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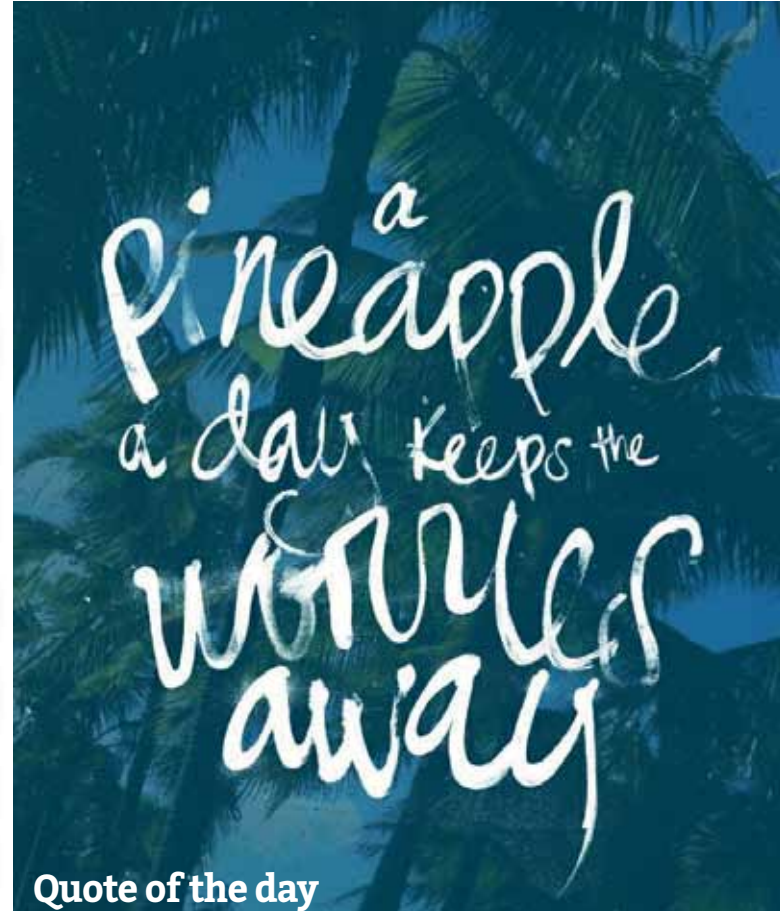
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Dubai Pro Wrestling Live!

The wrestling stars of Dubai are back after a successful inaugural show. Watch out for Savage Sam, Lord Socrates, Blue Lightening, and the first ever female arab wrestler Joelle, as they battle it out in the ring at the HM fitness centre in Al Quoz.

Date: June 12 | Venue: HM Fitness, Al Quoz | Admission: AED 50

Al Noor Annual Gala Dinner 2015

The annual charity gala dinner returns this year.

June 5

Madinat Jumeirah

Single Person-AED 850,
Table of 10-AED 8,000

The Majlis at Dubai World Trade Centre

The award-winning Majlis returns this Ramadan to DWTC.

June 19-July 17

Dubai World Trade Centre
AED 140

The Big Data Show 2015

An event targeting Big Data and those who work the same field.

June 8-9

Dubai World Trade Centre
Free Admission

Indian Property Show 2015

The largest Indian property exhibition is back at the World Trade Centre.

June 11-13

Dubai World Trade Centre
Free Admission

19th Dubai International Holy Quran Award 2015

The prestigious annual competition returns this Ramadan to challenge and educate the public.

June 19-July 8

Dubai Chamber of Commerce and Industry
Free Admission

Iftar at SMCCU

The Iftar that allows the public to get involved and learn about it returns this Ramadan.

June 20 - July 15

Sheikh Mohammed bin Rashid Centre for Cultural Understanding
AED 135, children below 12 go free

Arijit Singh LIVE



Arijith Singh, the multi-talented and multi-award winning musician comes to Dubai once again to get the crowds singing and dancing at the Hard Rock Café Dubai. He will be joined on stage by Arjun who is also an accomplished Bollywood performer. Side acts include Rooh, Knox Artiste, DJ Shadow and DJ Buddha.

Date: June 13 | Timings: 8:00pm
Venue: Hard Rock Cafe | Admission: AED 575



Disney on Ice 2015: Princesses and Heroes

Enter a world where heroes and hearts prevail. Join Ariel as she explores life above the waves and Prince Eric as he breaks Ursula's spell to reclaim his true love. See Prince Phillip, in a race against time to rescue Aurora, defeat evil Maleficent. Discover a whole new world with Jasmine and Aladdin. Enter a winter wonderland with Anna, Elsa and Olaf from Disney's blockbuster hit Frozen and watch in awe as the dreams of Cinderella, Belle, Snow White, Rapunzel and Tiana all come true. Disney on Ice is returning after a successful performance last year. This family show is sure to please the whole family and makes for a great night out with the kids.

Date: June 10-13 | Venue: Dubai World Trade Centre
Admission: Bronze- AED 150, Silver- AED 250, Gold- AED 450, VIP- AED 1000, Royal- AED 2000

Label 24 Trunk Show

Label 24 will be having a trunk show with renowned Pakistani designers Naureen Fayyaz, Iszah, Heritage Couture, Aashi by Ayesha & Rumana on 6th June from 11am - 8pm. The collection on display will include cotton kurtas with rich Pakistani embroidery laces along with cutwork & embroidered pants.

Date: June 6 | Venue: Label 24 Boutique, Jumeirah Beach Road
Admission: Free Admission | Timings: 11:00am - 8:00pm



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

Red Line Green Line



GETTING SOMEWHERE

The Dubai Desert Road Run is a 10km race for all people aged 14 and above, it also consists of a 3km run which is both a Junior Race- with age categories from age 6 to 18 and an adult 3km fun run. If you're planning on going on this run, you have to ensure that you are medically fit and that you are capable of handling such an event. The Dubai Desert Road Run attracts both social and

experienced runners and is held several times during the year, so that runners can keep track of their progress. The event is set to take place on Saturday 6th June, kicking off at 6:00 AM at The Sevens Stadium. This time around, there will be a 10k race and a 3k fun run with medals given to all who finish the races. Trophies will be awarded to the first three men and women in all age categories for the 10k run.

SHARING HISTORY: PROMOTING INTERCULTURAL DIALOGUE

By Sarah Al Hoshi



DR. ULRIKE AL KHAMIS

The aim of promoting cultural neighborliness between people, was the origin of the idea of Museum With No Frontiers (MWNF), the largest virtual museum in the world which first came to life in 1995. It takes the concept of a museum but makes it truly global by using the virtual environment. MWNF provides the platform not only for artefacts, but also related monuments and archaeological sites contributed by over twenty countries in the Arab world, Turkey and Europe. The items are then interpreted and combined in joint multilateral exhibitions by local experts in a style that is easily accessible. At the same time, all the items, more than 5000 now, are also available through a vast, searchable database. All in all, the MWNF online platform is an outstanding resource both for the general public and for scholars, researchers and students, especially as much of the material is made available in several languages, including Arabic.

To gain more knowledge on the concept we reached out to Dr. Ulrike Al Khamis, Co-Director of Sharjah Museum of Islamic Civilization, and strategic advisor to the Sharjah Museums Department (SMD)

What is the purpose of this project?

Most immediately, MWNF aims to present art-historical and historical online exhibitions from the partners' local perspective. In other words, curators and experts from the Arab world, Turkey and Europe come together and work on all aspects of a project hand in hand in a spirit of mutual respect and taking into consideration the perspectives of all involved. This approach is absolutely unique in that it actively encourages intercultural dialogue and peacemaking, both during the preparation of an online project and with regard to the end users worldwide, who are presented with multilateral approaches to a historical topic. The overarching goal of MWNF then is to encourage intercultural dialogue through multilateral online projects around art, heritage and culture. MWNF believes that better knowledge and awareness of what is ultimately all our shared heritage and history may



serve as an agent for fostering mutual respect and peace. Incidentally in that respect, MWNF does not rely on the online exhibitions and database alone, but works very closely with its local partners on the ground, using the website as a catalyst for the promotion of local cultural tourism and educational programmes for schools and colleges. In fact, an Arabic teachers' manual focusing on Islamic Art and supported by the Arab League, which has been working in close partnership with MWNF since 2010, has been available for some time.

What is the number of countries participating in it?

In MWNF's latest online exhibition project 'Sharing History', 22 countries participated from the Arab world, Turkey and Europe. MWNF is also supported by and works in close partnership with the League of Arab Nations. In the United Arab Emirates, Sharjah Museums Department has been the local partner since 2011.

For MWNF's latest online exhibition 'Sharing History' you can go directly to <http://www.sharinghistory.org>

If you want to discover more about the work and exhibitions of Museum with no Frontiers in general, you should visit www.museumwnf.org

What are the key historical sites/trails that you recommend for website visitors to check?

