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BE CHIC

You don't need to be an expert to be stylish, the simple tips we have for you is all you need.



HEALTHY MOVEMENTS

Read up on how you can take the first step into a healthy lifestyle. Don't take a huge leap, instead take baby steps.



3 DAYS IN AMSTERDAM



RIDE IN STYLE

Get the details on the new stylish interior of the 2015 Chevrolet Camaro model.



Metro life	02
Agenda	03
DXB update	04
You	08
Health	09
Food	10
Style	12
Wish list	14
Cover story	15
Travel	16
Motoring	20
Technology	22
Entertainment	23
Careers	29
Sports	32
Take a break	34
Horoscopes	35



A woman was born in 1948
but only celebrated
her 16th birthday
quite recently.

How can this be?

Check your answer on page 34

QR codes



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RICHARD C. VALDELLON

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AC/DC UK Live in Dubai

Witness the UK's top AC/DC tribute band perform the epic rock band's hits for one night only at The Music Room. Bringing their unique style and stage presence, the AC/DC trademarks are all there; Angus Young's strip, Gibson and Gretsch guitars and even Bon Scott's iconic walk through the crowd with Angus on his shoulders. Enjoy a concert that's as close to the real deal as possible.

Date: October 23 | **Venue:** The Music Room, The Majestic Hotel | **Admission:** AED 100



Fashion Forward 2015 (Season 6)

Fashion Forward (FFWD) aims to be the definitive fashion platform for the Middle East – a fashion movement that highlights strengths, inspires and nurtures industry growth and its wealth of talent, with the ultimate goal of driving forward the entire fashion industry in the region. FFWD includes numerous catwalk presentations from top regional designers, inspiring talks and panel discussions led by global industry experts and fashion academia, as well as entertainment, through a string of social events and parties.

Admission: Online Registration | **Date:** October 22-25
Venue: Madinat Theatre, Madinat Jumeirah



Shop the Night Dubai

A fun night is planned with great food, coffee, fashion, art, homewares, culture and more.

October 21

Tom & Serg, Al Qouz

Free admission

GPP Market Day

Sell your unwanted photo gear and get your hands on some bargains at GPP Market Day!

October 24

Gulf Photo Plus, Alserkal

Avenue

Free admission

Allegro Moderato presents Ekaterina Mechetina

Allegro Moderato presents a series of classical music concerts with this being its first.

October 24

Madinat Arena, Madinat Jumeirah

Silver- AED 250, Gold- AED

350, Platinum- AED 450,

Royal- AED 550

Dubai Comedy Festival presents Trevor Noah

Trevor Noah returns to Dubai, but this time, as part of DCF

October 24

Skydive Dubai

Silver- AED 295, Gold - AED

395, Platinum- AED 580,

Diamond - AED 750

HER by Matilde Gattoni

French photographer Matilde Gattoni showcases HER, a photo exhibition at GPP.

Until October 31

Gulf Photo Plus, Alserkal

Avenue

Free Admission

ART.U.AFFORD

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October 24

Creekside, Old Dubai

Free Admission



Dubai Drama Group presents: The Importance of Being Earnest

Oscar Wilde's seminal work 'The Importance of Being Earnest' will be brought to life on stage by Dubai Drama Group this October. Following the life of Jack Worthing who decides to move to London from the countryside and create an alter-ego for himself called Earnest, this play will delight the audiences with its witty and often quoted lines and the splendid and longstanding performances from the Dubai Drama Group.

Date: October 20-24

Venue: The Courtyard Playhouse

Admission: Entrance by donation, suggested amount- AED 90

International Cricket Series Pakistan vs England (2nd Test Match)

Pakistan and England go head to head at Dubai Sports City for test matches.

October 22-26

Dubai International Cricket Stadium, Dubai Sports City

www.dsc.ae

Gulf Bike Week 2015

The popular bikes and lifestyle show returns this year with more to offer everyone at a brand new venue.

October 22-24

Dubai Autodrome, Motor City

www.gulfbikeweek.com

Dubai Watch Week 2015

Ahmed Seddiqi & Sons, in association with Grand Prix d'Horlogerie de Genève (GPHG), announces the first annual Dubai Watch Week. Dubai Watch Week is the first ever event of its kind, bringing together those who build watches and those who love and follow the art and science behind watch-making. Expect much more at the Dubai Watch Week, as commercial and independent watch makers join and discuss the art and science behind building a watch.

Date: October 18-22 | **Admission:** www.dubaiwatchweek.com
Venue: Opera Gallery, Dubai International Financial Centre



Work of Celebrated Artist and Writer Kahlil Gibran

By Sarah Al Hoshi

Entitled Drawings of Gibran: A Humane Perspective, the exhibition at Sharjah Art Museum provides a rare opportunity for visitors to see original artworks by one of the most celebrated artists and literary figures of the 20th Century.

The unique exhibition, organized in collaboration with Gibran National Committee (GNC) in Lebanon, showcases around 30 works and manuscripts that make use of different mediums including watercolour, oils, and charcoal on paper and canvas. It is the first time Gibran's work has been displayed in the UAE on such a large scale. Gibran is hailed as a literary hero in his native Lebanon. He was born in 1883 in the town of Bsharri and immigrated with his family to the US at the age of 12. He settled in Boston, where he found himself immersed in a world of theatres, opera houses, and art galleries which all contributed to his great artistic talent. On his death in 1931, he left a treasure trove of paintings and literary works that reflect his ideologies of love, politics, and spirituality. We reached out to Ms. Alya Al Mulla, Curator of Sharjah Art Museum, to know more about this exhibition.

Tell us more about this exhibition.

The exhibition is organized in cooperation with Gibran National Committee (Lebanon). It showcases 30 original artworks by Gibran Kahlil Gibran, and includes some of his manuscripts, original notebooks with his writing in English and Arabic.

It is a rare opportunity to people to come and see these works on display here and get to know Gibran the artist. Many people do not know this fact that he was an artist as well and has over 600 paintings and sketches. People are mostly familiar with his writings and poetry, namely his most famous published work, 'The Prophet'.

Why did you host this exhibition in Sharjah?

We always try to give a diverse range of exhibitions and art experiences to our visitors. Through this exhibition we are trying to do the same. It also serves the museums mission and aim to spread awareness of art and culture in our society.

For us it was a privilege and an honour to host such an exhibition for Gibran, also we being the first venue to host such an exhibition for him in the region. He is a very important figure not just in the Arab world, but internationally as well.

How long will it continue?

The exhibition continues until 10 Dec, 2015. We have several workshops and events planned around the exhibition. For more details you can call the museum 06 - 568 8222.

Does it give a clear idea about the wonderful works of Khalil Gibran?

It gives an idea about his works. But what we have on display is a very small number compared to what he did. He has over 600 works of art, of which 440 are with the Gibran National Committee. The remaining works are in museums elsewhere, or with private collectors, but through our exhibition and what we were able to show, we have presented a unique display of works that work really well together. Each work tells a story and gives the audience a better insight to Gibran the artist and writer.



