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Woman vs. Woman

The inner war



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FASHION SPOTLIGHT

READ gets in touch with Dubai based blogger, Faith Rodriguez on how to be style your baby bump.



FOR MAMA I LOVE YOU

Gift ideas, recipes and more for making a perfect Mother's Day for all the doting mothers out there.

VANCOUVER, THE RSD AND METROPOLIS



STRIKING ELEGANCE

A review on the new Mercedes-Benz CLS 500. This is definitely the car of your dreams.



THE GIFT OF LOVE
THIS MOTHER'S DAY

Happy
Mother's
Day



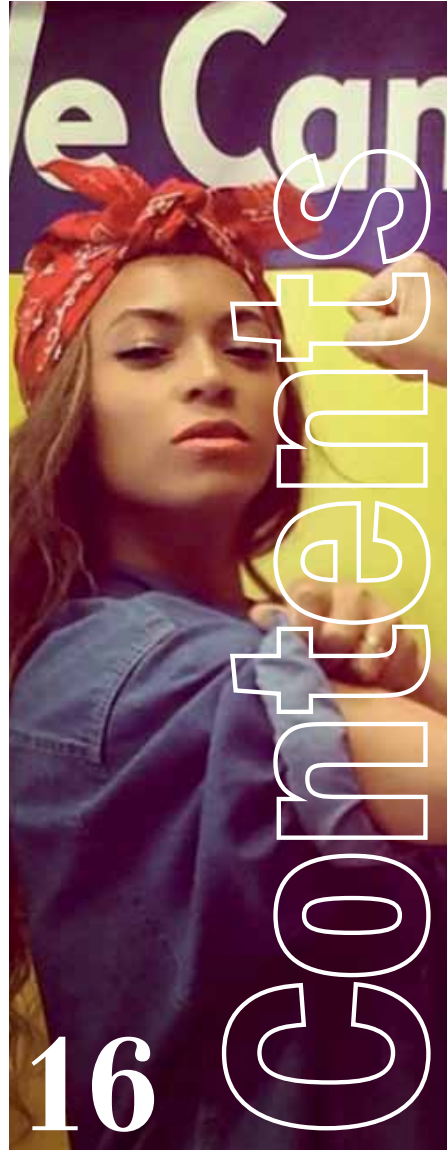
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Poem of the week

Future Love

By Brooke Jean

www.brookejean.com

I could easily draw a blueprint of the future you.

Crafting bits and pieces from the past

Hoping the present doesn't mold you quicker than the others

You.... Are... Different...

The difference is eye catching
Heart stopping
Speechless
Type of different...

They don't make them
Like you anymore
So I'll cherish every part
Of your existence

Read.Poll

How often do you eat out?

- I eat out at least 3 times a week
- I eat out once in a while
- I eat out on special occasions only
- I never eat out

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LAST READ. POLL RESULTS

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DESIGN DAYS DUBAI 2015

Design Days Dubai 2015 hosts the best of limited edition and collectible works from leading international design galleries.

Come and view some of the best limited edition and collectible designs in the region, presented by leading galleries. Design Days Dubai is the first design fair in the Middle East and South Asia and it also offers a series of public talks and workshops. The fair presents designs from leading international designers and galleries alongside up and coming design from across the world. The fair also presents a strong non-commercial programme consisting of education, workshops, installations and live performances.

Where: Mohammed bin Rashid Boulevard, Downtown Dubai

When: March 16-20, 2015

Admission: AED50 (Free for students)

Telephone: 04 384 2003



DUBAI LATIN FEST 2015

A four day and night celebration of all things latin with music, dance and more returns.

The Dubai Latin Fest returns with a bang, bringing together Latin music, dance and culture for all who want to experience this vibrant culture here in Dubai. Organised by the BNF Dance Company, this popular festival will include workshops from renowned professional dancers in tango, salsa, bachata and zouk and live concerts by duo Richie Ray and Bobby Cruz and more. There will also be Latin musical shows performing twice on three nights of the event, a Latin Village near the Hilton, JBR, Latin films shown at Reel Cinemas, The Beach JBR, and even participating restaurants that offer selected Latin food and drinks throughout the festival. The Dubai Latin Fest will take place at multiple locations.

Where: Multiple locations across Dubai

Admission: Varies per event

When: March 18-22, 2015

Telephone: 050 355 0180



7TH EMIRATES CLASSIC CAR FESTIVAL

The classic car show returns to Dubai hosting some of the most memorable and finest old automobiles in the region.

The Emirates Classic Car Festival gets some of the finest, rarest and most exquisite classic cars and their proud owners together for an exhibition that is on its 7th year. Take a look at some of the most beautiful cars and motorbikes and witness the evolution of automobiles. The Emirates Classic Car Festival was initially staged at Dubai Festival City and is now annually held on Mohammed Bin Rashid Boulevard, a spectacular boulevard that overlooks Burj Khalifa, the world's tallest building, in Downtown Dubai. Classic car enthusiasts from across the UAE and the wider region take part in the event. The festival brings together an amazing collection of classic cars that also open doors to the history of evolution of the global automobile industry.

Where: Mohammed bin Rashid Boulevard, Downtown Dubai

When: March 19-22, 2015

Admission: Free Admission



THE ETISALAT DUBAI KIDS' RUN

The Kids Run returns to Dubai bringing a fun time for the whole family.

The Etisalat Dubai Kids' Run gives the whole family an excuse to take a break from their routines and have a whole day of fun for the whole family. The kid run is not only a day of running but a number of fun activities, interactive shows and more for the whole family. The event is spread across two days with the big run being on the first day and a free-for-all run on the second day. The first race will be for ages 9-12 and will begin at 9.30am while the kids from 4-8 begin running 15 minutes later at 9.45am.

Where: DMC Amphitheatre

Admission: Day One: AED 100, Day Two: Free

When: March 20-21, 2015

Telephone: 04 440 9112



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Tide Washing Powder
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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		



CV red flags

HR managers receive hundreds of CVs per position, and it can take countless hours to go through each one of them to find a good candidate. In the first instance, it is your CV that will help you stand out from other candidates and get you the interview. That's why it's never an overstatement that you should give equal attention to both your CV and the way you present yourself in person. Most people spend a lot of time and effort tweaking and formatting the CV design and forget to give the same attention to the content. Akhtaboot is here to highlight the top CV red flags that you need to avoid to make sure that you stay out of the "bad CVs" pile.

Unreasonable Employment Gaps

In today's business world a typical employee will have as many as five to six different jobs by the time he or she retires. Hiring managers understand that people continue to change and evolve throughout life, but having too many irrational employment gaps and career changes can be seen as a sign of instability. Employers want to know that you are reliable and dedicated. A good way to explain employment gaps is to include a well-written cover letter that explain situations and drastic changes in your career path that are not clear in your CV. It also allows you to draw parallels among diverse experiences and provide a link between your past experiences and potential ones.

Lack of Focus on Accomplishments

If you're like most candidates, your CV includes long lists of what you were responsible for at your previous positions. But if the long lists do not point out how good you are, you will not stand out. The key to an impressive CV is to show your achievements in a quantifiable manner. Make sure that you align your accomplishments with the requirements of the role. Hiring managers want to hire candidates whose goals are in line with those of the company.