MWNF's 'Sharing History' online exhibition has something for everyone. There are ten exciting and diverse themes to explore, ranging from 'Cities and Urban Spaces', 'Economy and Trade', 'Fine and Applied Arts', 'Great Inventions of the 19th century', 'International Exhibitions', 'Migrations', Music, Literature, Dance and Fashion', 'Rediscovering the Past', 'Reform and Social Changes' to 'Travelling'. There is much more to discover on the MWNF platform, including the very first online exhibition 'Discover Islamic Art' as well as the 'Discover Islamic Art Collections' section, to which Sharjah Museums Department also contributed.



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PROVOC LAUNCHES IN DUBAI DURING BEAUTYWORLD ME 2015

The most awaited beauty exhibition in Dubai is back for their 20th edition, BeautyWorld Middle East is the largest international trade fair for beauty products, hair, fragrances and wellbeing in the Middle East and one of the top 5 exhibitions worldwide. One of which is PROVOC, the home-grown make-up brand who has introduced their latest eye-make up collection such as semi-permanent eye liners in a range of colours, twice more intense flare eyelash extensions for voluminous eyelashes, and luscious lip liners inspired by the beautiful Middle Eastern culture. This new collection was unveiled during this year's BeautyWorld ME. The PROVOC brand is proud of its Middle Eastern heritage and takes its inspiration from the bold and beautiful 'Khaleeji' eye make-up. Mr. Fadi Sawaya, CEO of Sawaya International and the creator of the PROVOC brand says that, "Our

vision for the PROVOC brand is to show the world the beauty and uniqueness of 'Khaleeji' make-up that is inspired by the Orient - the sun, sand and mysterious charm of the desert. The Middle East is a rich inspiration for PROVOC and women from this region loves the black kohl and bold black eyeliners to get the smouldering Arabic inspired eye look. Mixed with luxurious eye shadows, PROVOC helps to create unique and dramatically big eyes which are the main icon of beauty here." The PROVOC collection uses only the highest quality ingredients and materials to create stunning looks that are more provocative, more intense and more attractive and are exclusively

distributed by SAWAYA International. BeautyWorldME also prouids itself in bringing international brands during this exhibiton; the founder of the international French company, Eric Favre Paris, Mr.Eric Favre himself revealed the vast line of high quality, natural and organic products. Known for its expertise in vegetal extraction and use of natural raw materials, the firm has highlighted the development of sustainable, natural and innovative products with its proven effectiveness. With more than 20 years in the business, Eric Favre shared his secret of success in the industry. According to him, the company has a dedicated scientific research team that constantly innovates and formulates the latest food supplements and cosmetics made only from carefully selected raw materials. "I am very passionate about being healthy mind and body. And so I make it a point that, we as a company do our thorough research and testing to provide the best for our customers. We have our own manufacturing and distribution facilities. The entire process undergoes strict quality checks and international certifications as well to ensure that it is safe," says Eric.

AL NOOR GALA DINNER IS BACK AGAIN THIS YEAR

By Hiba BouDaher



Fund raising activities, a delectable multi course dinner and live entertainment will all meet in Al Johar Ballroom at Madinat Jumeirah on May 5 for the Al Noor Gala Dinner 2015. Under the patronage of His Highness Sheikh Nahyan Bin Mubarak Al Nahyan, Al Noor Training Centre for Children with Special Needs collaborates with Pacific Ventures Real Estate, in organising the annual gala dinner with an exciting line-up of entertainment, all for a good cause.

Isphana Al Khatib, the director of Al Noor Center for Children with Special Needs shares that, "This is the first time that we are doing the event at the Madinat Jumeirah. In terms of entertainment, we have a duo performance by 2 opera singers on the night of the event. It will start with a cocktail reception followed by an elegant Multicourse Dinner. The management of Al Noor would be giving speeches at the event and we will also show a video about the Centre. In terms of entertainment, it will include a live entertainment by Salha and the Million Dollar Band. We have a stand-up comedy act by Nitin Mirani, a Duo song performance by opera singers Christine Belbelian and Paul Chass Bester and a live DJ. We also incorporated a touch of Bollywood of Bollywood entertainment by BNF dancers. Our guests will also have the opportunity to bid for exclusive items in the live and silent auction."

About Al Noor Centre's future plans she added that, "We have many fundraising initiatives that we run on annual basis. After the Gala Dinner would be the Ramadan CSR Football Tournament which will take place on 27th June to 2nd July 2015 at the Al Noor Indoor Sports Auditorium. Then we also the Ladies Luncheon in January and the most anticipated Al Noor Annual Fun Fair sometime in March next year." At the end, Ms Al Khatib considered that, "events such as these give an opportunity to various sectors in the community to get involved in corporate social responsibility initiatives, it also creates awareness about the work that we do at the centre."



MR. FADI SAWAYA



WHAT SUPER PRODUCTIVE EMPLOYEES DO DIFFERENTLY



Productivity is all about managing your resources at work effectively and efficiently. We all have 24 hours in a day, but some people seem to get a lot more done than the rest. They seem to be able to handle multiple projects while achieving their goals. So what is the secret of super productive employees? Before we take a look at the behaviors of top performers, you need to understand that productivity isn't about keeping busy all the time. It's really about getting your work done. Akhtaboot is here to highlight the top behaviors of highly productive employees so you can understand what sets them apart from the rest.

They Take Regular Breaks

Super performers understand that in order to maintain their productivity levels, they need to give their brain a break. They don't try to achieve multiple goals simultaneously. They know when to slow down in order to focus on the heavy tasks that need their undivided attention. When that task is complete; they go back to juggling their day-to-day tasks. They never hesitate to take some time off during low seasons to unwind and rejuvenate. This will pay off when you get back into the game.

They Don't Shy Away from Delegating

We can come up with numerous reasons on why we cannot delegate certain tasks to anyone else. While this might give you a false sense of security, it can take a toll on your productivity. Super performers understand that if they have too much on their plates, they won't be able to attend to higher-level obligations. They try to eliminate the responsibilities that have a minimal effect on the overall end result.

They Write Impeccable Emails

In the professional world, people who read your emails form perceptions about you as a professional. Every email you send out is a reflection of who you are. While it's very easy to create a brief, well-written, organized email, many professionals can't seem to

get it right. Super performers take advantage of emails to create a great first impression about them. They always get to the point as quickly as possible and try to avoid overwhelming their readers with unnecessary information.

They Don't Overdo Meetings

Meetings are considered one of today's biggest distractions in the workplace. Since meetings cannot be avoided, companies need to make sure that their people can work without constant interruptions. Super performers know this; they don't schedule a meeting for something that can be solved over the phone, and they don't call for something that can be communicated in an e-mail.

They Try to Avoid Multitasking

Time and time again, numerous studies have confirmed that multitasking is bad for you. Multitasking not only can kill your productivity, but it can also make you less efficient and prone to making mistakes. Super performers try to avoid working on two tasks that are both complex at the same time. Contrary to popular belief, focusing on one task at a time will allow you to get more done and with fewer mistakes. It will also limit distractions and improve your concentration on the long run.



COOKED FROM THE MOTHER'S HEART



This Ramadan season, fill yourself with flavours of home cooked Moroccan dishes cooked from the heart by one of Medley Restaurant's Executive Chef, Batoul Jarmourne or better known as Chef Mama. Born in 1947 in Asif, Morocco, Chef Mama is a self taught chef who worked with Princess Lalla Amina in the late 80's in Rabat, the youngest sister of the late King Hassan II of Morocco, and daughter of King Mohammed V of Morocco and Lalla Bahia. Chef Mama also worked with different embassies and ministers during her time in Morocco.

In 2006, Chef Mama joined the Accor group where she was in charge of Al Yacout Moroccan Restaurant in Sofitel Bahrain. Then in 2008 she moved to Dubai where she started working in Sofitel City Centre Hotel, and now is the Moroccan chef at Medley Restaurant in Pullman Dubai Deira City Centre Hotel.

Her cooking is filled with comforting, rich flavours of a home cooked meal and her warmth and sense of hospitality adds an extra special element to the guest's experience. For that reason, Chef Batoul has earned the new name, 'Chef Mama,' amongst both her colleagues and guests. She personally serves guests and welcomes them throughout the day with the sweetest of smiles, carrying the bittersweet nostalgia of home with her

RAMADAN SPECIAL

Indulge in Morocco's Majestic Delights



Gather your family for a memorable Iftar and Suhoor feast this Ramadan at Medley Restaurant in Pullman Dubai Deira City Centre. Experience their mouth-watering pan-Arabian delights, traditional sweets and savoury delicacies all with a Moroccan twist, specially prepared by Executive Chef Andreas and Chef Mama. The exceptional buffet and family-friendly setting all with the ambience of Morocco is the ideal place of choice to experience the true spirit of the month.

