. Rodgers believes that his side is going in the right direction as he claims "It was an outstanding performance against a very good side in the top eight. For us to perform like that was very pleasing."



Dynamic Duo

Serbia's Novak Djokovic and America's Serena Williams have been named as the 2014 World Champions by the ITF. The decision was made depending on the player's performances on the regular tours and grand slams. Wimbledon champion Djokovic

clinched the men's prize for the fourth time after winning seven titles this season and the year-end top ranking for the third time in four years. On the other hand, Williams won 18 grand slams in her career, clinching the award for the fifth time.

Battle for recovery

It has been a year since Michael Schumacher's life-changing skiing accident, and the former F1 world champion is still facing a long fight in his recovery. Schumacher suffered severe head injuries in his accident in the French Alps, and it was the helmet he was wearing which saved his life. It was announced in June that the German was no longer in a coma and had been transferred to a hospital in Switzerland. Philippe Streiff, a former F1 driver who was paralysed in a testing accident in 1989, stated that Schumacher "had yet to recover the power of speech but was starting to recognise those close to him". Schumacher's manager Sabine Kehm said "We need a long time. It's going to be a long time and a hard fight. He is making progress appropriate to the severity of the situation."



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Sony Xperia Z4 Tablet: Fancy and monstrous

It was quite hard to believe that Sony is releasing a new large tablet, however the rumour is true, and the tablet will be released in the first half of 2015. The Sony Xperia Z4 features a 12.9-inch display with a 3840x2400 resolution; this means we could be in for a 4K Ultra HD screen with a 16:10 ratio. It also has an 8-megapixel camera, Qualcomm chip, and is 8.66mm thick. Sony might be aiming to launch the tablet during the same time Microsoft, Samsung and Apple releases their own large productions. It is also listed that the Xperia Z4 Tablet will feature 6GB of RAM, twice the 3GB threshold found in today's top devices.



The sound of the future

Samsung has once again come up with another fantastic invention - a speaker desired by many lovers of music. The Korean firm has unveiled the WAM6500 and WAM7500, its first compact one-piece speakers to promise room-filling sound. The speakers centre around a ring radiator that pipes audio at 360 degrees in all directions as well as strikes a careful balance between bass and treble, providing you with just the sound you need. Let's not forget that these new speakers boast an incredible design. Just looking at them would make you want to buy one. Both speakers will seamlessly connect to TVs, soundbars and mobile devices.



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



INTO THE WOODS

The Dubai Mall

Big Hero 6 - 11:40am 2:50pm
Big Hero 6 (3D) - 12:40pm 5:00pm
Dumb And Dumber To - 1:55pm 2:25pm
 4:10pm 6:25pm 7:15pm 8:40pm 10:55pm 12:10am 1:10am
Dying Of The Light - 12:15pm 2:20pm
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Escobar: Paradise Lost - 10:30pm 12:20pm
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Foxcatcher - 1:25pm 4:10pm 6:55pm
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Dubai Festival City

Action Jackson - 10:00AM 12:45PM 3:30PM 6:20PM 9:10PM 12:00AM
Death Squad - 10:30AM 2:30PM 6:30PM 10:30PM
Dumb And Dumber To - 10:00AM 12:10PM
Falcon Rising - 12:30PM 4:40PM 8:50PM 12:55AM
Horrible Bosses 2 - 10:00AM 11:00AM 12:20PM 1:20PM 2:40PM 3:40PM 5:00PM 6:00PM 7:20PM 8:10PM 8:20PM 9:40PM 10:30PM 10:40PM 12:00AM 12:50AM 12:55AM
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PADDINGTON

You snooze you lose

It's as simple as 'if you blink, you're going to miss it.' BMW has given its range-topping M6 a makeover, making it quite difficult to spot.

The vehicle features a redesigned carbon fiber roof, which is now more contoured, lighter and sits slightly lower to improve the car's center of gravity more than it already was.

On the inside you can spot some differences such as the level of trim and styling which have been taken up a notch.

The new M6 boasts the same fantastic 4.4-litre V8 twin-turbo-charged engine as before, with the ability to accelerate from 0-100 km/h in 4.2 seconds only, before reaching the top speed of 250 km/h. Some 15 horsepower has been added to the engine, giving a total of 560 horsepower.