Now Everyone Can DJ

By Nenwa Touma

When she arrived in Dubai, together with her husband, she decided to start the DJ Academy Dubai, so that she could give everyone a chance to have a technical background, which is a big plus in the industry. Having practiced law for 10 years, Claudia Dratwa says that if she had continued, by now she would be a judge, but her relationship with music proved to be stronger than her Law career. Now, in addition to being a renowned DJ across South America, Europe and the Middle East; she is the founder of the only DJ Academy in the UAE with a Steinberg certification.

Originally from Minas Gerais in Brazil, Claudia Dratwa started off her career in music as a ballet dancer from the age of 8 to 14 years. "Although I later took up law as a career, I never stopped learning music and I decided to learn DJing as a hobby," she says adding that she performed at friends' parties. "This hobby became my job later on."

Dratwa said: "As a woman you need to prove yourself more than the men," but this Djane does not blame the industry captains. "I came to realize that their doubts are well founded because there are many girls out there calling themselves DJs without any technical background or training. They only got jobs or 'gigs' because they are beautiful," explains Claudia who did her training at the Ministry of Sound in London.

As she added: "Our goal here in the Middle East is to push up the level of entertainment. Unfortunately we have many people calling themselves DJs with no technique. Clubs invest millions of Dirhams in decoration but tend to forget about the soul of the party, who is the DJ. This is what we are also trying to change. And of course give people a fresh and creative hobby, which is DJing!"

The DJ Academy Dubai was launched with a mission to spread the "Art of DJing" across the UAE and the Gulf region as whole. The academy offers a wide range of DJ courses & Music production to a extensive array of audiences; from absolute beginners to year-long Pro-DJing coaching.

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Lulu by Metro

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	ADCB	8 Lulu Village Muhaisinah	Qusais
4 Lulu Center & Supermarket Karama	ADCB		
5 Lulu Hypermarket Arabian Center	Al Rashidiya		

Red Line Green Line



Dubai plans to include Persons with Disabilities in society

Dubai Inclusive Development Forum 2015

By Rayan Sheety

AISHA MIRAN

The “My Community... A City for Everyone” initiative established by HH Sheikh Hamdan bin Mohammed bin Rashid Al Maktoum, Crown Prince of Dubai and Chairman of The Executive Council, launched in November 2013, is aimed at transforming Dubai into a disability-friendly city by the year 2020 through supporting and strengthening the emirate’s efforts to empower persons with disabilities.. This initiative is also in line with Dubai Plan 2021 launched by H.H. Sheikh Mohammed bin Rashid Al Maktoum, Vice-President of UAE, Prime Minister and Ruler of Dubai

According to Aisha Miran, Assistant Secretary General of Strategy Management and Governance Sector, at the General Secretariat of the Executive Council of Dubai, Persons with Disabilities (PWDs) say, “(We) are not super heroes, (we) want to be just like everyone else” at a Q&A session following her keynote speech at the Dubai Inclusive Development

Forum 2015, a 2-day event which took place on October 11th and 12th and is part of the “My Community... A City for Everyone” initiative.

The forum aimed to spread and exchange knowledge regarding the various fields related to the rights of PWDs and the best ways and methods that support their full and effective inclusion in the general life activities. It brought together many different international entities who have their own experiences dealing with PWD integration to discuss issues and obstacles and find solutions for them that are both of the best practice regimes and fit into the cultural landscape of Dubai and the region in general.

Essentially the aim of the initiative is to maximize the participation and integration of this important group and integral part of the fabric of society.

Day 1 : International speakers talk about general issues and worldwide experiences that need to be addressed before PWDs can

achieve full inclusion

Charlotte McClain-Nhlapo, Global Disability Advisor at the World Bank Group, a PWD herself, was the first keynote speaker and talked about the importance of inclusive planning and policy development, in translating the International Convention on the Rights of Persons with Disabilities to national development plans.

She also stressed on the importance of “accessible transport and facilities” to facilitate channels for PWD inclusion.

Victor Calise, Commissioner at the New York City Mayor’s Office for People with Disabilities, also a PWD, was the second keynote speaker. His speech was an in-depth depiction of what it takes to make a mega-city a disability friendly city, using New York City as his example. He discussed the methods that allow Dubai to achieve inclusive development while shedding light on the inclusion of the persons with disabilities in the various aspects of life.

During his speech he mentioned that the metro “does not have any obstacles” with regards to PWD inclusion.

Day 2: Strategies and rollouts regarding the implementation of the strategy

Miran stated, “Through this Forum, we aim to discuss and develop the policies related to persons with disabilities in Dubai, which promote and facilitate their implementation and evaluation to ensure they are able to participate in decision-making,” during her opening speech on the 2nd day.

During her speech, Miran presented the wireframe of the “My Community... A City for Everyone” initiative, considered a road map towards turning Dubai into a fully disability-friendly city by the year 2020, by focusing on five strategic pillars: education, health and (re) habilitation, infrastructure and universal accessibility employment and social protection. She stressed in her speech on the importance of raising awareness on the rights of persons with disabilities in the community, in exchange with duties carried out by the latter segment in order to improve their country. She also noted the overall objectives that the government seeks to adopt in the formulation of its policies and the design of its programs, such as promoting equal opportunities, preserving social cohesion and building our community.

The forum’s aim was to bring about discussions, take lessons and then formulate them into actions, and these actions will help shape Dubai into more than just a smart city, it will be the smart city with the right attitude for everyone, PWDs included.

Test Your Might



If you’re a person who’s into athletic training, then you should probably step by the Dubai Autodrome for the Fast Athletic Training event. FAST Athletic Training is looking to crown the fastest and strongest man and woman in the UAE at the 2015 Etisalat Fitness Fest, the region’s largest celebration of fitness, running from 5-7 November. We

managed to get in touch with them to get a better idea about it all.

What is the main purpose of this event?

The purpose of this event is to promote the overall health benefits of strength training in the region. We are using the search for the UAE’s Strongest Man and Woman to highlight the benefits and health gains associated with daily strength training exercises. The event will be very entertaining and exciting to watch.

What can visitors expect to see or do here?

Visitors can expect to see competitors battling for the title of the UAE’s Strongest Man and Woman in a competition consisting

of pulling, carrying and throwing super heavy objects around, from heavy sand bags to monster trucks. Also, visitors will have a chance to meet and greet Europe’s Strongest Man of 2015, who is also known as “The Mountain” from TV Show “Game of Thrones”.

How exactly will the challenges be done?

Competitors will be asked to perform specific challenges in the shortest amount of time and with the heaviest amount of weight possible. The competitor who can carry, pull, and throw the most amount of weight in the quickest amount of time will be crowned strongest of the UAE.