Fancy Self-Descriptions

Job seekers believe that there is no room for modesty when it comes to job search. That's why many of

them include fancy, self-descriptive terms to portray their work style and personal qualities such as "great leadership skills" or "creative innovator". Hiring managers often disregard anything subjective that job seekers write about themselves because self-perceptions are highly inaccurate. Stick to objective facts and quantifiable achievements that you can prove. You need to be able to support the information you've presented. Employers prefer candidates who are modest and honest about their qualifications.

Lack of Attention to Detail

Hiring managers use your CV to form perceptions about you as a professional. Typing mistakes give a bad impression about you and sends the wrong message on how you do business. Having spelling and grammar mistakes in your CV is similar to you showing up unprepared for an interview. The wrong use of full stops or commas can also change the meaning of the text. If you don't polish your CV more than you will most documents, then your work will have even more errors. Your attention to detail in the CV will give you an edge over other candidates.



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



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5 Steps to Make Physical Therapy Work for Your RA

Doing physical therapy exercises can help your RA (Rheumatoid Arthritis) by making you stronger and more flexible. This can help you feel better. Follow these five suggestions to make physical therapy a successful part of your RA treatment.

By Mrs. Kerstin Eisinger
Physiotherapist, German Medical Center

Work with a pro

Ask your rheumatologist to recommend a PT (physical therapist) who has experience working with people with RA. Only physical therapists can create an individualised physical therapy program based on your RA symptoms and disease progression. A PT can also make sure you're doing the exercises correctly and show you new ones to try, so you'll be less likely to get frustrated and give up.

Adopt a 'no excuses' policy for physical therapy

If you're tempted to say, "I hurt too much today. I'll do my exercises tomorrow," don't give up. Instead, work on a different and less painful part of your body, for instance if your knees

are your most painful joint, do some seated wrist and arm exercises like bicep curls. Warm-water exercises are also good because the water's buoyancy relieves pressure on your joints, and the warmth is soothing. As with any kind of exercise program, you're more likely to do it if you make a habit of doing it at the same time every day. Schedule your workout time on a calendar and treat it just like you would a doctor's appointment. Don't cancel!

Stiff joints? Turn up the heat

Mornings can be tough since joints get stiff overnight. A warm shower does more than wake you up; it also serves as your therapeutic warm-up. Moist heat increases muscle relaxation, boosts blood supply to the painful area, and relieves muscle spasms.

Include aerobic exercise

Aerobic exercise is an essential part of physical therapy for RA. Weight-bearing activities build and strengthen bone, while reducing your risk of other health problems like heart disease and diabetes that often accompany RA. Pair up with a walking partner or sign up for a class for people with arthritis, you're less likely to bail on an activity if you know others are counting on you to show up.

Set goals for your PT

Working with a physical therapist you vow to do the exercises every day, even painful flare-ups positively affect your ability to get around and enjoy life. Let family and friends know about the goals you've set for your physical therapy. You'll be more motivated to follow through, and loved ones can cheer you along the way.

Egg vs. Egg Whites

Not only are eggs a fantastic source of lean protein and heart-healthy omega-3 fatty acids, but they contain some pretty important nutrients. Whole eggs are a power food packed with essential vitamins and minerals our bodies need — a majority of these vitamins and minerals are found in the egg yolk. Nearly all of the best qualities of the eggs are contained in the yolk. Sure, you get less fat with white eggs — and a lot less cholesterol — but that just can't compare with the nutrients packed inside whole, fresh eggs. Eating whole eggs in moderation is not bad for your health, but when making dishes with a large quantity of eggs, try to balance the count of whole eggs and egg whites. The best place to buy eggs is from your local farmer's market. In the grocery, choose organic, which ensures that your hens weren't fed GMO's or animal byproducts..



Raspberry chia pots with maple coconut

Ingredients

1 lb frozen raspberries, thawed
3 tablespoons white chia seeds
1/2 cup (125 ml/ 4 fl oz) coconut cream
1 teaspoon pure maple syrup
1 1/2 tablespoons white chia seeds

Preparation

1. Use a fork to crush the raspberries. Stir

in the chia seeds and mix to combine. Divide the mixture between four 1/2 cup capacity ramekins, cover and chill for 4 hours or until just set.

2. Put the coconut cream, maple syrup and chia seeds into a bowl and mix to combine. Spoon over the raspberry mixture cover and chill for two hours or until set.



Morning Stretching Routine

The Hippie

Pretend your head weighs 500 pounds, and let it pull you down. Bend one knee and hold for 15 seconds, then change legs.



The Pecs Flex

As you lift your hands as high as possible, squeeze your shoulder blades together and open your chest.



The Leaning Tower

Try to elongate your body by creating the greatest amount of distance possible between your left pinkie and your left heel. Hold for 15 seconds, and then switch sides.



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Harp Seal

As if raising a child on a moving sheet of ice patrolled by polar bears and fur poachers weren't hard enough, the harp seal mom nurses her pup on 48% fat seal milk continuously for 12 days without eating. Her pup will gain an average of 5 lb. (2.3 kg) per day during this 12-day nursing period, while the mom herself will lose about 7 lb. per day.



African Elephant

The largest land mammal also has the longest pregnancy among them all, averaging a staggering 22 months. Elephants usually give birth to one calf, which will rely on the mother's milk for four to six years. One would think that years of devotion to her calf and the protection of the herd would lead to a healthy adult elephant, but in reality, very few calves live to adulthood.

Questions:



1. How many babies do you have?
A. 0
B. 1 - 2
C. 3 - 4
2. How many times have you forgotten an important item in the car, i.e laptop, phone etc.?
A. A few times during the year
B. Never
C. Once a week
3. How do you feel when you think about diapers?
A. Nothing special
B. I'm the best
C. I'm allergic to diapers
4. How do you feel about losing sleep?
A. I feel sleepy and nervous but not too bad
B. I'm used to it
C. I become stressful when I don't get enough sleep
5. What is the current status of your life?
A. I have stable work
B. I would like to study again
C. I'm thinking of changing profession

Are you ready to be a mama?

The maternal feelings are normal for women but there are several things in your life that changes after giving birth. Moving on to a new chapter in your life, there are a lot of details to consider before deciding to start raising a family. Take our test to see if you truly are ready to take on motherhood.

By Hanadi Dawara



Answers:

Mostly A's

You're probably ready. You may not have ironed out every wrinkle, but you're well on your way to developing the priorities that define a great parent. Talk to your partner and be sure to bring any anxieties you feel into the open. Your life is at a point to accommodate the joys and responsibilities of a child. Your situation seems well set for taking this next life step. Good luck!

Mostly B's

You may still have some thinking to do. Talk to your partner and be sure to bring any anxieties you feel into the open. It may be a good idea to speak with a couples counselor or therapist. On the other hand, if you are getting towards your late 30's or 40's, you may have to make a hard decision without feeling fully ready, so that fertility is still an option.

Mostly C's

Uh-oh, you might not be ready yet, there are several factors you might need to consider. Maybe you need to get your finances or relationships in order, or maybe you are someone who really doesn't want children. Is having children right for you? If so, what do you need to do to get ready? Talk to those close to you, and think hard about this important and life-changing decision.