The enjoyable drive

It's not unusual for drivers to have deep interest in their car's speed and structure, but that should definitely have its limits. The Lexus RC F Coupe takes an already aggressive-looking

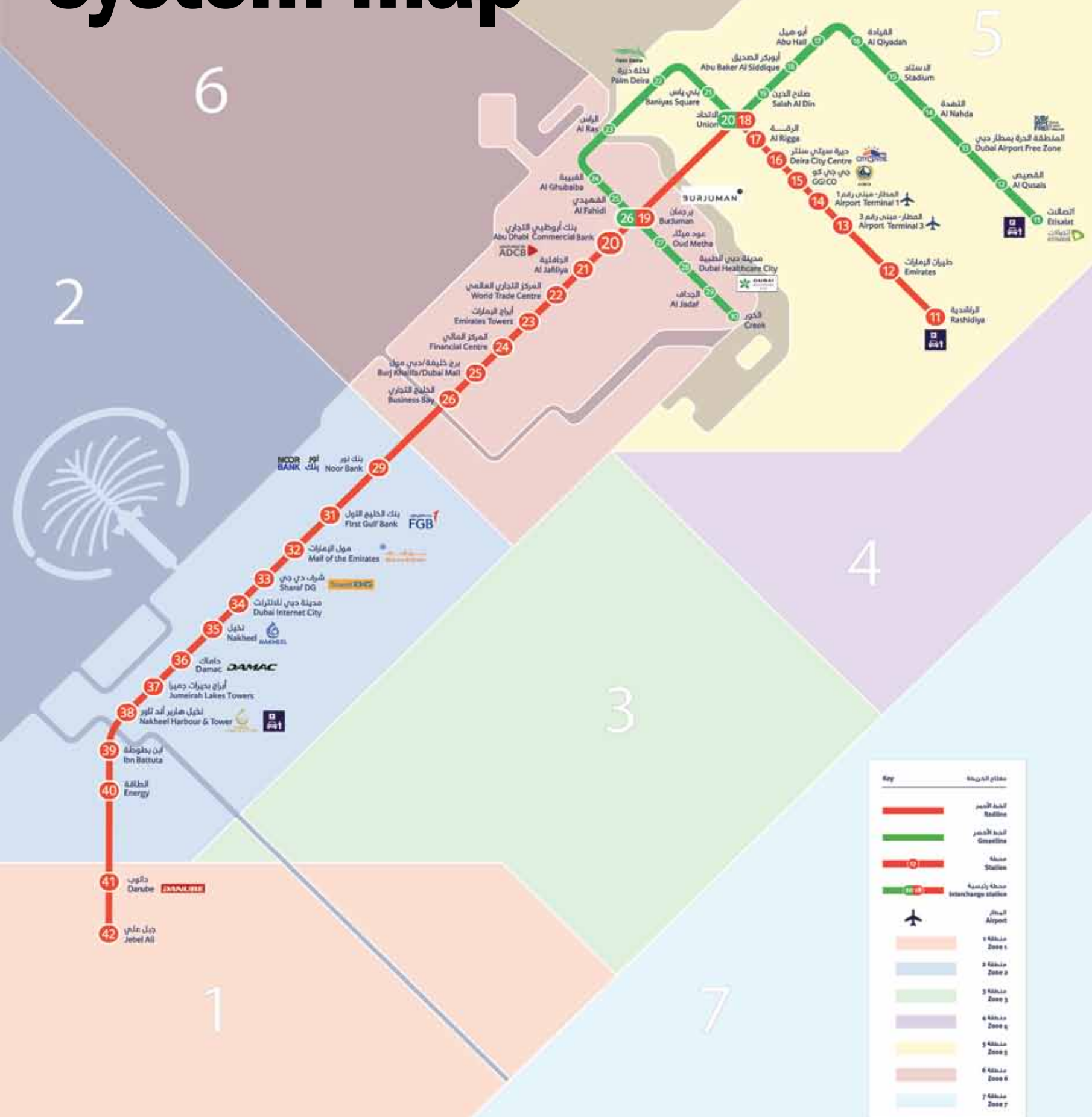
car to a much higher level. The vehicle features wild styling, a doomed hood, a deeper grille, unique fascias, flared fenders, and ample cooling ducts. For you sports cars enthusiast, you might

be wondering what lies beneath that nice hood. Well, you'll find an impressive 5.0-litre V-8 rated at 467 horsepower mated to an eight-speed automatic with paddle shifters. It is able to accel-

erate from rest to 100 km/h in a matter of 4.3 seconds. However, the RC F is too heavy to compete with the BMW M4. Lexus says the car was developed with one goal: "pure driving enjoyment."