The delicacies of Medley restaurant come alive for Ramadan as you discover a vast selection of pan-Arabian delights with a Moroccan twist, seasoned to perfection. Their buffet set includes tantalizing dishes such as vermicelli

rice, roasted potato with herbs, Moroccan chicken tagine with almonds and lemon pickle, lamb with oriental rice and many more. Their desserts and sweets shouldn't be missed out on as Chef Mama and Chef Andreas teams together to bring you assortments from warbat cream and kunafa nabolsia to fateer with cheese and mixed baklawa. Watch the city come to life at night for Ramadan, at the Azure Pool Bar. Choose your favourite flavour of Shisha from 13 different flavours. Lastly don't forget to stop by 'Le Cafe', where they display Arabic sweets, dates and international desserts. Bring home something special to your loved one's everyday during Ramadan as they are open from 7:30 until 4:00am. Don't miss out on this experience only available from June 18 until July 18.

Iftar: 7:00pm-11:00pm

Individual:

AED 115 per person (when booked before June 5)

Children:

AED 70 kids between the ages of 6 to 12 years old
Free for kids below 6 years old

For 10 people or more:

AED 135 per person (for 10 to 20 guests)
AED 125 per person (for 20 to 50 guests)
AED 115 per person (for 50 guests or more)

Suhoor: 1:00am until sunrise

AED 120 Full Suhoor buffet per person
AED 70 for kids from 12 till 6 years old



EASY BAKED HONEY MUSTARD CHICKEN

Serves: 6

Prep time: 10 mins

Total time: 50 mins

Ingredients

- 1/4 cup of grainy, course mustard
- 1/4 cup smooth dijon mustard
- 1/2 cup honey
- 3 teaspoons extra virgin olive oil
- 1/2 of a small yellow onion, diced
- 2 cloves garlic, minced
- 2 1/2 pounds boneless skinless chicken tenderloins
- salt and pepper
- 3 - 4 small sprigs of fresh rosemary

Instructions

1. In a small bowl, combine the mustards, honey, and 2 teaspoons of the olive oil.
2. In a sauté pan or cast iron skillet, add 1 teaspoon of olive oil.

3. Add the onion and sauté over medium heat until golden and tender, about 5 minutes. Add the garlic and sauté for an additional 1 - 2 minutes, until fragrant.

4. Place the chicken tenderloins on top of the onion and garlic mixture. Salt and pepper the tops of the

chicken according to your personal preference.

5. Pour the honey mustard mixture on top of the chicken. Arrange the rosemary sprigs around the chicken in the pan.

6. Bake the chicken covered at 400 degrees F for 20 minutes. Then remove the cover, baste the chicken with the sauce, and continue to cook for an additional 20 - 30 minutes uncovered, or until the chicken is browned on top and cooked through.



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STOCKHOLM: WHERE MODERNITY MEETS TRANQUILITY

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June is the perfect time for you to head to northern Europe for long, warm days and midnight sun. Sweden's capital is one of the most beautiful major cities in the world. Stockholm boasts a mirage of saffron and terracotta-coloured buildings shimmering between blue water and bluer skies all summer. Not only that, but this city is a modern, vibrant city, known for producing sleek designs, and edgy fashion. In the last 15 years Sweden's capital has emerged from its cold, Nordic shadow to take the stage as a truly international city. With that being said, there are plenty of things to do in Stockholm for all kinds of people.

2. VIKING AND MEDIEVAL PAST

When you're done with Skansen, the next thing on your to do list is having a look at Sweden's fascinating Viking and medieval past on the half-day tour from Stockholm. If you'd like to spend a whole day with Vikings, this is the tour for you. It lets visitors enjoy and experience Viking history, see the old Viking Parliament and the Granby ruins, and also takes you to Vira Bruk and Sigtuna. This tour is the only real Viking tour in Scandinavia.



3. KUNGLIGA SLOTTET



When you're done with Skansen, the next thing on your to do list is having a look at Sweden's fascinating Viking and medieval past on the half-day tour from Stockholm. If you'd like to spend a whole day with Vikings, this is the tour for you. It lets visitors enjoy and experience Viking history, see the old Viking Parliament and the Granby ruins, and also takes you to Vira Bruk and Sigtuna. This tour is the only real Viking tour in Scandinavia.



1. SKANSEN

You might want to start off by visiting the world's first open-air museum, Skansen, which was founded in 1891 by Artur Hazelius to give visitors an insight into how Swedes lived once upon a time. It's a big place and there's a lot to see, so prepare to spend a whole day here if you're interested. The glass-blowers' cottage is a popular stop; watching the intricate forms emerge from glowing blobs of liquid glass is transfixing. The Nordic Zoo, with elk, reindeer, wolverines and other native wildlife, is a highlight. 150 farms and dwellings from different parts of the country were disassembled and transported here. Swedish traditions such as Midsummer, Walpurgis Night and Lucia are celebrated at Skansen.



4. SIGHTSEEING

If you're planning on not staying here for a long time, this condensed 1.5 hour tour of the best sights is probably perfect for you. You'll see all Stockholm has to offer, including the most famous buildings and panoramic views, and even a stop at the picturesque Fjallgatan, where the view of Stockholm's islands and waters is truly wonderful.





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Holiday Partner:



NOTHING IS IMPOSSIBLE “WE CAN BE HEROES”

By Nenwa Touma

After today, you do not need to lament on your childhood dreams of being Superman or Wonder Woman, as they pose to be people achieving unbelievable feats. Photographer Martin Beck tries to change this concept with his latest collection and exhibit to viewers, with a sense of humour, showing heroes as regular people not restricted by race, religion or beliefs, and could be our friend, families, or grandparents.

We reached out to Martin

Beck the Scottish/South African photographer, who is based in Dubai, to talk about his passion for fashion and portrait photography.

What was your inspiration to create this amazing idea?

I just wanted to do something different to my normal everyday life as a commercial photographer. The idea has been with me for a while now; I liked the idea of representing the “Hero” persona as everyday people. When we think of heroes, we think of beautiful faces, perfect

bodies and amazing powers. In reality we are not like that, however this should not deter us from doing good and helping others. You don't have to have a perfect body, beautiful face to help people. We can all do this, we can all be heroes.

How did you come in choosing the subjects?

I wanted a mix of locally based people, not restricted by their race, religious beliefs, gender or circumstance. The U.A.E has such a vibrant mix of cultures. My heroes





are from all over the world and I chose specific people to play those characters purely based on the fact that they look great in that role. This series of portraits is also meant to entertain, make people laugh and smile too. That was a very important part of the process along with the more serious message.

Is there a connection between the careers of the people playing the heroes?

Nothing, my heroes come from all walks of life. I have retired actors, HR officer, mechanic, creative head of Facebook MENA, labourer,

PR agent, dental hygienist, office receptionist etc. Each person is an individual, each following their own path. What unites them is the project and message as a whole, as well as the photography style, as you can see, it's rather gritty, grimy, almost dirty. This was key to the visual effect of these portraits and almost against the grain of what Dubai in particular has become. At the end, do not be deceived by those ready perfect heroes presented to us, but we should be the hero inside us, and do not regret it, you are heroes in your everyday lives, whatever your position is.

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STREET CHIC

It's summer and it seems that the sun is always out to play, and all we want to do is wear the comfiest pair of clothes we can, without looking like we had a wardrobe disaster. READ is here to help you with just that as we bring you the latest 'StreetChic' outfits from our lovely ladies in Hollywood. Ripped jeans? Wear it up or down, no sweat. Tights? Look ruggedly beautiful or chic. Either way, let us and these ladies help inspire you and your summer wardrobe.



Katherine McNamara

is all smiles as she goes for a walk while in Toronto wearing ripped denim and a casual loose shirt



Lily Collins

out and about in West Hollywood donning blue tights and a sweatshirt



A makeup-free **Hilary Duff** runs errands in a sleeveless black shirt, leggings and a plaid shirt wrapped around her waist in Los Angeles, CA.



Vanessa Hudgens

is seen departing her apartment in torn jeans and overcoat in New York City



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ORANGE YOU GLAD IT'S SHOPPING WEEK?

Another month has ended and a new one has begun, which means... It's shopping week! Time to put your gear on and have a retail therapy, after all, you deserve it after a month long of hard work. Let us help you set your shopping list as we give you the latest fashion must-haves. It's summer, so obviously we need bright colours to help us on our adventure this season.