Special Mothers

Oldest mother

Adrienne Barbeau is an American actress, who gave birth in 1997, she was 51 when she gave birth. It is noteworthy that Adrienne Barbeau, married for the second time (having a son during her first marriage), she had hoped to get pregnant and tried using artificial insemination but failed. Later on she eventually became pregnant naturally.



Youngest mother

Lina Medina, born on September 27, 1933 is a Peruvian woman who gave birth at the age of five. She has never revealed the father of the child or the circumstances of her impregnation. Medina's son grew up healthy and died in 1979 at the age of 40.



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VANCOUVER,

the island metropolis

A tour around one of the most lovable places in the world

By Bianca Alcaide



Spring is already in full bloom and the perfect place to go to is definitely the beautiful British Columbia.

I've always heard that they have the perfect spring and summer seasons and after spending an entire month in the city of Vancouver, I can now definitely agree with that a 100%. They have the utmost perfect spring season. Vancouver is the place where you can do anything and everything. Relax, enjoy, take on an adventure, and anything else you can ever think of.

On the first day of my exploration in the city, I visited the famous Butchart Garden, a 20 minute drive if you're living in Vancouver downtown. Since we were staying in Richmond, it took me around 30 minutes to get to one of the most beautiful gardens I ever laid my eyes on. The 55 acre garden is divided into many different themes such as the rose garden, the Japanese garden, the sunken garden and many more. If you're a nature lover, you can probably spend the whole morning and afternoon here as there are so many things to see and I'm quite sure that by the end of the day you would have already become one with nature.

If you're the kind of person who loves the ocean and the sound of waves crashing to the shore, then don't waste a minute and head on down to Steveston. A little town which is just 5 minutes away from Richmond, the place is somewhat like a fishing village with a lot of cafés and consists mostly of seafood restaurants. Steveston is a place for someone who wants to relax

and have some quiet time alone. The vintage styles of the stores and houses will make you feel like you're in an old city. So, if you love food, or you want some peace and quiet, then Steveston is no doubt the place for you.

Are you fun, imaginative, creative and love food? If these descriptions

that is approximately 125km north of Vancouver. It would take you about an hour or so to drive up to Whistler if you're coming in from downtown Vancouver. This town provides the young souls with exciting activities during the spring and summer season, some of which includes horseback riding, mountain biking, hiking and many



WHISTLER OLYMPIC MONUMENT

match your personality then it's time to go to Granville Island. The little area is around 30-35 minutes drive from Richmond and is a place which almost has everything. They have a public market which offers its tourists and locals, Vancouver's finest harvests of fruits and vegetables. They also offer different kinds of entertainment like singing, magic shows and a circus act in every corner. Food is not a problem in this quaint town as they have a lot of cafés that sells freshly baked pastries! They also have a lot of fashion stores run by entrepreneurs if you're looking for a little retail therapy.

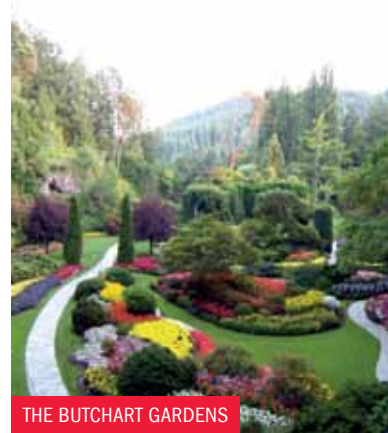
Now, if you're really up for an adventure and you're one of those few who holds a bold heart, then you would definitely want to drive up to Whistler. It's a Canadian resort town

more. They also have a cable car ride that will actually take you across two mountain peaks, which I can say is pretty incredible. During spring, there is still a lot of snow left so it's not too late to go skiing or snowboarding.

Places to eat

Don't forget to drop by at Pajo's in Steveston and get a taste of their local famous fish and chips. What's special about it? Everything they serve you is freshly caught! If you need to cool down, drive over to downtown Vancouver and stop by La Casa Gelato who is known for having more than a hundred flavours to choose from. If you want some authentic Chinese food in the western country, then visit New Town restaurant & Bakery and you'll absolutely feel Asia in the West with their scrumptious Chinese food.

Vancouver is a city that you shouldn't miss visiting. Though the name sounds simple and ordinary, beneath it is something that's so much more incredible.



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WOMAN VS. WOMAN

By Nenwa Touma

With International Women's Day rolling off our shoulders, we still have Mother's

Day to look forward to. It seems like March is all about the female, the role of whom has come a long way since the very first campaign for women's suffrage, which began in the decades before the Civil War. In present times, we see women standing for their rights and contributing to the community they are living in. Despite all this we still have a major part to transform in how the society, especially men, portray woman.

Although we've come a long way, it is no secret that there are numerous reports of women being subjected to abuse and harassment and the gender gap in certain industries are still quite stark and damaging. With this in hand we end up pointing our fingers to men, but we should all remember that for every one finger

you point at someone else, there are three fingers pointing back at you. Women also have a role to play in why we are treated as objects, everything is a two way street. So how, you ask, are women harmful to the very core of what women in history have been fighting so hard for?

Let's take a look at the women who grace the pages of magazines and the silver screen, where they use their beauty to capture the audience's attention; one in particular is Kim Kardashian, an American socialite who became the talk of not only the town but of the whole world, because of her recent stint, where she posed for provocative photos for the cover of a magazine.

According to her the reason was because, "If I get pregnant again soon, my body is going to really change. I wanted to capture my body and have these last forever." It is acts like these that provoke other people to portray women as only objects of beauty, even in places like the Middle East, where women are seen to be modest. Maya Diab has in her own way carved out a place for herself that revolves around beauty and sensuality. The same goes for artists in the music industry, Lorde whom regardless of her young age, has attracted the right kind of attention owing to her admirable songs, it's also no secret that the new Zealander has won several awards

without using any attention seeking antics as compared to Miley Cyrus who has recently turned her music and image to a more sensual side.

There are never ending wars around the world, where women and children are subjected to horrific abuse in these areas. There are women in this generation, young and old who vie for the right image that society should look at. A few examples of these are Oprah Winfrey and Emma Watson, who once stated that, "The less you reveal, the more people can wonder." Both of these women have committed their time and life to take action against all forms of violence and discrimination faced by women and girls





alike. Despite all these acts to resist against the norm, there are still taboo jobs that women themselves are faced with, where most of the time they are forced against their will. This is just one of the many reasons

that lead to women abuse, where it perpetuates the concept that a woman's body is a commodity that can be sold.

Reasons that we create ourselves, whether we like it or not, are a factor

for the contrast in society, where most often than not, see the female gender in a different light and ignore her role in the community as an equally active and efficient member.

In more recent years, women have been able to accomplish many achievements, some of which include fighting on the front lines with men during a war, hold presidential positions and even became great scientists who contributed to the modern researches. This should be seen more in light, a sign that

women should not be treated as a half but as a whole. As a woman, it is important to remember from time to time that we are our own enemy. We fight for equality yet we do not show our opponents that we are worthy of the role. Standing together and being one as a whole is as important as any task. We defend ourselves by stating that we feel powerful when we look beautiful, but we should remember that we must first learn how to respect ourselves before we can earn the respect of others.