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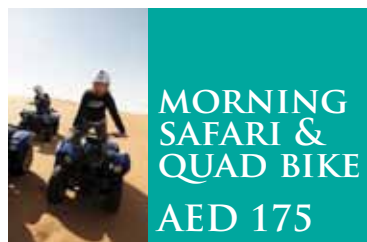
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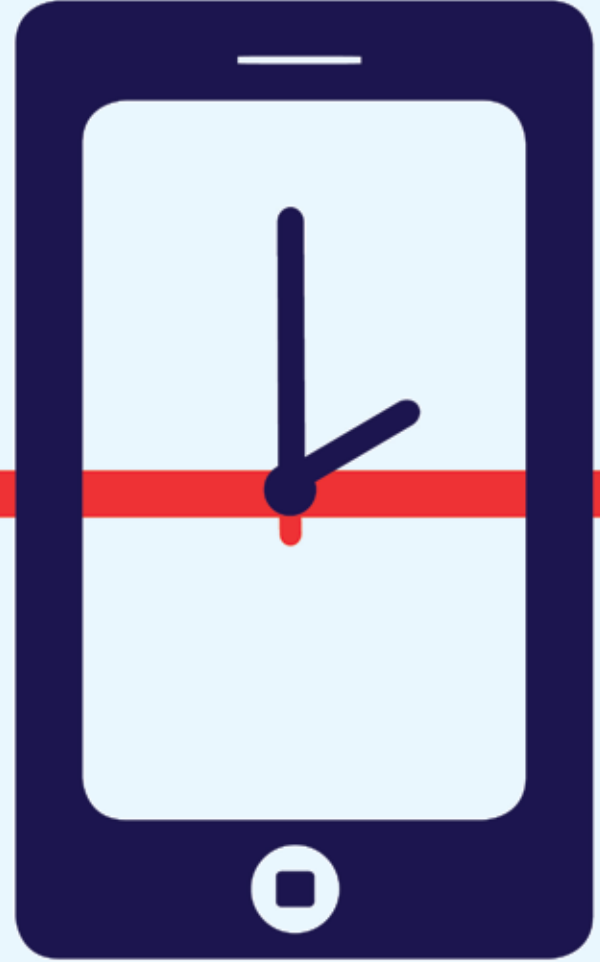
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Hollywood news

Kim Kardashian buys new property to save her marriage.

Rumours are Kim and Kanye are having a rough patch in their marriage. It was recently reported that the famous couple spent their Thanksgiving apart and have even spent over a month living in different countries so that Kanye could work on his new album. However, if Kanye's work is just a ruse to get some "alone" time, then the news is, Kim is going to build a massive, fully functional recording studio on her newly acquired property to keep Kanye West home. Kim reportedly plans to fully utilise every inch of the new space with a movie theatre, game room, basketball court, spa, and mini-theme park for North and any future children.



Lady Gaga and Taylor Kinney, engaged!

On Christmas Day, the Queen of Pop tweeted, "Merry Christmas monsters, today has been the happiest day of my life." Lady Gaga and her boyfriend of two years now, Taylor Kinney are finally engaged. According to a source, Kinney finally got down on one knee to propose to the Mother Monster and she happily accepted. Moreover, there were other news that there was a good deal of evidence that their relationship will head straight to marriage after Lady Gaga was spotted wedding dress shopping in Toronto back in July. Not only that, the couple has also been seen wearing expensive-looking rings.



Nick Cannon on dissing Mariah Carey in new album

Despite the rumours of how the couple ended their marriage, Nick Cannon insists that he'll never air any dirty laundry in public. Latest news is, Cannon is going to release a new album and is "talking about Mariah". Cannon on the other hand denies all accusations saying on twitter, "I will never say anything negative about Mariah Carey. We are forever a family rooted in love. I am always an open book but personal matters are just that, 'personal.' So please respect my family and respect the process." Cannon and Carey have two children together and have been married for over six years.