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HANDLING HEARTBURNS

By Abir Kharsa

Appetizers, main courses, and deser- HEARTBURNS. While some people end their delicious meals with a feeling of satisfaction, others begin to experience a burning sensation in their chest due to acid reflux. This occurs when the acid content of your stomach moves up through your food pipe due to dietary reasons, obesity, medications, pregnancy, or even GERD (Gastro-Esophageal Reflux Disease). Instead of rushing for prescribed medicines, try these natural home remedies first. However, if the heartburn persists, make sure you consult a doctor in order to avoid the risk of developing further complications. If left untreated, heartburns can affect your food pipe's lining, eventually leading to cancer.



Track your diet

It is always better to avoid the re-occurrence of such conditions. Pay attention to your food intake, and keep track of what usually causes you to get a heartburn. If you were overweight, try to shed some kilograms to decrease the chances of suffering from them as well.



Chewing gum

Chewing gums stimulate the secretion of saliva -which is alkaline- and help in neutralizing the acidity present. According to the US National Library of Medicine, "Chewing sugar-free gum for half an hour after a meal can reduce acidic . . . reflux."



Mustard

Despite containing some vinegar, mustard helps neutralize the acids in the stomach. Swallowing one table spoon of plain yellow mustard is effective. However, if it was too spicy and unbearable, mix it with some water and gulp it down. It's essential to mention that mustard is not guaranteed to work for everyone, but there's nothing wrong with giving it a shot.



Common food and beverages that causes acid reflux

- Chocolate, fats and oils.
- High fat dairy products.
- High fat meat.
- Citrus fruits.
- Carbonated beverages.
- Alcoholic beverages.



Ginger

Because of its anti-inflammatory and anti-nausea properties, ginger has been always used for gastrointestinal complications. It is believed that gingerroot / ginger tea soothes the stomach and the digestive tract. However, it is advised that you don't consume more than 4 grams of ginger per day.

HOW YOUR DNA CAN SAVE YOUR LIFE

Dr Nasim Ashraf, Founder, CEO and Chief Medical Officer of the DNA Center for Integrative Medicine & Wellness



Obesity in the UAE is double the world average. Nineteen percent of the UAE's population suffers from diabetes. Residents in the gulf are on average 12 years younger when it comes to having a heart attack compared to their counterparts in the US and Europe. Chances are, you know someone who is affected by one of these illnesses. In addition, one in three children in the UAE is overweight or obese. If this epidemic continues into adulthood, treatment of associated illnesses will completely overwhelm the healthcare system in the UAE over the next 20 to 30 years.

These are diseases that no longer affect the few. However, with medical advances, it is now possible to know what category you will fall into later in life. If you have a family history of disease, doctors can identify whether you have a genetic predisposition to developing chronic, lifestyle-related diseases such as obesity, diabetes, heart disease and even cancer. Through a simple, pain-free DNA test, a person can know if they are susceptible to such a disease later in life to help give their body the best chance of avoiding the disease in the future.

We introduced customized DNA testing to the UAE in 2013 and it has the potential to revolutionize the healthcare industry in the region. The test can be done on anyone at any age. Through a saliva or blood test we can identify if an individual's genes have a predisposition to developing a disease. Angelina Jolie has recently raised the profile of this type of DNA testing. She had a double mastectomy and her ovaries were removed because tests showed that she was a carrier of the breast cancer and ovarian cancer gene BRCA1 and she chose to have surgery to dramatically reduce her risk of developing these types of cancer.

Take the time to not only have a check-up that covers genetic risk factors but also hormonal evaluation, food allergies and intolerances, advanced metabolic testing as well markers for stress. Based on this complete profile you can work with your doctor to develop a personalized lifestyle plan that really will change the future of your health.

20% OF ALL BODY PIERCINGS END UP WITH INFECTIONS

Piercing infections are quite common. Their common causes are unsterilized equipment, over- tightening, metal-allergies, or improper care. However, they can be easily treated if noticed at an early stage. Keep in mind that certain piercings such as the navel, tongue, and lip piercings have a greater chance of getting infected since they are at a higher risk of bacterial contact.

How to spot infected piercings:

1. Redness & swelling: Infections tend to appear about one week after getting the piercing done. Therefore, redness is usual in the first couple of days. But if the redness persists and worsens, and the swelling remains, chances are you've contracted an infection.

2. Discharge & heat: White, yellow, or green pus indicates an infection with different severities. Additionally, if your piercing was giving out heat, this could be another sign of an infection as well.

3. Fever & nausea: Serious piercing infections could result in fever and nausea. In that case, medical consultation is necessary in order to prevent further health risks.

How to treat infected piercings:

1. Do not touch: In order to avoid developing an infection to begin with, avoid touching your piercing unless it's for cleansing purposes. Keep your hair from reaching it, and avoid tight clothes that would apply pressure on the pierced region.

2. Salt Soaks: To help draw out the infection, dissolve 1/4 teaspoon of non-iodized sea salt in a cup of warm water, and soak the piercing in this solution for 10-15 minutes twice a day. Rinse and dry.

3. Keep the jewelry: Unless your doctor says otherwise, removing the jewelry may cause pus and bacteria to collect in the infected area. Get rid of the infection first, and then remove your piercing.



STAY AT HOME SUMMER CAMP IDEAS



Cassandra Aarssen,
Professional
Organizer and
Blogger at
clutterbug.me

Summer is usually the season where parents will find it quite hard to satisfy the needs of their children. In school, they are distracted by the various activities of the day, wherein staying at home every day can tend to have a 'boring' effect for the young ones. Here I'll share with you some fun activities you can do to entertain your kids and have them learn new stuff all at the same time.

We will first start with multicultural week, each week choose a country that you will celebrate or learn about. For example let's start with Canada week. You can do a lot of fun things with leaves; you can make little Canada flags. The following week you can celebrate Mexico by making piñatas, and usually when we celebrate other countries we always try to incorporate their cuisine. For China, you can probably try to cook some easy and fun Chinese food and make paper lanterns and dragons.

There can also be a camping week, and the first thing to do is to put a tent in the backyard and leave it there all week long, if you don't have a backyard, you can set up a fort in the living area or the kids' bedroom. After that you can do the "flashlight shadow fun", you shut the lights off and use the flashlight and point it on your finger to make shapes with a fun shadow background. Then you can make s'mores in the backyard, park or simply in your kitchen. After that you can go for a nature walk, drive out of the city and let your kid explore the wonders out there.



Summer Fun + Creativity

By Hanadi Dawara

Dubai lifestyle includes enrolling the kids for summer camps during the summer holidays. But you can always take over and follow your private decision instead, wherein you can create a situation more imaginative than a summer camp. Just think of all the available tools in your house and what you can do with them, let me be your guide to help you start inventing in-house activities for your own 'house summer camp'.

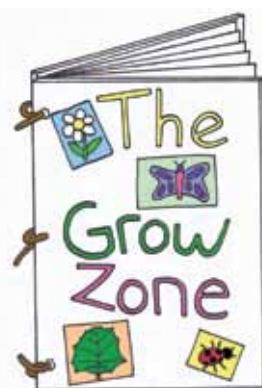
First of all you need a checklist, and a time-bound plan to arrange the place and the activity, for example one week; and we will start with this:

CHECKLIST

- A Tent, Tarp, and Sleeping Bag.
- Familiar bedtime items – pillows, blankets, stuffed animals, dolls etc.
- Gardening tools
- Lamp
- Tree leaves
- Decorative papers

Conducting your own 'house summer camp' is the perfect chance for you to bond with your kids; so why not take a week off and turn off all the technology devices and try to teach them something they will never experience from the modern technology. There are a lot of ideas you can assemble for a great time with your kids.

- Start with 'Garden Journals', cut a thick poster paper into 2 equal pieces. These will be the front and back covers of your journal, then draw and cut out all kinds of things found in gardens, parks or your outside environment. Use coloured construction papers to make it colourful, they can be flowers,



plants, butterflies, bean stalks, blades of grass and yes, even weeds! Be sure to draw and cut out sun; glue your garden images onto your front cover. Put your book together using a string or raffia to tie it together.



- Summer isn't summer without a s'mores party, because everyone knows that the definition of summer is chocolate + marshmallow + graham cracker, so try it with your kids and let them create new flavours to add into it.

- If you are not familiar with kids' kitchen's time, it's time to try and let them be part of the kitchen. Help them create their own pizza, with you only watching over them.



- Camp in; put the sleeping bags on the floor and have a family slumber party in your kids' bedroom or the living room. Stick glow in the dark shapes of stars and the moon on the ceiling for more imaginative fun.



LOOKS AND PERFORMANCE



Is this the best looking laptop or what? There are many companies that roll out these highly portable computing devices. There's the Apple MacBook Air, along with Lenovo and Dell who have jumped aboard the Ultrabook bandwagon with their own offerings. ASUS of Taiwan has not skipped the Ultrabook train either, as they introduced the Zenbook UX303 model last year, and this year, follow it up with the ZenBook UX305 Crystal White Limited Edition. Now the specs, it boasts a high-performance and energy-efficient Intel Core M 5Y71 processor that turbos up to 2.9GHz, a lovely 13.3" QHD+ (3200 x 1800) IPS display that ensures images and text are crystal clear, a high-speed 512GB solid-state storage, lightning-fast 802.11ac Wi-Fi for wireless networking performance that rivals wired Ethernet, all crammed in a chassis that boasts of an exclusive matte white finish.