Who is eligible to join and what is expected from them to qualify?

The Elite level athletes are required to pass through a qualification round. This qualification round

is a powerlifting challenge, which includes squats, deadlift and bench press. The top 10 qualifiers of each category will be invited to the main event.

There will also be a strength challenge for amateur and intermediate level athletes to come and test their strength against a fun strength circuit consisting of similar strongman exercises. Registration takes place directly through the Etisalat Fitness Fest website, and there are no qualifications required.



From 18th October until 28th October 2015

من ١٨ أكتوبر إلى ٢٨ أكتوبر ٢٠١٥



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Sun Kissed and Loving it

The sun in Dubai is feared by many during the summer season, not really the season as much as mid quarter 2 till mid quarter 3. It gets hot, we all know that. We'd testify to that, we live that, we breathe that from the confines of our severely air-conditioned homes, offices and cars. However when that dreaded summer season is up, and the temperature begins to have beautiful 3s in its Celsius reading as opposed to 4s or 5s, the Dubai sun is friend to all! It's time to break out the tanning lotion and hit the beach and soak in that Vitamin D.

Although a little sun exposure is good for your skin, overdoing it and allowing your skin to burn is something you'll obviously want to avoid. Good protection is important to protect skin cells and maintain elasticity. This is why tanning oils are popular for enhancing a sun tan while helping to protect the skin at the same time.

Lighter skin converts UV rays into

vitamin D more readily than darker skins. If you think about it, it makes more sense that lighter skins need less sun exposure to get vitamin D. Darker skins absorb more rays due to their higher melanin levels, but still need adequate protection from the sun.

Regardless of your skin type, it is important to first cleanse and exfoliate your skin before applying any kind of lotion or oil. This way, they are absorbed easier and faster, and will provide better results. This will also give your skin an even base when tanning.

Tanning is, for me, one of the main reasons to go to the beach, I hate sand, but I love getting that glow, so when I plan to tan I use one of these natural tanning oils to really get that glow:

1. Avocado Oil

Unrefined, cold-pressed avocado oil does wonders for your dry skin with its natural essential fatty acids, vitamins and lecithin.

2. Coconut Oil

If you have sensitive skin, coconut oil is a good optional as a natural tanning oil. Some oils despite being natural can cause skin irritation. Coconut oil is rich in fatty acids and also offers natural SPF protection of around SPF4 making it perfect for a natural tanning oil.

3. Green Tea Extract or Aloe Vera

One of the most effective ways of preventing the effects of sunburn is by using ingredients rich in antioxidants and soothing compounds like green tea extract or aloe vera. These both soothe skin and help to counteract the effects of the sun on your skin. Green tea extract helps to neutralize UV radiation.

A mixture of different types of oils may also improve your skin's elasticity neutralize skin imbalances from oily to dry skin.

4. Hazelnut Oil

Naturally rich in Vitamin E, Hazelnut oil is one of the most popular ingredients in natural tanning oils. It is also one of the most readily absorbed oils due to it's high fatty acid content.

5. Olive Oil

Olive oil is rich in vitamin E, a naturally occurring antioxidant with soothing properties to not only moisturize the skin, but help to develop that golden tan and sunkissed look. Mix olive oil with a few drops of carrot juice if you are looking for a darker tan, and a few drops of iodine to help prevent skin from burning.

6. Wheat-germ Oil

Wheat-germ oil is wonderful for

smoothing skin and provides a golden glow that looks natural. Wheatgerm is high in vitamins E, D and A. These vitamins all help to improve the elasticity of your skin and aid in protecting your skin against harmful effects of sun damage, like wrinkles, fine lines, and pigmentation.

7. Sunflower Oil

Aside from being a great natural moisturizer (along with Safflower oil), Sunflower oil is also good for tanning. It ensures that the skin's natural elasticity is maintained moisture is retained. It also protects against fine lines and wrinkles.

8. Sesame Oil

This is quite a thick, gooey and quite strongly scented oil and should only be used sparingly. It has a natural SPF factor of around 4 to 6 and compliments coconut oil nicely.

A really nice recipe for tanning oil includes 80% coconut oil, 10% sunflower oil, 5% sesame oil and 5% olive oil. Mix these oils together and apply to skin before sun exposure for a dark tanning oil with and SPF rating of approximately SPF 4.

If you want to create an extra nourishing repairing oil, then add 10% rosehip oil and 3% carrot seed oil. To make a lotion, add 10% beeswax melted with the oil then add 20% aloe vera juice to this mix.

Natural oils can do amazing things to repair, rejuvenate and protect your skin. With these and many more recipes using every day ingredients in Natural Home Made Skin Care Recipes you can enjoy healthy glowing skin while protecting it from damage.

Using natural oils and other ingredients is not only a low cost option, but also a highly effective way of taking care of your skin.



The Healthy movements



As the temperature in sunny Dubai becomes bearable again and going to the beach becomes a real option for the weekend again, so does jogging in the morning, essentially cardio.

Being healthy is super trendy now; I'm not just talking about exercise, have you noticed the plethora of "health-conscious" jogas and pret-to-gos open all over town. Kale is being pushed, as are chia seeds and bee pollen, these are all part of the health conscious movement, and that its all super good for you and super motivational.

My point is, with all the trends and movements towards a healthier you, why not amplify this healthiness and do cardio at least 3 times a week, and no not a treadmill, I mean running outside on the many tracks Dubai has supplied us with, the Jumeirah track is a great example, YES outdoors.

Cardio is a physical exercise of low to high intensity that depends primarily on the aerobic energy-generating process. Aerobic literally means "relating to, involving, or requiring free oxygen", and refers to the use of oxygen to adequately meet energy demands during exercise via aerobic metabolism. So really, exercise that elevates the heart-rate, gets your blood pumping, sweat dripping and makes you feel that burn.

Want a leaner, slimmer body? Get up and jog, rent a bike and cycle around the Downtown Burj area, buy a skip rope and practice doing a hundred repetitions. Do jumping jacks, swim laps, rent a canoe out on kite beach, or a paddle boat. Cardio is so easy to do and anyone can do it.

30 minutes of any of these exercises, 3 times a week are great for you, revitalizing your body, clearing out toxins, giving you a flatter tummy and better skin even. It also reduces cholesterol, improves your heart-rate, essentially warding off heart-disease, keeps you young and active. There is also an increased sense of good vibes, the notion that you are doing something good for yourself, trust me, you'll feel it.

So get out there and embrace a healthier you!



How to cross the finish line

By: Tom Woolf, Head Coach, Nike Running, Middle East.



Whatever sport you are into, or even if you are not into sport, running is a key pillar of all sport and doing so regularly will enhance your physical and mental wellbeing.

We are all born to run. We are genetically engineered to run. We are all capable of running further and faster than we perceive to be possible.

We are all beginners. There is always something to learn, and we can all get better every day.