Porsha Williams, arrested and jailed

The reality star from The Real Housewives of Atlanta has been pulled over for allegedly speeding at 78 mph in a 55 mph zone. However, the reality star has been jailed for driving on a suspended license. Porsha told Dish Nation that, "I was headed to visit my grandfather who is very ill with cancer in the hospital, and I was pulled over." Porsha offered an apology along with her explanation, telling the site: "I was wrong for speeding absolutely and apologize for putting anyone at risk. I tried to explain the situation to the officer and show him that all my paperwork was in order, but he refused." Police released her after posting a bail of \$1,726 bond.



Bollywood news

Ranveer Singh joins Deepika Padukone in Maldives for New Year

Ranveer Singh is spotted to spend his New Year's Eve in Maldives with rumoured girlfriend, Deepika Padukone. The actress and her beau were spotted at Ibrahim Nasir International Airport. Reports now suggest that Ranveer and Deepika will fly off to New York to ring in the New Year. Ranveer and Deepika had brought in 2014 in style in the Big Apple last year as well.



Sarika calls daughter Akshara 'fearless'

"She's a hardcore actress; this is what she wants to do. Even before she decided to be one, she was spoofing films on home videos. She has a great sense of humour, clarity of vision and a sense of responsibility which will work to her advantage. Her decision didn't surprise us but it had to come from her," says the proud mother. Akshara was presented with a 'brilliantly original' script by R Balki and the opportunity to work with two National Award-winning actors, Amitabh Bachchan and Dhanush, in her debut film, *Shamitabh*. "It was like going to university and Akshara took it in the right spirit. As an actor she has the fearlessness of an innocent child. Anything different, even if it's dark, excites her," says Sarika.

Poonam Pandey, "I achieved whatever I wanted through controversy"

"At one point, I preferred controversy. After getting so much of work, I don't need to do anything controversial now. I achieved whatever I wanted through controversies," she said at a press conference. Pandey made her debut in the Bollywood Movie *Nasha*. The movie is a mix of fantasy and romance with a backdrop of terrorism with Poonam donning the lead role.

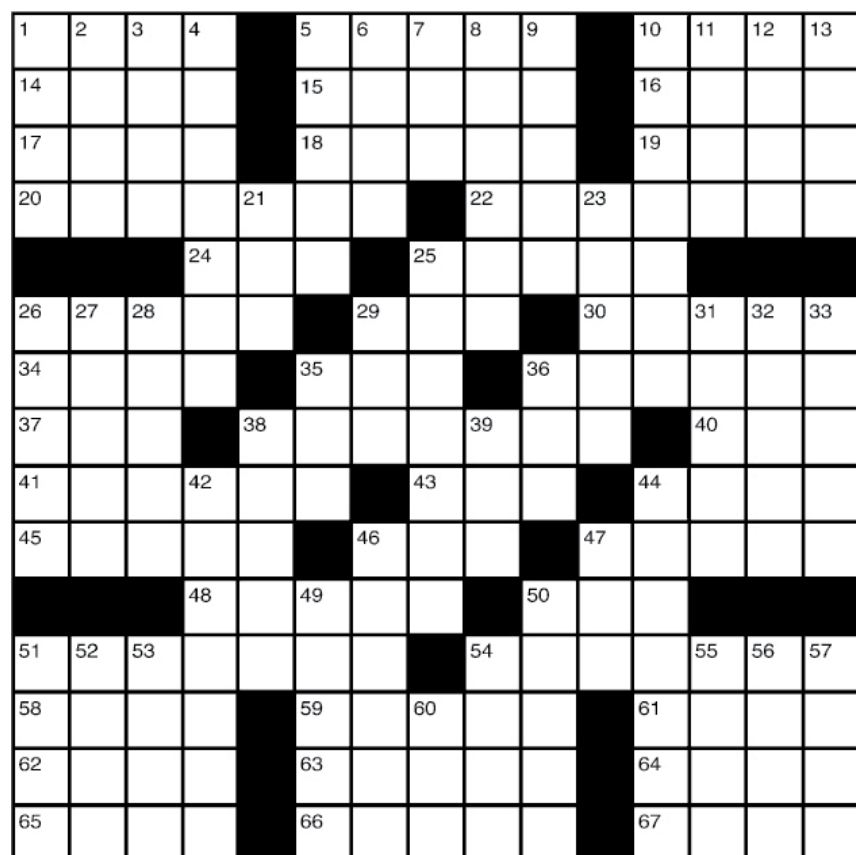


Prachi Desai set to do more than one film in 2015

When asked about Prachi's New Year's resolution, she said, "Actually I think I need to make many resolutions this year because I've been told by the people who work with me very clearly that this year I have to be more active on social media." She also added that, "Apart from that I should also make a resolution that I should do more than one film this year."