PHOTOGRAPHY DONE BETTER

Panasonic Marketing Middle East and Africa has announced the launch of its much anticipated Lumix DMC-G7, a new Digital Single Lens Mirrorless (DSLM) Camera. Integrating 4K video recording capability and a variety of 4K photo functions, the DMC-G7 boasts high photographic videographic performance. The DMC-G7 is targeted at those customers who appreciate all the benefits of a mirror less technology in a camera which has a form-factor of a DSLR. The Integration of cutting-edge digital technology into a high performance camera allows not only professionals but also amateur photographers to capture vivid moments. Taking advantage of the 4K video recording performance, users can enjoy "4K Photo" with DMC-G7. With the 4K Photo, users can capture the fleeting photo opportunities at 30 fps in 8-megapixel equivalent resolution by cutting a frame of the most photogenic timing out of the video footage to save as a photo.



Games:



Galactic Civilizations III

With the Empire attacking the Kingdoms of the North and the Wild Hunt, a cavalcade of ghastly riders, breathing down your neck, the only way to survive is to fight back. As Geralt of Rivia, a master swordsman and monster hunter, leave none of your enemies standing. Explore a gigantic open world, slay beasts and decide the fates of whole communities with your actions, all in a genuine next generation format.

HERE COMES THE LG G4



It's no surprise that LG has launched its new G4 as the new flagship phone for 2015. Launched in several cities around the world at simultaneous events, the LG G4 is finally here to succeed the LG G3. It's got some big shoes to fill but also some extremely tough competition with the iPhone 6 still going strong and the new Samsung Galaxy S6 and HTC One M9. But It hasn't even been 30 days yet and we now have a couple more variants of the LG G4, and that would be the LG G4 Stylus as well as the LG G4c handsets. The two devices happen to be exceptionally priced devices which will share many of the same high-end user experience features as found in the LG G4. The LG G4 Stylus happens to be a 5.7" handset, which makes it a wee bit larger than the 5.5" display which is available on the LG G4. It will also feature LG's very own versatile Rubberidium Stylus, allowing one to enjoy easy note taking as well as drawing on the generously-sized screen. Regardless of your choice, both of them will boast of 13MP or 8MP rear cameras as well as a 5MP front-facing camera that will be able to deliver high quality photos and portraits.



CINEMAX DEVELOPING BRUCE LEE-INSPIRED TV SERIES



Described as a passion project, Director Justin Lin (Fast & Furious) is developing Warrior for Cinemax, based upon a concept from martial arts great Bruce Lee. Warrior is described as a crime drama that follows a “gifted but morally corrupt” fighter dealing with the fallout from a failed life-long attempt at vengeance, according to Deadline. Lin will direct the potential pilot, which will be written by Jonathan Tropper, co-creator of the Cinemax series Banshee. Tropper will also be an executive producer of the series. Lee’s daughter, Shannon, discovered the handwritten notes for Warrior several years after her famous father died. Lee was only 32 at the time of his death in 1973. Shannon brought the project to Cinemax, partnered with Perfect Storm Entertainment, Lin’s production company. Lin is best known for his involvement in The Fast and the Furious franchise, directing four of the instalments (three through six) and turning the racing movie series into a box office juggernaut. Lin’s next project will be Star Trek 3, set to release in July of 2016.



The Blu-ray release of Mad Max: Fury Road will feature a black and white option, according to George Miller. In an interview, the Fury Road director said he “demanded” a black and white option of the Blu-ray release, noting that it will also feature the ability to watch the film with nothing but the isolated score. Mad Max: Fury Road is now out in theaters, garnering loads of praise from critics for its “insane stunts” and “freakishly beautiful” presentation. Find out why we loved the film so much by reading Scott Collura’s glowing review. Believe it or not, the director originally had an actor other than Tom Hardy in mind for Fury Road, no other than the late actor Heath Ledger.

ALICIA VIKANDER FOR ASSASSIN’S CREED, BOURNE 5 ROLES?



Ex Machina star Alicia Vikander is reportedly in talks to join the casts of the upcoming Assassin’s Creed film as well as the next entry in the Bourne franchise. According to Deadline, the budding young Swedish actress is in negotiations to star opposite Matt Damon in Paul Greengrass’ Bourne 5 and join Michael Fassbender in the video game-to-film adaptation of Assassin’s Creed, directed by Justin Kurzel. As a result, Vikander will likely drop out of the upcoming Tom Hanks production, The Circle. Emma Watson has reportedly been made an offer to play the role instead.



WORLD WAR Z SEQUEL RELEASE DATE ANNOUNCED

The sequel to 2013’s hit zombie film World War Z will arrive in theaters on June 9, 2017. The movie’s release pits it against 20th Century Fox’s sequel to Fantastic Four, which is set to make its debut that same day. Whether or not World War Z 2 faces stiff competition will depend heavily on how well the upcoming Fantastic Four reboot fares when it releases this August. World War Z 2 will be directed by J.A. Bayona (The Orphanage) and is set to begin filming this October. According to screenwriter Steven Knight, the filmmakers are “starting with a clean slate.”

LISTINGS

THE DUBAI MALL

Pitch Perfect 2 - 3:00pm 5:25pm 7:50pm 10:15pm
San Andreas - 11:30am 1:50pm 4:10pm 6:30pm
 8:50pm 11:10pm 1:30am
Tomorrowland - 11:00am 1:40pm 4:20pm 7:00pm
 9:40pm 12:20am
Poltergeist - 5:00pm 7:05pm 9:10pm 11:15pm
 1:20am
Unfriended - 1:35pm 3:30pm 5:25pm 7:20pm
 9:15pm 11:10pm 1:05am
Green Street 3: Never Back Down - 12:40pm 2:45pm
 4:50pm 6:55pm 9:00pm 11:05pm 1:10am

AL GHURAIR CENTRE

San Andreas - 12:20pm 5:00pm 9:40pm
Tomorrowland - 10:30am 1:10pm 3:50pm 6:30pm
 9:15pm 11:59pm
Welcome to Karachi (Hindi) - 10:30am 1:10pm
 3:50pm 6:30pm 9:10pm 11:59pm
Masss (Tamil) - 11:00am 12:00pm 2:00pm 3:00pm
 5:00pm 6:00pm 8:00pm 9:00pm 11:00pm 00:00am
Mad Max: Fury Road - 7:00pm 9:30pm 11:59pm

DEIRA CITY CENTRE

Tanu Weds Manu: Returns (Hindi) - 10:15am 1:15pm
 4:15pm 7:15pm 10:15pm
San Andreas - 10:00am 12:30pm 3:00pm 5:30pm
 8:00pm 10:30pm
Masss (Tamil) - 10:00am 11:00am 1:15pm 2:15pm
 4:30pm 5:30pm 7:45pm 8:45pm 11:00pm 0:00am
Tomorrowland - 11:00am 1:45pm 4:30pm 7:20pm
 10:15pm
Welcome to Karachi (Hindi) - 11:15am 2:25pm
 5:30pm 8:35pm 11:45pm
Bhaskar the Rascal (Malayalam) - 10:30am 1:45pm
 5:00pm 8:30pm 11:45pm

MALL OF THE EMIRATES

San Andreas - 10:00am 12:30pm 3:00pm 5:30pm
 8:00pm 10:30pm
Avengers: Age of Ultron - 11:20am 2:20pm 5:20pm
 8:20pm 11:20pm
Tomorrowland - 11:20am 12:20pm 2:00pm 3:00pm
 5:40pm 8:20pm 11:00pm
Tanu Weds Manu: Returns (Hindi) - 11:15am 2:10pm
 5:15pm 8:15pm 11:15pm
Always Watching: A Marble Hornets Story - 6:00pm
 8:05pm 10:10pm 0:15am
Maggie - 2:30pm 7:10pm 9:15pm 11:25pm

MIRDIF CITY CENTRE

Tomorrowland - 9:30am 12:10pm 2:50pm 5:30pm
 8:15pm 11:00pm
San Andreas - 11:45am 2:20pm 5:00pm 7:50pm
 10:30pm
Pitch Perfect 2 - 11:45am 2:15pm
Jungle Master - 4:45pm 6:45pm