It's time to rethink the way we move and running is at the core of transforming the way you perform in all facets of your life.

Planning (i.e. Make a Plan)

- If you are training for a race, run at least twice a week but mix speed sessions with endurance sessions. Depending upon your goals I would recommend a speed session per week, and an endurance run between 3-8KM. I would then mix in some interval work with your strength or cross training sessions

Diet

- Drink 2 Litres of Water Every Day - Not tea, not coffee - water, plain and simple. Preferably not from a plastic bottle but hey, it's 2015 and we live in Dubai where the tap water isn't great. However you get it in, make sure you do
- Eat Your Fruits & Juice Your Veggies - Avoid fruit juices, but eat plenty of fruit. Whenever you crave something crappy and over-indulgent hit an apple first. If you still feel like a slice of cake afterwards, fill your boots.

Now onto veggies, most of us struggle to get a decent portion of fresh veggies in with every meal. So we suggest you juice them. Carrots & beetroots add sweetness, and Limes, Mint and Basil add a real zing to any veggie juice. Avoid using fruits, but if you have to add half an apple or pear

- If you have a run scheduled, eat nothing in the two hours leading up to the run. If you are desperate then have a drink of 200ml of coconut water

Training Stretching

- Warm ups should be dynamic. Focus on simple fluid movements, lunges, heel flicks, squats, rising planks, skipping and side stepping. Cooling down should focus on longer static stretches, control your breathing and rehydrate as you stretch. Repeat your cool down routine again post-shower.

Working Out

- Training on your own can be challenging, especially when you are getting started and need all of the motivation and encouragement you can get. Now this is where most people normally jump up and down about how they can't afford the gym or a personal trainer. You could try going with a friend, especially someone who likes to train. Let his/her enthusiasm rub off on you.

The Day of the Race

Final Tips / Checklist

- Warm up and cool down

properly. Opt for dynamic movements such as lunges, heel flicks, skipping to warm up and get the adrenalin going. To cool down, focus on stretching and breathing exercises

- Form is very personal, and every human being moves differently. A few key things to think about: keep your weight forward, focus on your arm drive and relax your breathing. It's also really important to be wearing the right trainers, which depend on what type of runner you are and how you land on your feet. Gait analysis is great for that. You can get that for free in the Nike stores in Box Park

After the Race

Some people cross the finish line feeling elated, some frustrated and for the rest of us we are still grasping for air and looking for a place to collapse. However, you end up feeling immediately post-race follow the following key tips to ensure that you have a swift and pain free recovery:

- **Keep moving.** Despite the temptation to collapse, avoid this at all costs. Stay on your feet. Stay warm.
- **Hydrate.** Water, then Coconut Water. Simple.
- **Stretch.** Stretch and keep stretching all day.
- **Fuel.** Poached eggs are recommended, with a supplement of smoked salmon or spinach

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That Brazilian Vibe

What: Spirito

Where: Level 9, Media One Hotel, Media City

Web: www.spirito.ae



Dubai Media City may be a hub for the media industry, but it's not always about business in this section of the city. Experience the fun and lively side of DMC at Spirito Dubai, with their vibrant colors and funky interiors, live to tell the tale of the 'Spirito' of Brazil. With the mix of leather couches, mismatched seats and huge chandeliers, it makes for a perfect and relaxed setting if you're looking for a great place to hang out after work or even during the weekends. Their food does not disappoint either, as they offer a wide variety of dishes that are great for either a small or huge group.

Small Plates

Don't be afraid to have a little adventure when it comes to their



food, as it is assured you will enjoy every last bit. Their small plates (starters/appetisers), should start you off in the right direction, it is a must to try their Banana Frita, which goes great with their guava dip, as well as the Ceviche de Camarao, it consists of ceviche of shrimp, radish, pineapple and lemon, it's a great match with the Banana Frita. If you love your salad, then the Salada

de Manga is the dish for you, the sweetness of the mango is the perfect zest for the salad, which also has avocado sprinkled with toasted coconut.

Grelhado

Grelhado is Portuguese for grilled, and they have the best lamb rump skewers, cooked to perfection by their chefs, the dish Grelhado de Cordeiro is one of their top dishes you have to put on your 'to-try-list'.

Large Plates

If you're looking to share within your group, the Picanha Molho a Capanha is the recommended dish for you. It's a rump cap with mango salsa, cooked however way you want it to, this will go well with the next dish we have for you.

Brazilian Seafood

You cannot leave this place without having to try their Frutos do Mar, their Brazilian prawn platter, which consists of tempura shrimp, grilled tiger prawns and butter shrimp, topped off with three of their best house dips.

Desserts

It never really is a full meal if you don't top off everything with dessert, and we have one for you to try. Torta de Sonho de Valsa, imagine floating in dessert heaven, as this delightful Brazilian chocolate bon-bon cake will have you patting your stomach in content.

5Q's with Chef Silvena Rowe



Celebrity chef Silvena Rowe
Omnia Gourmet

Winner of Pro-Chef
Innovation award 2014 UAE

Winner of What's On Dubai
2014 Healthiest restaurant

How do you feel about Middle Eastern cuisine as a healthy option?

A healthy option is possible in any cuisine, but especially in ME cuisine it is much needed, as the prevalence of diabetes and obesity is very high in the UAE and the Gulf region. My healthy ME cuisine is mostly delicious and is a clean way of eating. Unlike diet food, my cuisine is supercharged with flavor and made of real, non-processed food; all our food at Omnia is sourced with local and organic produce. I am determined to keep going with Omnia to continue paving a way to establish it as a leading locally Emirati grown brand for delicious and healthy eating. Additionally, we have now Omnia Gourmet, Omnia Blue, Omnia by Silvena, Omnia Glow and Omnia Baharat, all in very premium locations and the last one being in MOE, where Omnia is the first F&B outlet to bring a healthy delicious option. Omnia first opened in 2014.

What are 3 main ingredients you need for every recipe?

I personally love to use tomato, avocado and kale at the moment, but every now and again this changes. I am now also into making all sorts of "rice" avoiding actual rice, but using vegetables instead.

What is your favorite cuisine?

It would have to be Turkish cuisine, the food I was brought up with, all sort of delicious Middle Eastern flair. I love stuffed vine leaves, stuffed peppers, and pilafs.

How do you respond to people that say "healthy food is bland"?

I would say that most of the times they are right! That is why Omnia has grown so fast in the last year, simply because we changed the way people see healthy food. I like to eat and make this food every day, therefore it must be tasty and yummy and moreish! What makes a dish healthy?

Healthy eating is all about sourcing the right organic and clean ingredients, nothing frozen, nothing processed, and non GMO food. I also avoid oils; I fry only two items in my restaurants, fries, made of organic local potato, triple cooked and finally fried in special selected olive oil, with very high burning point. I also make crispy shrimp popcorn again in the same oil. Calories do play a role! That is why Omnia is leading on the front of raw, gluten free, sugar free, dairy free, Paleo, and vegan desserts, so yes, I reduce calories by avoiding sugar, gluten and carbs. I prefer using alternative carbs. Protein can be high, but still within a reasonable quantity, I would say a lot so protein is good for everyone who needs more energy.