Taking your time



Crossword

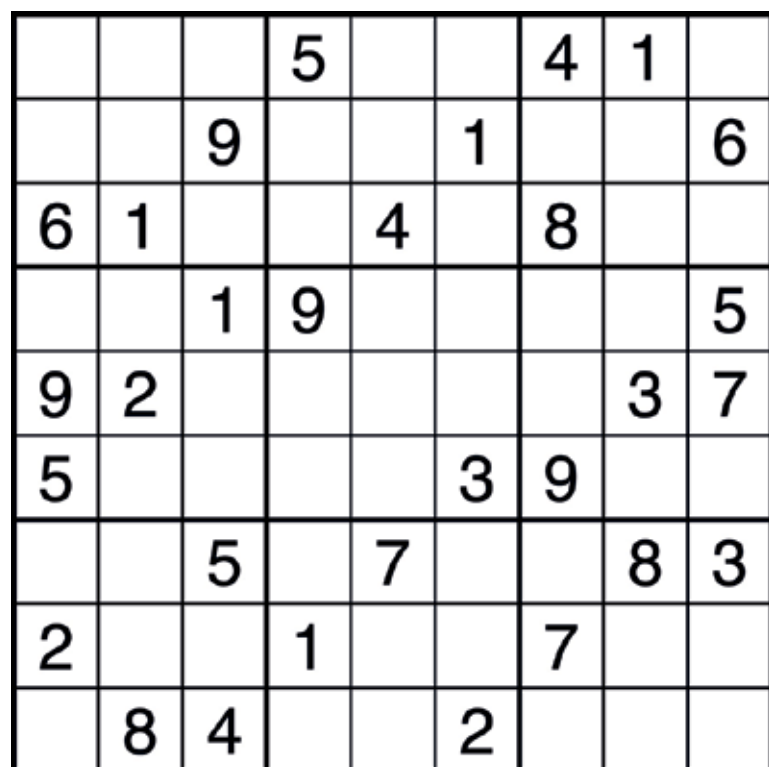
Across

1 Cougar 5 ___ out; get rid of gradually 10 Ginger ___; type of cookie
 14 Makes fun of 15 1/16 of a pound 16 Largest brass instrument
 17 Tricycle riders 18 Beneath 19 Friendly nation 20 Junior naval officers
 22 Takes tiny bites 24 Layer of turf 25 Common metal alloy 26 Zest;
 oomph 29 "For ___ a jolly good fellow..." 30 ___ up; prepares 34 ___ for;
 selects 35 ___ to be tied; angry 36 Graduation cap dangler 37 Happy ___
 clam 38 Mail carrier 40 Like a snow cone 41 Written communication
 43 Have a meal 44 "Apostle to the Gentiles" 45 Porterhouse or T-bone
 46 Buzzing insect 47 Actor Winkler 48 Snouts 50 Feathery scarf 51 Author
 of "Oliver Twist" 54 Shoulder bag 58 Flow out slowly 59 Had a bug
 61 Bring on board 62 Night twinkler 63 Just right 64 Breakfast order
 65 All ___; listening 66 Suspicious 67 Injection

Down

1 Cracker spread 2 "Once ___ a time..." 3 New York team 4 Helps 5 Britain's
 dollar 6 Attila's men 7 "Pomp ___ Circumstance" 8 Perfumes 9 Mysterious
 10 Horses' homes 11 No longer valid 12 Up to the task 13 ___ for; buys
 21 Wet sticky gunk 23 Started 25 Small sofas 26 Hockey scores 27 Rattled
 28 Idaho or Iowa 29 Belonging to that fellow 31 Chinese or Japanese
 32 Happen again 33 In a crafty way 35 In favor of 36 Tit for ___ 38 Tea
 variety 39 Actress West 42 Refueling ships 44 Juicy fruits 46 Next to
 47 Feverish 49 Slow crawler 50 In an awful way 51 Prescribed amount
 52 Greek letter 53 Title for former Russian rulers 54 Scorch 55 ___ chair;
 baby's seat at meals 56 Therefore 57 In case 60 Mr. Iacocca

Sudoku



ANSWERS

SUDOKU

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

CROSSWORD

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

Spot the difference



What's in your stars?