FESTIVAL CITY

San Andreas - 10:00am 12:20pm 2:40pm 5:00pm
 7:20pm 9:40pm 12:00am
Tomorrowland - 10:30am 1:10pm 3:50pm 6:30pm
 9:15pm 12:00am
Maggie - 12:00pm 4:00pm 8:00pm 12:00am
Jungle Master - 10:00am 11:45am 1:30pm 3:15pm
 5:00pm
Mad Max: Fury Road - 1:00pm 7:30pm 10:00pm
Poltergeist - 11:00am 3:30pm 8:00pm 12:30am



THE ARRIVAL OF THE MULSANNE SPEED

Bentley's new luxury flagship, the Mulsanne Speed, has been unveiled on the roads of the Middle East and is now available at Bentley dealerships across the region. The new Mulsanne Speed offers the driver 530 horsepower and 811lb.ft of torque, with selectable sports suspension and steering on demand. The reengineered powertrain, featuring Bentley's mighty 6¾-litre twin-turbo V8, propels the Mulsanne Speed to 100km/h in 4.9 seconds and on to a top speed of 305km/h. New and contemporary styling features define the Mulsanne Speed as a statement in quintessential British luxury. On-board technology and connectivity

are discreetly integrated beneath the finest materials, created with unrivalled craftsmanship and exquisite handcrafted details. Stephen Reynolds, the Regional Director for Bentley Middle East, India, Africa and Asia Pacific, has stated: "The new Mulsanne Speed is the car that defines Bentley, as a flagship for driving luxury performance. Our customers don't compromise, and we've adopted the same approach in the design, engineering and crafting of our new flagship. The Mulsanne Speed is distinguished, calm and relaxing, but always with a connection to the road and relentless dynamic performance on demand. In this car, every journey becomes a drive."

FASTER, STRONGER, BETTER

Audi is extending the engine range for its new TT generation. The compact sports cars will also be available in a 1.8 TFSI version developing 180 hp. The turbocharged 1.8 TFSI engine has a displacement of 1,798 cm³ and achieves its peak torque of 250 Nm across the rev

range of 1,250 to 5,000 rpm. At part loads, an additional manifold injection system supplements the FSI direct injection, to cut emissions. The Audi valve lift system varies the stroke of the exhaust valves, improving the engine's response. The TT Coupé with six speed manual transmission accelerates from 0 to 100 km/h in 6.9 seconds, or in 7.0 seconds with the optional six speed S tronic, and continues right up to a top speed of 241 km/h.



LINCOLN MKZ: INNOVATION DONE RIGHT

The 2015 Lincoln MKZ continues to impress drivers and critics from all around the world, with its modern features, distinctive style, and impressive power. The MKZ combines luxury, economy and value into a handsome package as easy on the eyes as it is the wallet. Now, it might not be as exotic or as powerful as the BMW 3 Series

or the Cadillac CTS, but it truly does offer a uniquely opulent design, a very comfortable drive, good fuel economy, and an abundance of available tech/comfort features. The new 2015 model has gained a standard rearview camera, parking sensors, and automatic headlights. Also, there's the new 3G connectivity via MyLincoln Mobile app.

On the inside, the MKZ boasts



some unique interior elements. The power moonroof is just beautiful, which can give a clear view of what's above you, and can also make you more comfortable while driving. The transmission responds to pushbutton controls set in a vertical dashboard housing flanking the instrument pod. Build quality is good for the class, with high-grade materials, and comfortable seating for commuting or long drives. The car's infotainment system controls have been improved over other Ford and Lincoln models with improved voice commands and less finicky touch-sensitive buttons. Now there's enough space for four people to fit in the car overall, but three in the back might be too tight.

The exterior is quite understated.

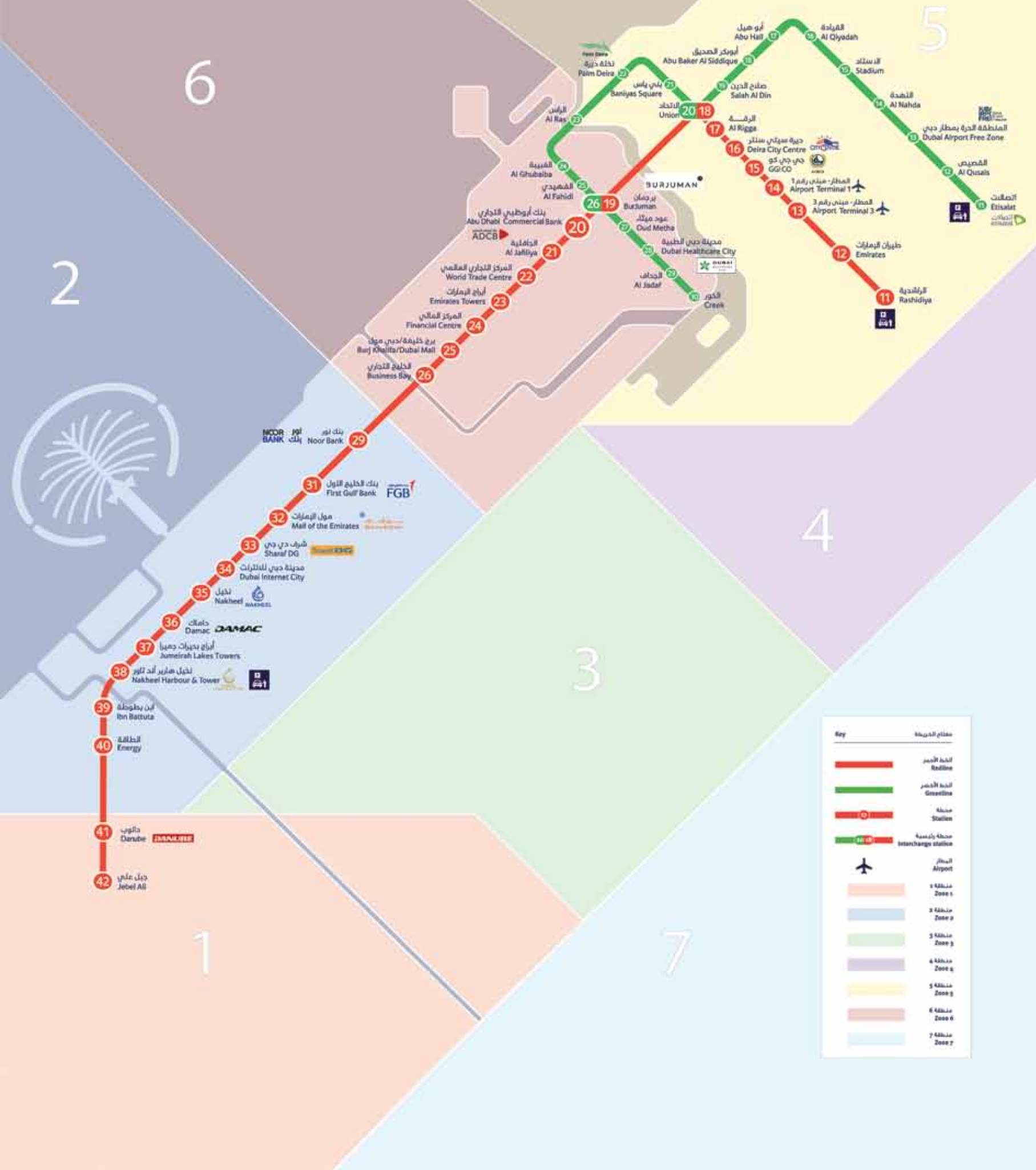


The MKZ looks quite eye-catching and yes, it might attract some drivers and pedestrians on the road if you happened to choose an attractive colour, because this mid-size luxury sedan does look quite unique and different, making it stand out from the rest of the bunch. The front grille is redesigned and it is lowered and according to many opinions better looking, featuring LED head- and taillights.



Under the hood is what was quite impressive, a 3.7-litre V6 rated at 300 horsepower and 277 lb-ft of torque – capable of accelerating from a dead stop to 100km/h in a matter of 6.7 seconds. The MKZ is truly quick, and the paddle-shifted automatic snaps off gearchanges well enough. The engine mates to a six-speed automatic with either front- or all-wheel drive. The MKZ's is frankly quite robust, making launches from the line and highway enjoyable.

Dubai Metro system map



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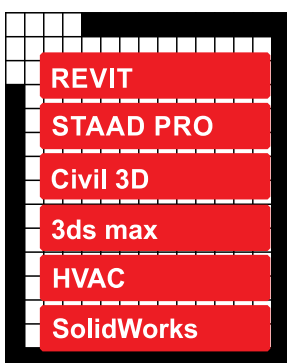
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RTA's projects worth Dh80

Mattar Al Tayer attends launch of Project Management Development Program organised by the RTA in collaboration with the



PROJECTS

Mattar Al Tayer, Director General and Chairman of the Board of Executive Directors of the Roads and Transport Authority (RTA), has revealed that the RTA's expenditure on completed infrastructure projects since it was established in November 2005 has reached Dh80 billion and its assets amount to more than Dh85 billion.