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For MAMA



Promod

Top AED229 Skirt AED229

Gift an outfit for your mother or partner, something that she can wear on the special day where you take her out on a nice lunch or dinner. These personal picks are just perfect; it's stylish yet modest and can be used for a casual meeting or a day at work. These pieces can also be easily matched to whatever wardrobe pieces she already owns, giving her the freedom to let loose in her own style.

Swatch

Watch AED250

All mothers are caring, sweet and would give all their spare time for you, so this special edition Mother's Day watch from Swatch is a timely gift for her. It comes along in an adorable package that is full of adoration; the overall design gives off a sense of fun, tranquility, grace and youth. Now she'll think of you more looking at the time on this timepiece.



Pandora

Bracelet AED395
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Despite being a mother we should remind them that they are beautiful and worthy of all the praises. Gift them a wonderful Pandora bracelet and add on a special charm to remind her that we love her for all the sacrifices she has done. If she already has a Pandora bracelet, you can purchase one of the many Mother's Day charms as a symbol of your bond not just as a parent or partner but as your friend as well.

Shower her with love



Book a one night stay at a hotel and reserve a surprise pampering session at the spa



Take her out to dinner that has live music and request for them to play a special song for her



Give her a 'day-off', clean the house, do the laundry and cook food for her



Create a Mother's Day basket, filling it with simple goodies that she loves i.e sweets, movie, cologne, lipstick etc.

Cheesecake Stuffed Strawberries

Ingredients

- 1 lb large strawberries
- 1 (8 ounce) package cream cheese, softened
- 1/4 - 1/2 cup powdered sugar
- 1 teaspoon vanilla extract
- 1/4 - 1/2 cup graham cracker crumbs

Preparation

1. Rinse strawberries and cut around the top. Remove the top and clean out with a paring knife, if necessary as some of them

are hollow already. Prep all of the strawberries and set aside.

2. In a mixing bowl, beat cream cheese, powdered sugar, and vanilla until creamy. Add cream cheese mix to a piping bag or Ziploc with the corner snipped off. Fill the strawberries with cheesecake mixture.

3. Once strawberries are filled, sprinkle or dip the tops with graham cracker crumbs. If not serving immediately, refrigerate until serving.



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Pregnancy without maternity challenge

Photo Credits:
Samantha Malimban and Sheldon Rodriguez
www.thelookbureau.com

Want to show off your baby bump but don't know how? One of the daily troubles of being pregnant is finding clothes that would flatter you and the growing baby inside of you and at the same time comfortable enough for you to wear all throughout the day. Dubai based blogger Faith Rodriguez shares with us her 'Pregnancy without Maternity Challenge', where she went through her entire pregnancy without donning any maternity clothes. If she can be a fashionista mommy, so can you!



In your opinion, what makes an outfit great?

I base my style purely on individual taste and don't always follow the latest trend or abide religiously by any rules of fashion. I believe that what makes an outfit great is when it makes you feel good and look good, regardless of label, price or origin. It's a matter of mixing high-end with low-end, and everything in between. I for one have a minimalistic and feminine personal style. I love solid colors, monochrome, color blocking, and I keep accessories to a bare minimum. Less is more. I like to keep it simple.

What inspired you to do the 'Pregnancy without Maternity Challenge'?

My KPI when it comes to dressing up is versatility. Since I work during the day and at times have to dash off to a press event or a social gathering in the evening, I always try to make sure my office attire can transition from day to night. Similarly, I didn't want to purchase a nine-month supply of maternity wear, which I would later just put away for storage. So I decided to take on the 'Pregnancy without Maternity Challenge' to prove that

you can still wear your pre-pregnancy clothes with and without the baby bump, which I'd hoped would inspire other moms-to-be.

What were the difficulties you faced during your this challenge?

The level of difficulty was moderate to easy. It was just a matter of finding the right material which was stretch jersey all the way and light airy fabrics, and choosing clothing that had an empire waist, swing, seamless or bodycon. I found maxi dresses and



Stylish Pregnancy Tips

Accentuate it

Don't hide your beautiful growing bump, instead show it off! Be proud of the amazing things your body can do. Wearing a form-fitting dress or top will help do just that. Wearing a belt just above your baby bump will also bring out that beautiful bump.

Size Up

Being pregnant doesn't mean you should only wear maternity clothes. Buy regular clothes that are one or two sizes larger than you usually wear and you're good to go. You can still wear cute clothes that are in style, and feel like a normal person this way.

Stay true to your style

You don't have to commit style suicide. Just be really selective, say 'no' to most of the maternity clothes you come across. Don't buy or accept something just because it fits over your belly. Wash and re-wear a few pieces that you can feel good in because they look like you.

crop-tops paired with maxi skirts to be the most comfortable especially during the summer months.



What advice would you give to the fashionable mother's to be?

Don't hold yourself back and try to taper your inner fashionista just because you're getting bigger and feel insecure that you can no longer be stylish without your pre-pregnancy figure. Yes, wearing black may make you appear slimmer, but you're not fat, you're pregnant, hence embrace your baby bump, and make it work! I know pregnancy comes with many woes that may oftentimes make you feel like you're too tired to even try, but if you make the effort to look good, feeling good comes hand in hand.

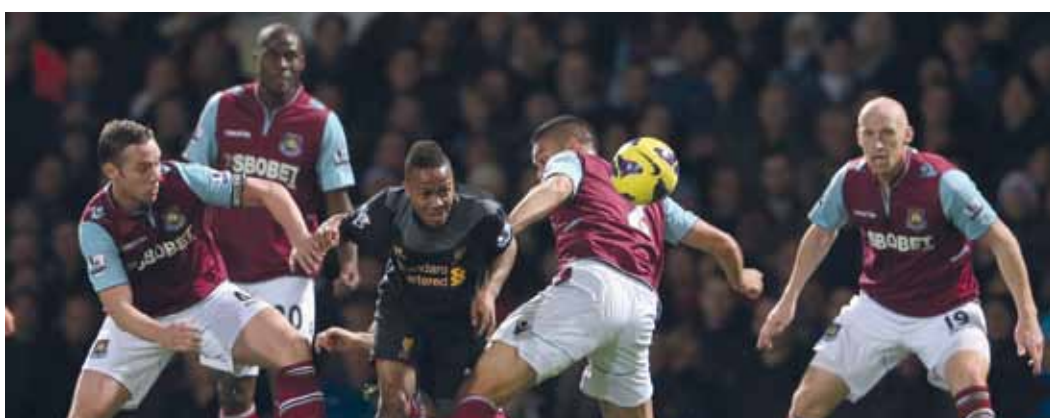
Dubai Corporate Games welcomed 3,000 participants

The annual sporting celebration is now on its 10th year and last weekend set to see the largest number of participants, the event has ever seen. 2015 welcomed an estimate of 3,000 participants ranging from around 60 companies all over Dubai. They competed in an array of sports some of which included tennis, badminton, karting, dragon boat racing and even backgammon. The competitions took place in various locations like GEMS Wellington and Dubai Autodrome but most of the events were held at Al Barsha's American University. The Dubai Corporate Games began back in 2006, where there were only 21 companies who participated; this year everyone came together and put out their very best efforts to win. A family friendly event, everyone is now looking forward to next year's Corporate Games where a lot more activities is expected to take place.