Pao de Queijo
(Brazilian Cheese Bread)

Ingredients

1/2 cup olive oil or butter
1/3 cup water
1/3 cup milk or soy milk
1 teaspoon salt
2 cups tapioca flour
2 teaspoons minced garlic
2/3 cup freshly grated Parmesan cheese
2 beaten eggs

Instructions

1. Preheat oven to 375 degrees F (190 degrees C).
2. Pour olive oil, water, milk, and salt into a large saucepan, and

place over high heat. When the mixture comes to a boil, remove from heat immediately, and stir in tapioca flour and garlic until smooth. Set aside to rest for 10 to 15 minutes.
3. Stir the cheese and egg into the tapioca mixture until well combined, the mixture will be chunky like cottage cheese. Drop rounded, 1/4 cup-sized balls of the mixture onto an ungreased baking sheet.
4. Bake in preheated oven until the tops are lightly browned, 15 to 20 minutes.



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Top Tips to Help You Be More Stylish

Dressing well for appearance is important for many reasons. However, this doesn't have to include following the latest fashion trends. In fact, most fashion tips are quite simple. If you want to get a grasp of some of the easiest fashion tips you can implement into your lifestyle today, continue reading for some great advice.



The purse you choose should complement the outfit that you wear, plus any additional bags that you carry with you. For example, when you have a laptop bag, the two pieces should match. If you ever carry three or more bags, make sure that they are not more than two different kinds of bags.

Get your hair up and off your shoulders with a casual up-do. You do not want your hair to get in your busy days ahead. If you've no time to primp, use an elastic hairband and casually tie back your hair.



Sheer clothing can be sexy, but too much sheer in too many places can create the wrong look. You want to ensure that you are fitting an image that is proper for the environment that you are in, so be conscious of what you wear.



White and black is always in season. You always see a lot of looks with that combination on the professional runway. It is very simple to wear outfits that are these colors. The versatility of these two colors makes the possibilities endless.

When you want to wear black jeans to a more formal event, heels and a dressy blouse can make the outfit appropriate. Blue jeans usually look more casual, but they will work sometimes as well.

Are you ready to be more fashionable now? Any tips that come to mind can improve the way you look. You should notice a difference whenever you look at yourself.



Beauty Tips for Glasses

This one's for our fabulous four-eyed readers! Who says eyeglasses ruin makeup? Check out these tips for making you and your fashionable frames look their best.

Undereye Glasses tend to cast a shadow on the face that makes undereye discoloration seem worse. Instead of piling on concealer, start with a corrector to make sure you completely neutralize any darkness.

Eyeshadow When it comes to shadows keep it neutral and bright. Darker shadows can make your eyes look sunken in or tired. A shadow that matches your lightest makeup color is a good place to start.

Eyeliner When it comes to eyeliner, let your frames be your guide. Thinner eyeliner compliments thinner frames and thicker frames, will accentuate a thick liner.

Mascara Volumizing mascaras are best if you wear frames. Lengthen your glasses too much and they'll start to touch your lens. If you're worried about getting mascara flecks on your lens, stick to creamy formulas.

Eyebrows Boost your brows. Brush your hair upward and outward, so your brows sit nicely above your frames.

Top Secrets to Younger Looking Skin All Year Round



Dr. Lillian Khan,
Dermatologist
and Pond's
Arabia, Brand
Expert

Younger glowing skin starts at home in your beauty cabinet and with your overall health. Having younger looking skin needs constant care and a change in your skin care routine. Time will not stop but we can delay its affect now better than before. Here are some of my top tips to help you maintain younger skin for longer:

Determine your skin type: Get checked by a skin expert and find out what your skin type is. Many people use products which are not meant for their skin type which causes adverse effects resulting in problematic skin that is not youthful.

Use Cleansers: Cleansers with exfoliants help with better penetration of active anti-aging ingredients and give a clear base. Physical exfoliants like micro-beads found in products such as Pond's Age Miracle Cell ReGENTM Facial Foam are good for the skin. However, exfoliants are not suitable for sensitive skin types. It is advisable to do an exfoliating cleanse at least once a week.

Anti-Aging Concentrated Serums: Try to include serums that can be applied at night after thoroughly cleansing your skin. I recommend using products with active ingredients concentrating on that area such as Pond's Age Miracle Firm & Lift Targeted Lifting Serum Massager.

Sun Protection: It is essential to apply sunscreen before stepping out of the house to protect the skin from any DNA damage or collagen break down. Look for sunscreens that have UVB, UVA, and infrared protection.

Antioxidants: Even with protection we are still exposed to damaging oxidants and environment particles just by being outdoors. To reverse some of that damage it is suggested to choose products with Vitamin C, Vitamin E, Green or White tea extracts.

Dermatologist Visit: It is recommended to see your dermatologist every now and then to get a proper evaluation. Your skin issues can be identified and addressed properly with treatments customized to the specific needs of your skin.

Diet: Diets that include antioxidants are highly recommended. For example, the Mediterranean diet is a diet based on using olive oil, whole grain, dark greens, legumes, nuts, fruits, natural herbs, and sea food as a major protein source.

Exercise: Regular exercising will ensure properly flowing oxygen throughout the body for the skin to function properly and renew itself.

De-Stress: Stress causes quick aging but is important to rest, get your beauty sleep, and find time to unwind and relax and totally switch off. Turning all technology off from time to time will help you focus on your own health needs.

STYLE SPOTLIGHT: Maisie Williams



Style Guide: Midnight Rendezvous

"Your dresses should be tight enough to show you're a woman and loose enough to show you're a lady."

—Edith Head

We feel your frustration when it comes to picking out the right set of clothes. Whether it's for a casual dinner catch-up with friends or an anticipated night out with a loved one, looking good is vital. Looking good will essentially make you feel good as well, thus ensuring confidence in yourself throughout the day.

Fly Away



Oxblood Trench



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Click Responsibly

Do not share if you're not aware

By Mae Cabigas



It's the 21st century and we are living during the rise of technology, where companies are striving for the 'wireless' era, and gadgets are created to make life convenient for everyone. Staying connected has never been easier, with social media sites like Facebook, Twitter, and Instagram to help us; you don't even need to meet personally to become 'friends'.

I still remember the time where the only way we could gather news was either by watching the News Channel on your television or by grabbing a newspaper. In recent years, anyone who has access to wi-fi (the new generation doesn't even it Internet anymore), can gain insight on what's going on around the world. More so online portals such as the ones mentioned above have become the source of information for most people.