“Maintaining the achievement and excellent standing achieved by the RTA warrants taking a continual review of the RTA's assessment with the aim of learning and improving business conduct and identifying lessons learned from the past, besides translating them into factual reality.”

Al Tayer made these remarks in a periodic meeting with executive directors, directors and managers of the RTA held during the launch of

the Project Management Development Program organised by the RTA in collaboration with the Project Management Institute (PMI). The giant projects undertaken by the RTA have ranked the UAE at the top of all countries in the world in terms of the quality of roads in 2012 and 2013 according to the Global Competitiveness Report published by the World Economic Forum.

“Maintaining the achievement and excellent standing achieved by the RTA warrants taking a continual review of the RTA's assessment with the aim of learning and improving business conduct and identifying lessons learned from the past, besides translating them into factual reality. This can only be achieved through mapping out improved work plans, developing new uncon-

ventional initiatives, picking up new knowledge and expertise capable of meeting future requirements, improving points of strength and engaging in a continuous process of learning and improvement,” said Al Tayer.

Future plans also envisage leveraging customer service strategies as well as smart city projects, maintaining academic and training programmes to qualify second and third generation leaders, enticing national talent to meet the needs of future phases and running a new initiative in the field of project management.

“The Project Management Development Program launched by the RTA complements the project management programme set up in 2014. The new programme aims at uplifting the skills and capacities of employees to be engaged in project planning, construction and management in future, to ensure that they are accomplished in a highly professional manner and at world-class standards. It also seeks to qualify and train individuals in various levels of corporate project management, groom young national cadres to take up the role of project management, qualify some directors and project managers to manage a



These projects also contributed to improving the quality of life of residents as Dubai clinched the first position in the quality of living in the MENA region in 2014. The RTA's projects have had a positive bearing on the economy of Dubai, with savings in time and fuel exceeding Dh87 billion for the period from 2006 until 2014.

Al Tayer reviewed the future drive of the RTA highlighted by the implementation of the directives of HH

bn as assets touch Dh85bn

Project Management Institute and confirms savings in time and fuel from 2006 to 2014 have hit Dh87bn.



MATTAR AL TAYER DELIVERING A SPEECH DURING THE LAUNCH OF THE PROJECT MANAGEMENT DEVELOPMENT PROGRAM

“The programme will be undertaken over several phases, including workshops introducing project management policy and RTA leaders’ project monitoring and follow up guide Specialists of the programme and projects at various agencies and sectors will engage in awareness and follow up efforts about the needs of RTA project management guides and policies.”

portfolio of the programme’s projects, and upgrade the efficiency of managing and monitoring project portfolios. “It also intends to increase the number of professional and occupational certificates obtained by RTA employees which will pave the way for developing an internal accreditation by means of certificates awarded by the RTA depicting the ability to manage certain levels of projects and programmes. Such a programme bears the potential of growing further in future to span government entities in the emirate,” said Al Tayer. “The programme covers a wide array of mini programmes aimed at boosting the skills of target groups in the field of project management to instill in them the principles of project management, management of advanced

projects, management of project portfolios and additional competencies and skills required for project management.

“The programme will be undertaken over several phases, including workshops introducing project management policy and RTA leaders’ project monitoring and follow up guide. Specialists of the programme and projects at various agencies and sectors will engage in awareness and follow up efforts about the needs of RTA project management guides and policies. “Affiliates of the programme will then be subjected to a test to measure their knowledge about various knowledge projects and project management policy at the RTA. Those who achieve high scores will be affiliated to the first experimental course of the RTA’s

“Affiliates will then be subjected to a test to measure their knowledge about various project management policies at the RTA. Those who achieve high scores will be affiliated to the first experimental course of the RTA’s programme.”

project management improvement programme. Successful candidates who complete the training hours and pass the final test will be awarded certificates and registered for obtaining occupational projects accredited by the PMI,” concluded Al Tayer.



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BOUNCING BACK

Toto Wolff, boss of Mercedes, has said that Lewis Hamilton will bounce back from the disappointment of losing the Monaco Grand Prix. Hamilton was on his way to victory during the Monaco GP until a strategy error by Mercedes dropped him down to third place. "He has such mental strength and is on a roll," Wolff declared. "It must be very sore to lose that one because it was his to win but I have no doubt he will recover as quickly as he always does." The Englishman has won three of the six races this season and taken pole for four of them. As he was leading by more than 20 seconds, a late-race safety car led to a panicked decision by Mercedes to pit him for fresh tires. The team miscalculated the gap behind Hamilton, which allowed his team-mate Nico Rosberg and Ferrari's Sebastian Vettel to pass him. "There is no single person to blame. We are a team and we win and we lose together. I am not the most upbeat but I will somehow turn it around," said Hamilton.

BAYLISS AS NEW ENGLAND COACH



England have appointed Trevor Bayliss as their new coach to be the first Australian to take the role. The 52-year-old New South Wales coach succeeds Peter Moores, whose second spell ended in a sacking in early May. Bayliss coached Sri Lanka from 2007-2011 and took temporary charge of Australia for their Twenty20 series in South Africa in 2014; he has also coached Kolkata Knight Riders in the Indian Premier League. "It's an honour to be appointed England coach," said Bayliss. "I firmly believe that the team has a bright future."



BENITEZ TO REPLACE ANCELOTTI

Rafael Benitez is expected to be appointed as the new manager of Real Madrid after his season with Italian club Napoli ends this Sunday. The 55-year-old hasn't signed a contract with the 10-time European champions yet but negotiations are at an advanced stage. This comes after Carlo Ancelotti was sacked as Real Madrid manager last Monday after

being in charge at the Bernabeu for two years. Ancelotti has managed to secure Madrid's 10th European Cup last season, but failed to earn any trophy this season, having been knocked out by Juventus in the Champions League semi-finals, while Barcelona clinched the La Liga title. Benitez has coached in his home country before, winning two La Liga titles and the Uefa Cup with Valencia.



NO CHANGES

European Ryder Cup captain Darren Clarke has decided not to change Europe's qualifying system for next year's Ryder Cup at Hazeltine. This means that the 46-year-old will have three wildcard picks to join the nine men who qualify automatically. "I gave it a lot of thought," said Clarke. "I went into comparisons of what teams would have been like under different systems, but my overall feeling was that considering the team Paul (McGinley) assembled at Gleneagles and how successful they were, it would have been very foolish to make any changes."





TEST YOUR MIGHT

By Wissam Aoun

You might be familiar with the sport of Boxing, especially after the fight of the century between Floyd Mayweather and Manny Pacquiao. Boxing does not only require strength, but also needs speed, reflexes, endurance and will. Nevertheless, READ managed to get a hold of one of Dubai's boxers Lasisi Aliu, who goes by the name "Lucky Boy", giving us a better idea about the sport.

How did you first start boxing? What got you into this sport?

I started boxing in my country Nigeria

back in 2003, so I always loved boxing. There was a boxing gym which I kept going to as well as events. So since then I started boxing and fell in love with the sport.

Who trains you regularly and motivates you to be the boxer you are today?

In my country I had a coach which started training me long time ago, so he gave me all the lessons I needed in boxing, he motivated me a lot in boxing. He taught me a lot of the things that I didn't know which are

important. But when I came to Dubai, I met another coach who also taught me a lot of new boxing techniques.

Is there any specific boxer you look up to?

Yes of course, I'm looking up to Floyd Mayweather, he's a very good professional boxer. I've been following him since ages and I love him so much.