Dubai Sports World set to have more indoor games

Marking its 5th year in Dubai, Middle East's largest indoor sporting venue will celebrate by bringing in an action-packed 10 week schedule of various sport activities, competitions, tournaments and classes. This year would also be covering more than 22,000 square meters for the sports venue, which includes spaces for the following: four pro-standard pitches for five-a-side football, four pro-standard pitches for seven-a-side football and rugby, four basketball courts, two tennis courts, six badminton courts, a mini cricket pitch nets and a regulation-sized volleyball court. That's not all; they would also be bringing in a gym area which includes a fitness studio for group classes and a cycling studio. Skaters are also welcome as RAGE will once again be present, bringing along ramp, rails, pipes and verts.



West Ham returns to Dubai

The English professional football club returns to Dubai for a consecutive year. The Hammers is currently training for English Premier League. United Manager Sam Allardyce stated that they will be aiming for an eighth or better finish at Premier League. Furthermore he shares that, "Having done what we have done and got so far, anything less than eighth would be slightly disappointing. Coming here is a great way to re-energise the players to get them ready for the big push of the last 10 games of the season," said Allardyce. Dubai is more than happy to welcome the players according to Maqbul Dudhia, the general manager of Dubai Sports City, "We are delighted to have had West Ham United with us again. The fact they have returned is proof that what we offer here is top-class." Safe to say that Dubai wishes the Hammers all the luck in the upcoming games.



UOWD wins trophy

The University of Wollongong (UOWD) men's cricket team was victorious after an intense performance in the semi-finals against the Herriot Watt University. This triumph led the team to a 6-wicket victory and topped their rival's total of 116 after 15 overs. Aggham Shah was named Man-of-the-Match after hitting 38 runs from 22 balls. This along with the success of UOWD women's teams in throwball and table tennis was one of the reasons as to why UOWD was awarded the best performing university trophy at the second Skyline Sports Festival in Sharjah, following outstanding performances by five of the University's sports teams.



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Entertainment news



Lily James as Cinderella

"It's weird when you get roles that coincide with your life," says James, whose father —British actor and musician James Thomson — died in 2008 after a battle with cancer. "Cinderella' touches on loss, and there was definitely a strong sense of grief." Cinderella is definitely a big leap for the actress as she was suddenly swept away from being Lady Rose MacClare on Downtown Abbey to being the real-life Disney princess, Cinderella. James also shared that she "did a lot of research on spirituality and read up on people like Gandhi who have been able to deal with life in a way that I knew I never could. But I wanted to make Ella seem as real as possible and didn't want to just play that state." Cinderella was released last Friday the 13th and is set to premiere in the UAE on the 19th.

an unfaithful husband, which she find "exhausting and boring," she has finally gotten loose from the reigns and has now landed a spot on Netflix's House of Cards as Claire Underwood. According to the actress, the new role is like a breath of fresh air and that "it's so much fun to play the maestro." The third season of House of Cards is not out on Netflix, and we shall be looking forward to an interesting conflict between her character and her on set husband Frank Underwood.

Legend of Conan to shoot this fall

Terminator actor Arnold Schwarzenegger recently confirmed that his next movie would be Legend of Conan. TheArnoldFans website, which prides itself on having accurate information about all things Arnold, was told by The Legend of Conan producers that this long-awaited sequel to the original 1982 fantasy adventure will shoot in the fall of 2015. Production will begin once Arnold Schwarzenegger has finished his worldwide promotional tour for Terminator: Genisys. They go onto report that Universal 'loved' the first draft of the screenplay. Works are still in play for the second draft and is set to be sent to the studio soon. Legend of Conan is set to be released on the theaters on November 2016.



Tron 3 will shoot this 2015

Two years after the release of Tron: Legacy, news have surfaced that the Tron 3 is set to start production October of this year and Joseph Kosinski is still on set to be directing his second Tron movie. There's no word on who will appear in the movie, but Vancity Buzz, which first reported the news, says that Legacy star Garrett Hedlund will return. With that said the Reporter notes that the third Tron has not yet been greenlit. Pieces appear to be falling into place however, so it's likely that a deal for the film is simply yet to be finalized and should happen soon. Whether you liked Legacy or not, having Kosinski attached to another Tron movie isn't such a bad thing. At the worst, it should be a striking movie to watch.

Robin Wright on her role

48 year old actress has proven that women well beyond the age of 40 still has what it takes to compete with young actresses like Jennifer Lawrence and Kristen Stewart. After years of being typecast as the heartbroken wife who has



Listings

The Dubai Mall

American Heist 12:20pm 4:40pm 9:00pm
Cinderella 11:20am 1:35pm 2:30pm 3:50pm 4:50pm
 6:05pm 7:10pm 8:20pm 9:30pm 10:35pm 11:50pm
 12:50am
Chapple 11:45am 2:15pm 4:45pm 7:15pm 9:45pm
 12:15am
Focus 11:30pm 1:45pm 4:00pm 6:15pm 8:30pm
 10:45pm 1:00am
Run All Night 12:05pm 1:20pm 2:30pm 3:45pm
 4:55pm 6:10pm 7:20pm 8:35pm 9:45pm 11:00pm
 12:10am 1:25am
Kingsman: The Secret Service 1:25pm 4:05pm 6:45pm
 9:25pm 12:05am

Festival City Mall

American Heist 6:40pm 8:35pm 10:30pm 12:25am
Cinderella 11:30am 2:00pm 4:30pm 7:00pm 9:30pm
 12:00am
Before I Go To Sleep 5:45pm 7:35pm 9:25pm 11:15pm
Still Alice 10:00am 2:15pm 6:30pm 10:40pm
Paddington 11:00am 12:55pm 2:50pm 4:45pm
Kingsman: The Secret Service 10:40am 3:15pm
 7:45pm 12:15am
Focus 1:10pm 5:45pm 10:15am
Run All Night 10:30am 12:45pm 3:00pm 5:15pm
 7:30pm 9:45pm 12:00am

Al Ghurair Centre

Run All Night 10:30am 12:45pm 3:00pm 5:15pm
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Cinderella 11:30am 2:00pm 4:30pm 7:00pm 9:30pm
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Before I Go To Sleep 7:15pm 11:45pm