While this is not an entirely terrible idea, we tend to forget that the Internet is easily accessible, and almost anyone can create a story or news online, but not everyone has a tendency to create factual stories. How many times have you scrolled through your feed and saw a post shared by a 'friend' that talks about the latest 'news' or 'update' and how many times have you shared them on your wall? This is our question: Out of all the news posts you've shared, how many of those have you actually read? And how many of those actually come from reliable sources?

According to the latest report on Social Media Today, 50% of the UAE's population accesses the Internet using their smartphones, 39% of them use Facebook and 76% of them



use mobile data. Due to the fact that data subscriptions, especially social packages are somewhat limited, people have a tendency not to click on an article and instead base their knowledge on what few words are shared and what pictures have been uploaded to 'support' the story, most often than not, we also look at the comments to find out what the article is really about.

During a TED conference in 2014, American lawyer Sally Kohn said that, "clicking is a public act. Everything we blog, everything we Tweet, and everything we click is a public act of making media." Take for example the photo that went viral during the wake of the Nepal quake, where the picture shows a little girl clinging to her

brother for shelter. This has been cited as one of the most controversial photos ever shared during that time and so the search for the siblings began. What most of the people didn't know back then was the photo had been taken years ago, in Vietnam. Na Son Nguyen, the Vietnamese photographer told the BBC: "I took this picture in October 2007 in Can Ty, a remote village in Ha Giang province, I was passing through the village but was stopped by the scene of two Hmong children playing in front of their house while their parents were away working in the field."

Another example of false information gone viral was the clip of a golden eagle swooping on a

family in a park and snatching a toddler. This caused havoc with the parents and 'concerned' citizens, who gave their opinions on the comment sections, all the while not realizing that the video was fabricated by visual-effects students, who only made the video to get an A+ for their project. Both posts spread like wildfire across the world because of one simple click. Sally Kohn stated in her talk that, "We decide what gets attention based on what we give our attention to. That's how the media works now."

Once a photo or an article is shared on the Internet, there's no turning back.



Clicking the share button is a huge Domino effect, especially when the post does not hold any truth, and it's the truth we need to look out for when we want to share or spread the news, as distributing the wrong information may lead to unwanted circumstances. There are a lot of satire websites that create and misuse the online platform, just to gain views on their website, which in turn helps their website gain more profit through online ads. Think of it this way, we're the fish, the 'posts' are the bait and they are the fishermen. Unless it's a post shared by CNN, Gulf News or other certified news platforms, you should do a little research if the story seems a bit fishy. Even Google has a tendency to lie to you, so yes even the first 5 posts you see may not hold facts. In Sally Kohn's words, "Clicking on a train wreck just pours gasoline on it. It makes it worse, the fire spreads," so do your research and do not share if you're not aware.





3 Days in Amsterdam

By Blogger Brooke Saward of World of Wanderlust

Whilst geographically quite condensed, Amsterdam is a big city with plenty to see and do. Before I even begin with my 'must-see' recommendations you will invariably already have an idea in mind of a few things you wish to see and do in Amsterdam – and yes,

they are all worth your time.

Unlike many other cities in Europe, nearly everything on all the 'things to see and do' lists should indeed be visited and experienced. So without further adieu (you will need every minute of these 72 hours) – let's look at how you should spend your 3 days in Amsterdam.

DAY ONE:

Van Gogh Museum & Rijksmuseum

While both of these museums are two of the most popular attractions in the city, the wait is certainly worth your while. Both museums are located directly next to one another so the best idea is to visit one after the other. The Van Gogh museum is the largest collection of Van Gogh's works and also provides visitors with an exceptional biography and chronological timeline of the artists' life and life's work. There are also paintings by artists who inspired Van Gogh's work and those that followed with inspiration from Van Gogh. The Rijksmuseum (next door) features a wide range of contemporary and historical art works, with also a particularly good collection of classic Dutch painters. The building itself is spectacular and also an attraction in itself. Outside this museum you will also find the 'I Amsterdam' letters and oodles of tourists sprawling themselves all over them.



RIJKSMUSEUM



HOUSE OF BOLS



THE HEINEKEN EXPERIENCE



VAN GOGH MUSEUM

DAY TWO:

Anne Frank House & Jordaan

Be sure to arrive early or prepare yourself to wait up to 2-3 hours in line to get inside. This is a point of interest for many visitors to Amsterdam, and it needs no explanation as to why. I have visited Auschwitz and Birkenau concentration camps some years ago in Krakow, Poland, so it was really interesting to actually step foot inside the Anne Frank house and see what this period of history was like from a different perspective. The house is now a museum of sorts, as it displays the story of Anne Frank and a few interesting facts about the war, especially from the perspective of Jewish people. I would strongly recommend you have this on your list of things to do whilst in Amsterdam.



ANNE FRANK HOUSE



BIKING ALONG THE STREETS OF AMSTERDAM

DAY THREE:

Hire a Bike & Explore

Keep it relaxed on your last day in Amsterdam and try to enjoy the city from a local's perspective. Bikes are everywhere (you'll know what I mean when you get here) and are widely used by locals and tourists alike. Be sure to head off the beaten path away from the tourist areas, as it will not only open your eyes to more of Amsterdam but also make riding your bike a whole lot safer with less traffic around.

Canal Tour

Jump on a canal tour to see the city from where it is famous for – its canals. There are a range of tour operators all offering a fairly similar service, so you can't really go too wrong.



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Fiat 500X: An adorable city car



Fiat probably didn't show what it's truly capable of when they released their tiny 500 hatchback and the bigger 500L hatch. However the Italian automaker, which is part of Chrysler, has a real chance to win over car buyers with its small crossover SUV, the 500X. The new model of 2015 is brand new, which brings good road manners, perfect urban size, great fuel economy, and fantastic safety technology to the field of small SUVs. It's certainly not an off-roader, but it's possibly the most useful vehicle from the brand as of yet. If you're interested in a small sized SUV, then you should

definitely have a look at this one.

The Fiat 500X is quite funky-looking, and no, it's not just a female-driven vehicle. The styling has no doubt been innovative, with the circular headlights stretched

into a more teardrop shape. Both outside and in, it looks to be built to a higher standard and of nicer materials than the 500L. The overall exterior design is in line with the rest of the Fiat lineup, and although

it shares a platform with the Jeep Renegade, this vehicle is all Fiat. On the back, the X stands out with a discreet trunk-mounted spoiler and large vertical tail lamps not unlike the ones found on the MINI Countryman, one of its closest rivals.

Hop inside to see what Fiat has really done a good job in. The cockpit is well thought out, with a center-mounted infotainment screen that comes straight from the corporate Chrysler parts bin. Fiat has left things neat and clean with the interior, with big, round gauges matching up with big, round climate controls, and available body-color trim. Set the gear on reverse and you'll have a camera on the screen. Don't you worry about space, because you have plenty of that pretty much everywhere in the car.