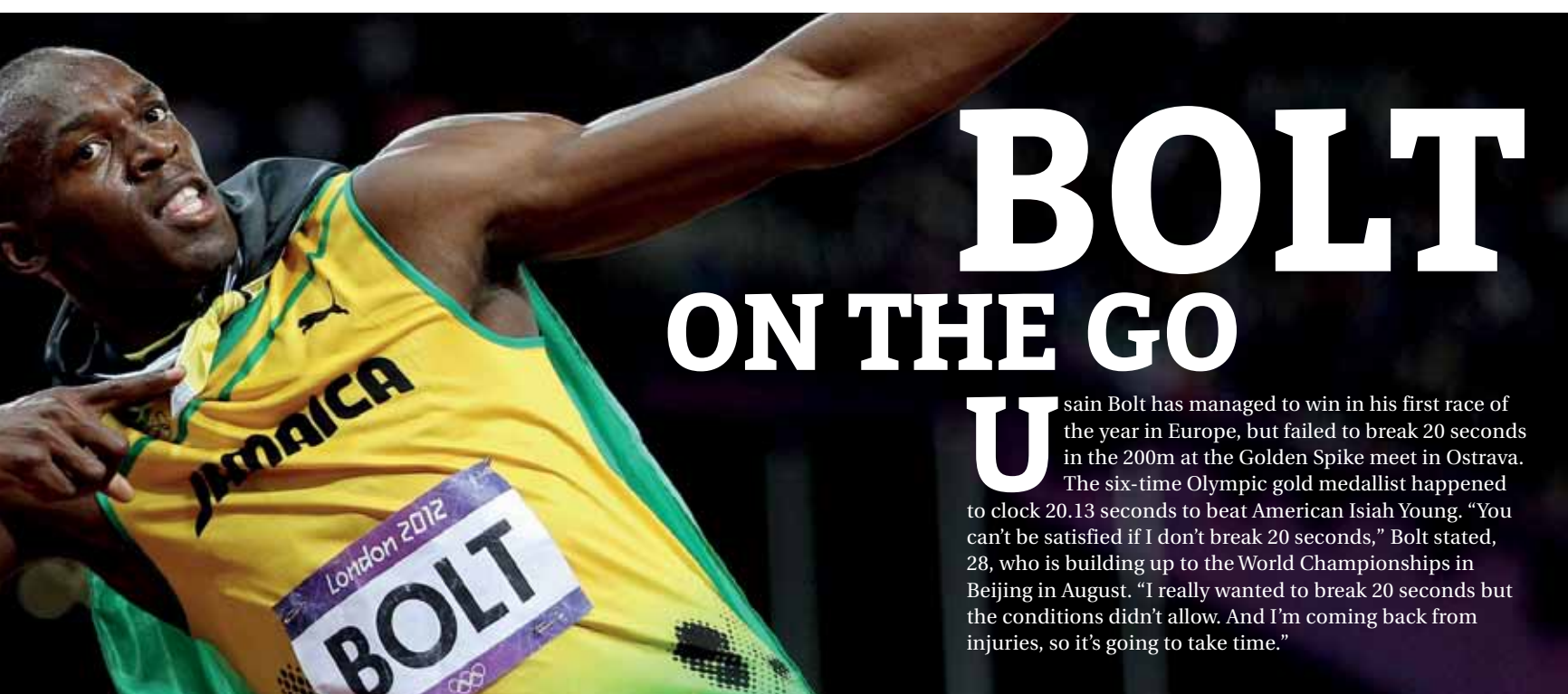
You have obviously seen the fight of the century between Manny Pacquiao and Floyd Mayweather,

what are your thoughts on that fight?

There's no any doubt about that fight, it was a fair call in my opinion. Both fighters got the points they deserve, but Floyd Mayweather is the one who played it better and won the fight.

How often do you workout and prepare for fights?

Well, my workouts can sometimes be different depending on the days, but it's usually around 2 hours and 30 minutes a day, sometimes going up to 4 hours a day.



BOLT ON THE GO

Usain Bolt has managed to win in his first race of the year in Europe, but failed to break 20 seconds in the 200m at the Golden Spike meet in Ostrava. The six-time Olympic gold medallist happened to clock 20.13 seconds to beat American Isiah Young. "You can't be satisfied if I don't break 20 seconds," Bolt stated, 28, who is building up to the World Championships in Beijing in August. "I really wanted to break 20 seconds but the conditions didn't allow. And I'm coming back from injuries, so it's going to take time."

Taking your time

Crossword

Across

1 Uses a plus sign 5 Biden's boss 10 Prison knife 14 Close tightly 15 Taxi costs 16 Ripped 17 Actress Winslet 18 Give medical care to 19 Read __; find out about 20 Smiled derisively 22 __ job; career with no future 24 Play on words 25 Teeming crowd 26 Valuable thing 29 __ York City 30 Ridiculous 34 Sightseeing trip 35 Alphabet's start 36 Corrupt 37 Wrath 38 Items on a relish tray 40 Hairy as an __ 41 Account book 43 Boy 44 Grand __; fourrun homer 45 "Don't __ on me"; words on an old U.S. flag 46 Pelosi's title: abbr. 47 Actress Field 48 Bundles of hay 50 Inexpensive gift for a new baby 51 Unimportant matters 54 Fruit-flavored icy desserts 58 Bring on board 59 Pains 61 Farmland unit 62 Antlered critters 63 Destroys 64 You, biblically 65 Tree house? 66 Poor 67 Garden tools

Down

1 __ for; requests 2 Martin or Cain 3 Palm tree fruit 4 Pullman car 5 Frequently 6 Singing poet 7 "Roses __ red, violets..." 8 Grassland 9 Fall flower 10 Pupil 11 Faith, __ and charity 12 Press clothes 13 Peddle; sell 21 Groove 23 "Bye!" 25 Harasses a speaker 26 Lopsided 27 More miffed 28 Napped leather 29 Major network 31 Not __; in no way 32 Kathmandu's nation 33 Foe 35 Broadcast 36 Blushing 38 Ride a bike 39 Drink like Fido 42 Kaffeeklatsch 44 Day of worship 46 Save from danger 47 Gentleman 49 Memorize 50 Domineering 51 "That was __; this is now" 52 Irritate 53 Annoys 54 Put in the mail 55 Resound 56 Aspen or ash 57 Observes 60 Rush

Sudoku

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

ANSWERS

SUDOKU

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

CROSSWORD

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

SPOT THE DIFFERENCE



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)

You're number one, top of the charts. It's like your face is splashed across billboards throughout the land. Your reputation makes strangers want to know you. And you're interested in knowing other people -- in particular, faraway people.



TAURUS

(APR 21 - MAY 21)

A philosophical approach can certainly make your life seem more amusing and more like a play than real life. But watch out for pretension and righteousness. In the middle of the day on Wednesday, something happens that alters your perspective.



GEMINI

(MAY 22 - JUN 21)

You really don't have to wonder what your days have in store for you because outcomes are up to you. Your days will consist of whatever you want them to contain. That said, don't foist your will upon other people, or they may foist bad feelings back.



CANCER

(JUN 22 - JUL 23)

You're having a hard time allocating resources and deciding on priorities at the start of the week. Days are halting and taxing. Do something to get your blood flowing. A brisk walk? Push-ups? Wednesday brings about a turn toward introspection.



LEO

(JUL 24 - AUG 23)

Flipping idly through a magazine, you find yourself burning with the desire to see Costa Rica. Or Russia. The microcosm of civilization that immediately surrounds you is starting to wear on your patience, and the idea of faces you don't recognize sounds thrilling.



VIRGO

(AUG 24 - SEP 23)

You feel like a caged animal -- not caged against your will, but caged by your sense of obligation (most likely to your family). You take your responsibilities more seriously than most people do, which is why you're destined for great success.



LIBRA

(SEP 24 - OCT 23)

You have a bunch of stuff on the stove right now, and everything's looking good. There's a lot going on. Your friends are pitching in to help, your family is excited about the things you're doing and you're getting the support you want.



SCORPIO

(OCT 24 - NOV 22)

There's too much riding on the risk to justify it to your more conservative friends on Monday and Tuesday. But if you really feel like taking it, and you have it in you to deal with the consequences come what may, well, go ahead. Proceed with care.



SAGITTARIUS

(NOV 23 - DEC 21)

You make people so happy that no matter what you're doing -- be it work-related or school-related or chore-related -- it feels like a party. You're doing something right. The party, metaphorically speaking, breaks up sometime around Wednesday.



CAPRICORN

(DEC 22 - JAN 20)

You're occupied with finding containers for your wild ideas. How can you pour your energy into a project that makes sense to the outside world? Or that means something? The seeming impossibility of it is staggering, but also makes it worth doing.



AQUARIUS

(JAN 21 - FEB 19)

You have enough room at the table to squeeze a few more people in, absolutely. Not everyone has the gumption you do, and your willingness to take others under your wing will be repaid tenfold. As the week continues, it presents more and more challenges.



PISCES

(FEB 20 - MAR 20)

Disagreements are surprisingly useful. Someone else's perspective doesn't contradict your perspective; it simply gives yours dimension. That's how you should think about it. Competition is good. This weekend, all you feel like doing is helping people.



This week's local weather

SUN



31st

MOSTLY SUNNY
HIGH 41°C
LOW 29°C
HUMIDITY 24%

MON



01st

PARTLY CLOUDY
HIGH 40°C
LOW 29°C
HUMIDITY 32%

TUE



02nd

SUNNY
HIGH 39°C
LOW 30°C
HUMIDITY 38%

WED



03rd

PARTLY CLOUDY
HIGH 40°C
LOW 31°C
HUMIDITY 33%

THU



04th

MOSTLY SUNNY
HIGH 39°C
LOW 31°C
HUMIDITY 31%

FRI



05th

PARTLY CLOUDY
HIGH 43°C
LOW 31°C
HUMIDITY 21%

SAT



06th

MOSTLY SUNNY
HIGH 41°C
LOW 31°C
HUMIDITY 35%

Read.

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