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Before I Go To Sleep 11:30am 1:45pm 7:00pm 0:15am
Kingsman: The Secret Service 4:00pm 9:15pm
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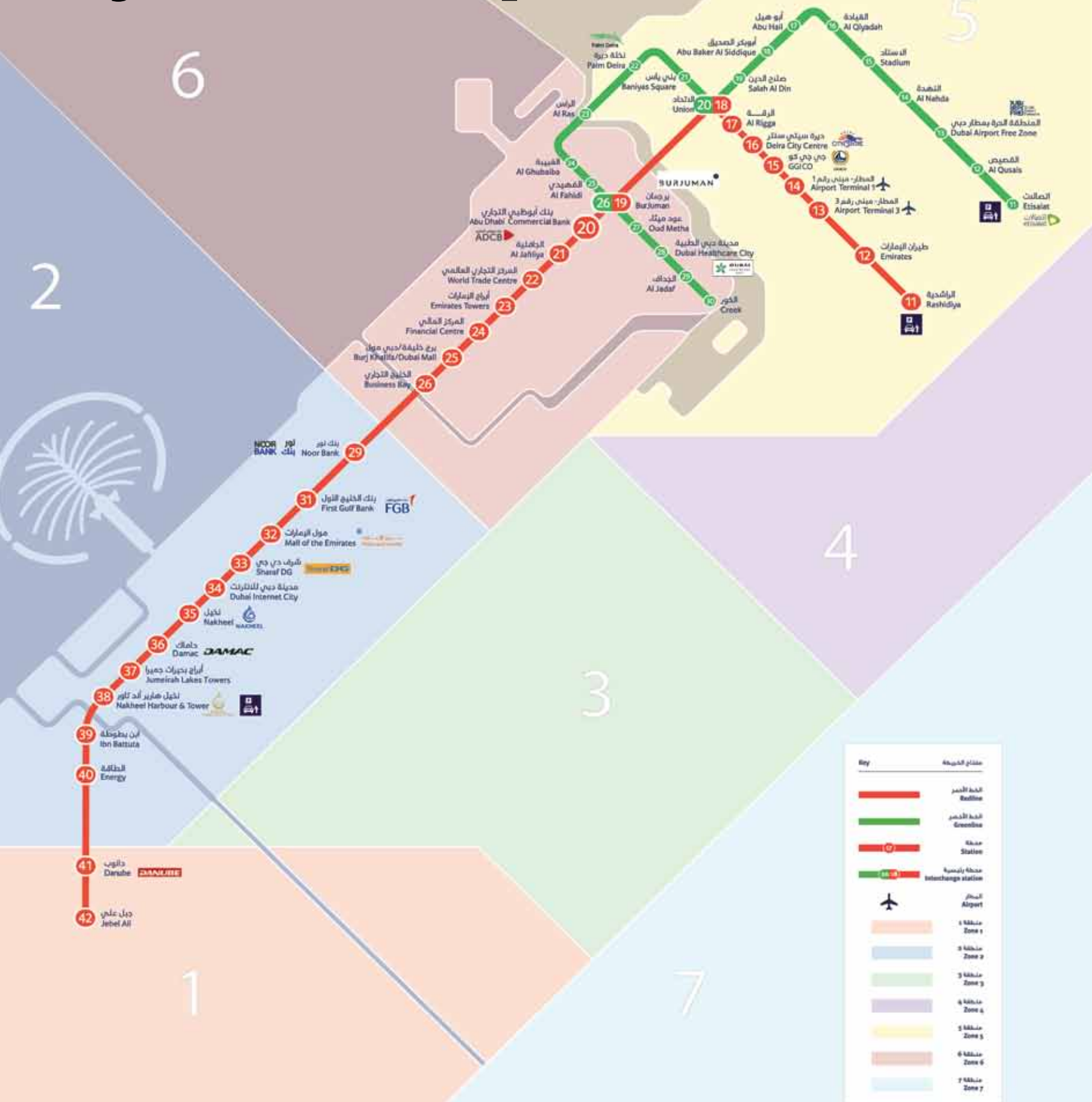
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Cinderella 11:00am 11:10am 1:45pm 2:45pm 4:30pm
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Run All Night 0:15am
Before I Go To Sleep 11:20am 1:25pm 3:30pm 5:40pm
 7:50pm 9:55pm 0:00am
Kingsman: The Secret Service 2:10pm 7:15pm 9:10pm
Focus 12:15pm 4:20pm 5:30pm 6:40pm 9:15pm
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American Heist 2:00pm 9:05pm 10:00pm 0:15am
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Chapple 11:40am 6:55pm 0:10am

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Run All Night 10:00am 12:20pm 2:40pm 5:00pm
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Cinderella 11:30am 2:00pm 4:30pm 7:00pm 9:30pm
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Before I Go To Sleep 10:00am 11:50am 1:40 pm
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Focus 10:00am 12:10pm 2:20pm 4:30pm 6:40pm
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Paddington 10:00am 11:50am 1:40pm 3:30pm
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American Sniper 10:30am 12:30pm 2:30pm 4:30pm
 6:30pm 8:30pm 9:45pm 10:30pm 12:10am 12:30am
Still Alice 10:00am 12:00pm 2:00pm 4:00pm 6:00pm
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Indian male IT systems, network engineer in windows and MAC, seeks job. B.Tech and diploma in CS, CCNA certified. Has 7 years of experience in the same field. Call 0559922680.

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Filipino, experienced school admin staff, photographer with license seeks job. Call 0529052632.

Looking for a job as store keeper or salesman. On visit visa, valid till 12 of March 2015. Call 0525304729 or send an email to reemykhan@gmail.com.

Experienced, certified male with my own visa is looking for a part time job as yoga, kickboxing, aerobics, zumba and physiotherapist. Gym and fitness companies. Call 0522743993.

Indian female, graduate, on husband's visa, proficiency in MS office and tally, looking for a suitable job. Call 0557248852.

Indian female post graduate on husband's visa looking for HR, recruitment or any other suitable job. Call 0557720260 or send an e-mail to princyabraham87@gmail.com.

Indian male is looking for a job. Has 7 years experience in systems, network field and visual media broadcasting IT field. Call 0559922680.

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Executive ladies bed space available in fully furnished centralized AC rooms with all facilities. Located in Bur Dubai near Al Fahidi Metro Station. Monthly rent Dhs1,350 (5 people) and Dhs1,400 (4 people) including all. Call 0529034946 or 0555373210.

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Furnished sharing room available for single lady (Catholic). Located in Al Karama. Monthly rent Dhs1000. Call 0559144603.

Room available for Indian couple or executive ladies. Located near Abu Baker Al Siddique Metro Station. Call 0558869539.

One bedroom with attached bath and sharing kitchen available from 1st March 2015 for Indian couples. Located near NMC hospital near Lulu hypermarket. Monthly rent Dhs2,750 plus Dewa. Built-in cupboards in bedroom and fridge are also available. Call 0508807921, 0555478121

Bed space available for Indian or non Muslim male. 3 minutes away from Baniyas Square Metro Station. Monthly rent Dhs450. All facilities are included. Call 0561639051.

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Bed space available for Muslim bachelor. Located near Dnata Clock Tower and Deira City Centre Metro Station. Neat and clean flat. Monthly rent is Dhs750 only including DEWA and Internet. Call 0505975471.

Bedspace available on 2nd of December for kabayan ladies. Located in St. Al Diyafah Rd., Satwa near Al Malla Restaurant, Lals, Westzone and Carrefour. Call 0505845047.