The Fiat 500X is quite a pleasant performer and feels very friendly on the road. The engine can come in different forms but the one driven here was a 2.4-litre capable of producing 184 horsepower and 175 pound-feet of torque. The all-wheel drive Cross Plus model is also equipped with a first-in-class, nine-speed automatic transmission as standard. The car is best driven in a city; that's pretty much what it's made for. All in all, if you're on the look for a small SUV with an Italian touch of design, lovely interior and AWD performance, then you should consider the Fiat 500X.



Meet the new Mercedes GLC

Design driven, modern, athletic - this is just a glimpse of the new GLC from Mercedes-Benz. The new model, which succeeds the GLK, is much more spacious and refined and signifies an evolution for the second generation Mercedes-Benz mid-range SUV, turning heads with its sleek design and taking the lead in terms of technology, comfort and performance.

The design philosophy behind the new GLC favours sensual purity and a modern aesthetic over the classic off-road look. The dynamic design exudes emotional appeal while also employing purist forms, with clearly defined lines that deliberately display a degree of tension. With its athletic and urban design, all-round capabilities and supreme comfort, the GLC fits seamlessly with any lifestyle, whether for a family trip on- or off- road, a sporty adventure with friends or just a comfortable driving experience around the city.

Venturing with Land Rover



Land Rover MENA has partnered with National Geographic Abu Dhabi to send intrepid Emirati adventurers, Omeir and Mohammed bin Malek, to trace the Tropic of Cancer on an epic journey through the UAE. The demand of an expedition of this nature creates extraordinary challenges for the adventurers and the Land Rover LR4's off-road capabilities made it the only choice to take on this unprecedented journey. In today's world there remain only a few places on earth which are yet to be mapped. However at the heart of the UAE lies the uncharted route of the Tropic of Cancer, the most northerly circle of latitude on earth at which the sun may appear directly overhead at its culmination. This event occurs once per year, at the time of the Northern solstice, when the Northern Hemisphere is tilted toward the Sun to its maximum extent. The Tropic of Cancer adventure is the latest chapter in a series of projects delivered by Land Rover MENA as part of the MYLAND communications platform that aims to highlight inspiring stories from and about the dynamic Middle East and North Africa region.



Camaro's stylish interior

The Camaro's robust and muscular design is what has, over the years, helped set it starkly apart from the rest and make it one of the segment's best-selling models in the region. Today, the 2015 model's interior further

cements the Camaro's legendary reputation— with design features that draw on the nameplate's heritage values while reflecting a contemporary style. The 2015 Camaro's interior style stays true to the model's lineage by being aesthetically-appealing, highly-

functional, and amply-spacious all at once. It provides a fun and comfortable environment for up to four; in parallel, an ambient lighting package on 2LT, SS and ZL1 trims gives the interior a special glow with LED light pipe technology.

Infiniti launches competitive initiative



Infiniti, one of the region's fastest growing premium automotive brands, has announced the launch of a competitive initiative to give Middle East entrepreneurs the opportunity to take part in a world-class start-up acceleration programme

and receive a \$40,000 investment in their business. The 11-week initiative—delivered by Infiniti Middle East in partnership with global early-stage investment company, Nest, - is dedicated to driving new business development and elevating budding

entrepreneurs in the Middle East. The innovative campaign stems from the recent launch of the Infiniti Q70 – a vehicle tailored “ForThoseWithDrive” – one that blends design, performance and technology and targets individuals with success in their sights.

Meet the Microsoft Band 2

It's time to meet the Microsoft Band sequel, which will be unveiled in October. There aren't a lot of details about this new fitness tracker. It is expected that Microsoft fitness tracker will have more power in much thinner design as compared to the 1st gen device. Version 2 will feature an accelerometer and heart rate tracker to monitor your steps and fitness activities - "walking, running and other workouts" are mentioned - but also keep an eye on your "excitement" and stress levels.



Nexus 5X on the way

Google has confirmed that the Nexus 5X will be released on October 22; so if you've preordered the phone, prepare yourself for a treat. Both of the models, 16GB and 32GB, will be released on that same date. The phone features Android 6.0 Marshmallow a rear fingerprint scanner, 5.2-inch full HD display and a Snapdragon 808 processor with 2GB of RAM.

Acer with Windows 10

Acer has announced its new devices powered by Windows 10. Two of them were computers, the Aspire R 14 convertible notebook and the Aspire Z3-700 portable all-in-one PC. Windows 10 was released in July, however these are Acer's latest in the first wave of computers that were built for the new OS from the ground up.



A better movie experience

Fluance, engineers of Serious Performance, audiophile-grade home theater systems and speakers, announces its SXPB High Definition Bipolar Surround Sound Speakers. Expanding Fluance's repertoire of affordable, cinematic-quality home theater systems, the SXPB replicates the movie theater experience with its immersive surround sound.



Enjoying outdoors

SCOSCHE Industries, innovators of award-winning, critically acclaimed, Optimized for the Outdoors products, has announced its lineup of Realtree products, just in time for the 2015 hunting season. This collaborative line merges Realtree, the world's leading camouflage designer, and SCOSCHE, a leader in the consumer technology and rugged portable accessories space, to roll out waterproof speakers, portable charging accessories and charge and sync cables designed with the Realtree Xtra camo pattern, which uses natural elements to create an amazing 3D effect.



Games:

Tony Hawk's Pro Skater 5

The Birdman is back with Tony Hawk's Pro Skater 5, a return-to-form for the blockbuster skateboarding franchise. THPS 5 rekindles the signature style of classic Pro Skater games in a brand-new set of levels with the same infamous focus on daring objectives, fine-tuned controls and high-score tricks, including manuals and reverts - for endless shredding.

A redefined version

Microsoft has unveiled new Surface, Lumia and Microsoft Band devices, taking advantage of powerful and versatile hardware to unlock new Windows 10 experiences, including fast and secured login with Windows Hello; new Cortana experiences that turn Windows 10 devices into a personal assistant; improved touch and pen experiences on Surface; and Continuum for phones, which enables the new Lumia 950 and 950 XL phones to work like PCs.



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Lighten up

Satechi's new USB Light Strip is a user-friendly lighting system that allows users to add a splash of color to any home, office or gaming space. The USB-powered light strip can cycle between a wide array of colors, providing a custom glow around TVs, computers, windows or other decorative items such as spooky Halloween pumpkins or festive holiday lights.



Get fit

Griffin Technology, creator of award-winning and thoughtfully designed mobile accessories, announces two new additions to its Fitness collection – Uptown Band and the newly updated Ribbon Wristband. Great additions to any wardrobe, the bands provide fashionable yet discreet fitness tracking to encourage an active lifestyle without sacrificing personal style.



DJ in style

The mobile DJ controller specialists, announced, the company's DJControl Glow, an affordable DJ controller for the budding disc-jockey. Following its namesake, the DJControl Glow is the first DJ controller featuring built-in lighting effects to make the deck glow a bright, neon green from within its frame. With its two decks, central mixer, dual jog wheels for navigating within tracks, a cross-fader and two volume faders, DJControl Glow offers simple operation and is perfect for younger or less experienced DJs learning to hone their craft.