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

ARIES

(MAR 21 - APR 20)

Let technology work for you instead of vice-versa. Home and your emotional center are of primary importance over the next few days. You'll need to get sorted out in your surroundings and your heart before you can turn your energies outward again.



TAURUS

(APR 21 - MAY 21)

Build some variety into your day. The same-old, same-old is gonna leave you cold now, but a little spice gives a big mental spark. If you wanna be a homebody, the next couple of days are perfect for that. Then seeing eye-to-eye with others could be tough.



GEMINI

(MAY 22 - JUN 21)

The more, the merrier for you. the more people you meet, the more conversations you have, the more new stuff you find along the way to feed into the brain. Then you might be feeling a little less than generous or a little bit jealous over the next few days.



CANCER

(JUN 22 - JUL 23)

Beware of the dreaded unintended 'reply all' and similar foot-in-mouth slip-ups. You can get your ideas across way better over the next few days, when you're extra compelling and extra hot! Don't be scared to leave your shell behind, go after what you want.



LEO

(JUL 24 - AUG 23)

A little more conversation, a little less action pays off on Monday. Get input and get ready to make a more informed, more right-for-you move. And the cosmic energy facilitates this over the next few days, keeping you clear-headed and creative at the same time.



VIRGO

(AUG 24 - SEP 23)

Double-check that 'To' line before you hit 'Send'. Even you might be a little disorganised now, avoid big flub-ups. Getting things back in order is easier over the next few days, and don't neglect your social calendar now, either. Find the time for friends.



LIBRA

(SEP 24 - OCT 23)

You may be of two minds about something (or someone). Talk it over, and not just on the surface level, how do you really feel? Then things tend go off track over the next few days, but stressing isn't gonna help matters. While you're stuck waiting, you can still find fun.



SCORPIO

(OCT 24 - NOV 22)

You'll need those amazing analytical powers of yours. Take all the info into account, then sort it out. Over the next few days, though, get a little more touchy-feely, whether figuratively or literally! Things aren't so concrete now, and if you can set expectations aside, you'll free up the energy flow.



SAGITTARIUS

(NOV 23 - DEC 21)

Seeing things as they are, instead of according to preconceptions or others' projections, keeps you plenty busy. This vision, though, gives you a real advantage with the questions coming up. Get someone else in on looking for answers to make it more interesting, funnier and more fun.



CAPRICORN

(DEC 22 - JAN 20)

Figure out the emotional angle behind your reactions. Heart and mind are especially intertwined now, even if you think you're being completely logical! A friend who really gets you can shed some light on the situation, providing you explain it thoroughly.



AQUARIUS

(JAN 21 - FEB 19)

Your unique approach outshines others'. Show your spark! Then health and home needs taking care of. You might be crazy-busy, but fit in exercise and keep your abode in order too, these have lots of emotional and mental impact now.



PISCES

(FEB 20 - MAR 20)

Practical stuff isn't where your head's at, not to mention your heart! You can get help with the concrete stuff in exchange for your creative thinking or sheer entertainment value. With the right partner right now, there's really nothing you can't do!



This week's local weather

SUN



04th

SUNNY
HIGH 24°C
LOW 16°C
HUMIDITY 62%

MON



05th

SUNNY
HIGH 25°C
LOW 15°C
HUMIDITY 48%

TUE



06th

SUNNY
HIGH 24°C
LOW 16°C
HUMIDITY 63%

WED



07th

SUNNY
HIGH 24°C
LOW 17°C
HUMIDITY 65%

THU



08th

SUNNY
HIGH 24°C
LOW 17°C
HUMIDITY 62%

FRI



09th

SUNNY
HIGH 24°C
LOW 16°C
HUMIDITY 60%

SAT



10th

SUNNY
HIGH 24°C
LOW 17°C
HUMIDITY 64%

Read.

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