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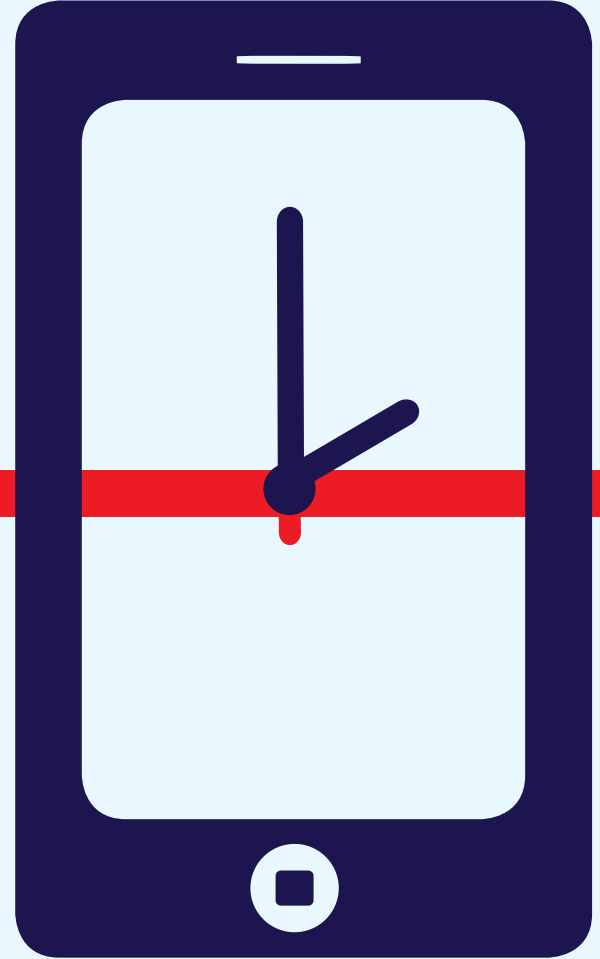
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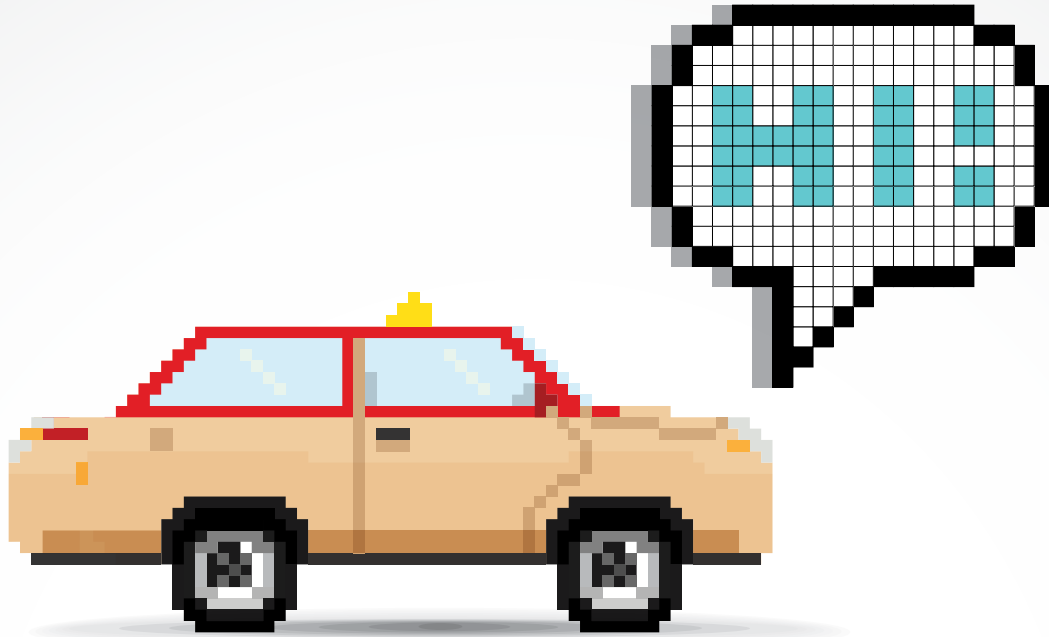
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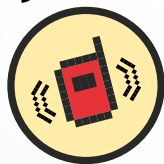


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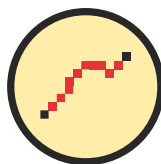
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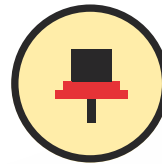
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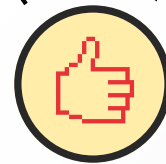
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Diving into virtual reality



It seems like virtual reality headsets have been taking over the world, which is why HTC decided to take part of this trend as well. HTC are releasing virtual reality headset as part of a tie-up with leading PC video games publisher Valve. The VR headset will be simple called the Vive, capable of being paired with wireless controllers and tracking technology to let wearers explore computer-generated environments by walking round their rooms. It's no doubt that the Vive will compete with Facebook's Oculus Rift and Sony's Morpheus VR headset. This type of device will allow the wearer to view computer-generated 3D environments to give them the sense as if they are there – pretty much gaming at its best. There will be something called the Steam VR base station, which will let you walk around the virtual space instead of using a controller. After all these VR devices being released, it's fair to say that we say is true, virtual reality will become a mainstream technology for the rest of the world.

There's no better feeling of getting done with a good workout, especially when you're getting help to keep track of your fitness. Acer has decided their wearable plan needed a refresh, which is why they released the Liquid Leap+. This smartwatch takes the form of a fairly basic fitness tracker that also pulls notifications from your smartphone. Also, the new band design has been updated to better fit the curvature of the wrist, making it very comfortable to work out with. The Liquid Leap+ will track your activity and sleep, and will also convert that data to approximate your daily calorie burn. It's got a one-inch OLED touchscreen that lets you define what activity you're currently partaking in or swipe through notifications. And no, this smartwatch does not only focus on fitness, but also allows you to check your email, calendar, SMS and music.

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www.etsy.com



Tech News Lumia 532 Now Available In UAE



Microsoft Devices announced on March 11, the availability of the Lumia 532 in UAE for only AED 385. Offering the latest Windows Phone 8.1 capabilities at an incredible price, Lumia 532 delivers smartphone experiences that help people do more on the go. Lumia 532 is a powerful quad core smartphone that builds on the success of the Lumia 530. With a premium layered design, Glance screen, front facing camera and more memory, Lumia 532 enables people to achieve their goals with the best of Microsoft's experiences.

"Innovation is for everyone, and we've consistently worked to bring meaningful innovation to even more accessible price points," said Jon French, Vice President Middle East, and Microsoft Mobile Devices. "The Lumia 532 appeals particularly to those looking to buy a smartphone for the first time, with an operating system that is both intuitive and deeply personal."

Lumia 532 will be available in the UAE for AED 385 with a free screen protector, back cover and exclusive app offers, all worth over AED 350. Users will get 1 month free and unlimited access to movies and TV series on icflix app, 2 months free and unlimited access to movies and TV series on Box TV app, AED 100 off on their first ride when they book it through the UBER app, 1 month free premium membership on gaana mobile app and 15 GB of storage space on OneDrive. The Lumia 532 will be available in a range of colours including bright green, bright orange, white and black.

Mercedes CLS 500: Striking elegance



Everyone's dream car is the tagline for the new Mercedes-Benz CLS 500, which has been tweaked up with revised styling, increased levels of standard equipment, and a good amount of mechanical changes. But with this car, there's more to the eye than just that. With upgrades as such, the CLS 500 will outsell the Audi A7 and BMW 6 Series without question, especially if the German automaker stays on the right path. This large, luxurious, fast, and elegant sedan has highlighted a lot of the brand's best work over the last few years. If anything, the 2015 CLS500 looks the way it always should have, where boldness meets elegance.

On the outside, we notice a very obvious addition which is the diamond grille and reshaped air intakes in the front bumper. Not to forget the headlights, being slightly altered with Multibeam LED main lamps and fibre optic DRLs laying above the main LED clusters in addition to the darker taillights. Now, all this truly does make the car look quite bold and luxurious at the same time, creating a more dynamic, athletic car than Mercedes' very likeable but deliberately stoic executive saloon.

Inside, the car just screams "luxury", including an electric rear window blind and AMG Line Plus styling touches. There's also a TV tuner for the 8.5-inch central info-



tainment screen, on-board internet connection, illuminated door sills, plus a new steering wheel design and some more buttons. There are updated trim options that include real wood and metal, soft semi-aniline leathers that are hand-tailored, and paint colors that range from a deep gloss to a modern matte finish. The heated/cooled front seats offer ample room and comfort for almost any body type. If you're a bad parallel parker, don't worry because the CLS 500 has that covered with its 360 degrees camera, or maybe also use the PARKTRONIC active parking assist function that guides the vehicle into a parking space.

Now, let's talk numbers. Under the bonnet, the 4.7-litre twin turbo V8 produces an impressive 408 horsepower and 600Nm of torque. Benz has updated the CLS's telematics, added a nine-speed automatic transmission and performed the now-expected trick of simultaneously boosting power and improv-

ing fuel economy. Believe it or not but this beauty can hit the 100km/h mark in under five and a half seconds. As you steer along, the car will reward you with a subtle and well resolved response, putting you exactly where you need to be.



Taking your time

Crossword

Across

1 ___-bodied; healthy and fit 5 Sudden muscle contraction 10 Horse's gait
14 Make progress 15 Warm jacket with a hood 16 Merry-go-round or roller coaster 17 Shade trees 18 Fess up 19 Top cards 20 Wheeler-___; wily capitalists 22 Most uncanny 24 "___ Maria" 25 Firebug's crime 26 Martini garnish 29 "___ Doubtfire" 30 Guides; directs 34 ___ one's time; wait 35 In favor of 36 Five and six 37 Actor Vigoda 38 Annuls a law 40 Afternoon hour 41 Grassy area 43 TV sitcom alien 44 Smart 45 Narrow street 46 "Happy Days ___ Here Again!" 47 Command 48 Disappears gradually 50 Take to court 51 Indulgent grandma, often 54 Cooking wine 58 Molten rock 59 Stogie 61 "___ the night before Christmas..." 62 ___ to; willing to consider 63 Greek letter 64 Dearth 65 Breathe heavily 66 Deep wide cut 67 Peepers

Down

1 Over the hill 2 Hay quantity 3 Bean type 4 Force into servitude 5 Tire in the trunk 6 Launch sites 7 Ulna's location 8 Phil Mahre and Picabo Street 9 Partners 10 Novice 11 Houston school 12 Inspired poems 13 Midterm or final 21 Christmas ___; December 24 23 Parker House edibles 25 In ___; behind in one's payments 26 2012 winner 27 Written slander 28 Just right 29 Floor cleaner 31 Steer clear of 32 Thick; crowded 33 Scornful smile 35 Some, but not many 36 Leprechaun 38 Regal 39 Schooner drink 42 Boldly resistant 44 Fight like Hulk Hogan 46 Antenna 47 "___ Father, Who art in..." 49 Knocks down 50 Actress Chalke 51 Spill one's soup 52 Daddy 53 Kiln 54 Atlas pages 55 Put ___; store 56 Frilly trimming 57 Inquires 60 Transcript avg.

Sudoku

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

Spot the difference



ANSWERS

SUDOKU

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

CROSSWORD

1	Across	1	Down
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61	Across	61	Down
62	Across	62	Down
63	Across	63	Down
64	Across	64	Down
65	Across	65	Down
66	Across	66	Down
67	Across	67	Down



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What's in your stars?

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

ARIES

(MAR 21 - APR 20)

You might see a great-looking opportunity, but be sure you look at it in context. Then, those leadership qualities of yours will shine extra bright. Everyone will love to hear your latest big idea at this time. Keep plans minimal, and find a positive way to deal with any frustration.



TAURUS

(APR 21 - MAY 21)

Those who think that you're a stick-in-the-mud might be mighty surprised by your agile attitude and fluid thinking. You're going with the flow, and you look fabulous doing it. You're also getting along beautifully with others. Enjoy time with friends and family!



GEMINI

(MAY 22 - JUN 21)

Moving forward with your private plan is one way to go; building trust and finding common ground is another. Then, you're emotionally intelligent as well. Put your head together with someone significant in your life, and see what you two can come up with.



CANCER

(JUN 22 - JUL 23)

It's home vs. work and other responsibilities. Explaining your situation and setting sensible priorities is better than stressing. Your sensitive side raises your awareness of a situation, but before you respond, look at the logical angle as well (or get someone to help you).



LEO

(JUL 24 - AUG 23)

Just because you know it, doesn't mean you have to show it, and a subtle approach may be best. Offering to help instead of offering your two cents is a nice way to go. Letting go as a way to ultimately have more may be counterintuitive, but holding on too tightly is just uncomfortable.



VIRGO

(AUG 24 - SEP 23)

Use that imagination — it's particularly powerful now. Detailed mental efforts are favoured, whether you're tackling the nit-picky on a work project or examining the ins and outs of a relationship. Make sure to look at the positive elements as well as doing the problem-solving.



LIBRA

(SEP 24 - OCT 23)

A little looking back may be inevitable, but make sure you're looking forward, too. If you feel a little blue, talk to a friend and come up with a plan. And guess what? Love is favoured now, with your big, beautiful mind as a source of major allure.



SCORPIO

(OCT 24 - NOV 22)

If you've got a big idea, then today is making it much easier to get it off the ground. Someone you think might have objections is liable to offer support. But before you get carried away, beware of conflicts. Maybe it's your crazy-busy schedule or some other obligations.



SAGITTARIUS

(NOV 23 - DEC 21)

Be frugal with money but be generous with your heart. Extravagance and new things might be momentarily pleasing, but sharing your feelings makes for beautiful and lasting bonds. You're mentally on fire, both at work and at play.



CAPRICORN

(DEC 22 - JAN 20)

The strides you make this week are immensely satisfying, but make sure you're not only concentrating on work. The interpersonal angle's favoured now, too; make hot stuff happen in your love life! Be ready to make some adjustments to your plans.



AQUARIUS

(JAN 21 - FEB 19)

If you don't exercise some self-control and set your own schedule, someone else might impose an agenda on you. Be ready to discuss what you're doing and exactly why. You can definitely move on to bigger and better things later on in the week.



PISCES

(FEB 20 - MAR 20)

As long as you mind your own business this week, you'll be spared any unnecessary drama. Not that you mind drama. But you have enough things going on in your own life right now to let yourself be distracted. Keep your mind from wandering.



This week's local weather

SUN



MOSTLY SUNNY
HIGH 28°C
LOW 21°C
HUMIDITY 40%

MON



PARTLY CLOUDY
HIGH 29°C
LOW 21°C
HUMIDITY 43%

TUE



SUNNY
HIGH 29°C
LOW 22°C
HUMIDITY 45%

WED



PARTLY CLOUDY
HIGH 29°C
LOW 23°C
HUMIDITY 45%

THU



MOSTLY SUNNY
HIGH 29°C
LOW 24°C
HUMIDITY 47%

FRI



PARTLY CLOUDY
HIGH 29°C
LOW 24°C
HUMIDITY 47%

SAT



MOSTLY SUNNY
HIGH 29°C
LOW 23°C
HUMIDITY 42%

Read.

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