A computer's companion

AOC, a worldwide leader in monitor display technology, today announces the AOC 16" HD Pro USB Monitor (E1659FWUX-PRO), with Full-HD powered by Display Link Technology. The HD Pro USB Monitor is the first of our USB-powered portable monitors to have Full-HD resolution. Its 300cd/m2 brightness makes it the brightest in its class. The widescreen monitor receives both power and signal via a single USB cable for plug-and-play connection.



Become a better gamer

AOC has announced their 24" and 27" FreeSync gaming monitors (G2460PF and G2770PF) that eliminate tearing, stuttering and input lag. The monitors let gamers enjoy clear, detailed imagery with Full HD resolution plus sharper action sequences with an ultra-fast 1ms response time and impressive 144Hz refresh rate. Together, these features diminish distractions such as blurring and ghosting that can mean the difference between victory and defeat.



Imaging power at your hands

For capturing and sharing life's important moments with great clarity, Canon Inc., a leader in digital imaging solutions, has announced the EOS M10 interchangeable lens digital camera. A compact and stylish design, the EOS M10 camera has the features and lens options to help photographers expand their creativity and the mobile compatibility and

size for social-sharers to stay connected with sharp images that are sure to draw 'Likes'. Adding to its compact design, the EOS M10 camera is fitted with a new retractable EF-M 15-45mm f/3.5-6.3 IS STM lens, that shortens and locks into a compact size when not in use. This retractable Canon interchangeable lens provides outstanding image quality that helps the EOS M10 camera remain small and lightweight to go with you anywhere.



UAE's First Sci-Fi Movie 'Aerials' Poster Revealed

UAE is home to many talented filmmakers, and it's great to see a proper, feature-length film coming out of the region. *Aerials*, which is pitched as Middle East's first sci-fi flick, is about an alien invasion in Dubai. The movie is developed by director S. A. Zaidi, and Emirati producer Ghanem Ghoubash, who previously worked on the popular short film, *A Tale of Two Suns*. The trailer of *Aerials* was previewed at the Middle East Film and Comic Con earlier in the year, which showed giant spaceships towering over Dubai's skyline. It certainly looked interesting and a lot of people certainly are curious how the film will turn out.



Naomi Scott Cast as The Pink Ranger

Coming off her recent turn in *The Martian*, actress Naomi Scott has been cast as the Pink Ranger in Lionsgate's upcoming *Power Rangers* movie. The announcement came from the movie's new Instagram account (via the *Power Rangers*' Twitter account), marking the film's first official casting, and offering a glimpse at its new lightning bolt logo. Project Almanac director Dean Israelite will helm the *Power Rangers* movie for the studio, and described the script as "mature but still playful" to IGN back in June. Zack Stentz and Ashley Miller (*Thor*, *X-Men: First Class*) co-wrote the screenplay. In addition to *The Martian*, Scott also starred in the short-lived series *Terra Nova*, and will next be seen in the true-event drama film *The 33*. *Power Rangers* is set to hit theaters on January 13, 2017.



The Expendables 4 to Begin Filming In 2016

The fourth entry in Millennium Films' *Expendables* franchise is reportedly headed to China and begins filming in 2016. According to Variety, *The Expendables 4* will enter production next year and will hit theaters in 2017. The film has yet to find a director, and its cast has yet to be revealed, with that said, fans of the first three films can be assured the movie will "maintain its all-action star formula," boasting a budget over \$100 million. Back in March, FOX announced an *Expendables* TV series, following the release of Lionsgate's third film last August.

Jake Gyllenhaal Joins Film Okja



Jake Gyllenhaal is reportedly joining *Okja*, the next movie to come from *Snowpiercer* director Bong Joon-ho. According to The Wrap, multiple people familiar with the project have said that Gyllenhaal is joining the multilingual monster movie alongside Paul Dano, Kelly Macdonald, and Bill Nighy. Tilda Swinton has already been confirmed for the project. *Okja* will reportedly feature a Korean lead actress and a number of English-language supporting actors, whose scenes will be set in New York. It is being produced by Lewis Pictures, and is scheduled to go into production early next year. Swinton previously worked with Bong in *Snowpiercer*. She'll begin filming soon for Marvel's *Doctor Strange*. Gyllenhaal, meanwhile, recently starred in *Southpaw* and can currently be seen in movie theatres in Everest.

LISTINGS

Mirdif City Centre

Crimson Peak - 10:15am 1:00pm 3:45pm
6:30pm 9:15pm 0:00am
Legend - 12:40pm 5:55pm 8:45pm 11:40pm
The Program - 9:30am 2:25pm 7:15pm
12:00am
The Walk - 11:45am 4:45pm 9:30pm

Al Ghurair Centre

Crimson Peak - 11:30am 2:00pm 4:30pm
7:00pm 9:30pm 11:59pm
The Martian - 10:00am 12:45pm 3:30pm
6:20pm 9:10pm 11:59pm
Jazbaa (Hindi) - 11:30am 2:00pm 4:30pm
7:00pm 9:30pm 11:59pm
Momentum - 10:00am 12:00pm 2:00pm
4:00pm 6:00pm 8:00pm 10:00pm 11:59pm
Hotel Transylvania 2 - 10:00am 12:00pm
2:00pm 4:00pm

Deira City Centre

Etiquette for Mistresses (Tagalog) - 10:30am
12:45pm 5:55pm
Life of Josutty (Malayalam) - 11:45am 3:20pm
6:55pm 10:30pm
Rudramadevi (Tamil) - 11:00am 2:30pm
6:00pm 9:30pm
Jazbaa (Hindi) - 12:25pm 3:15pm 6:05pm
8:55pm 11:45pm

Burjuman Mall

Wedding Pullav (Hindi) - 3:15pm 6:00pm
8:40pm 11:20pm
Etiquette for Mistresses (Tagalog) - 2:15pm
4:30pm 6:45pm
Life of Josutty (Malayalam) - 10:30am 1:15pm
5:35pm 8:20pm
Pyaar Ka Punchnama 2 (Hindi) - 12:45pm
3:45pm 6:45pm 9:45pm

Dubai Mall

Crimson Peak - 12:20pm 2:50pm 5:20pm
7:50pm 10:20pm 12:50am
Before We Go - 12:40pm 4:55pm 7:00pm
9:05pm 11:10pm 1:15am
Momentum - 12:25pm 2:30pm 4:35pm
6:40pm 8:45pm 10:50pm 12:55am
The Intern - 12:40pm 3:10pm 5:40pm 8:10pm
10:40pm 1:10am
Legend - 11:50am 2:35pm 5:20pm 8:00pm
10:40pm 1:20am

Mall of Emirates

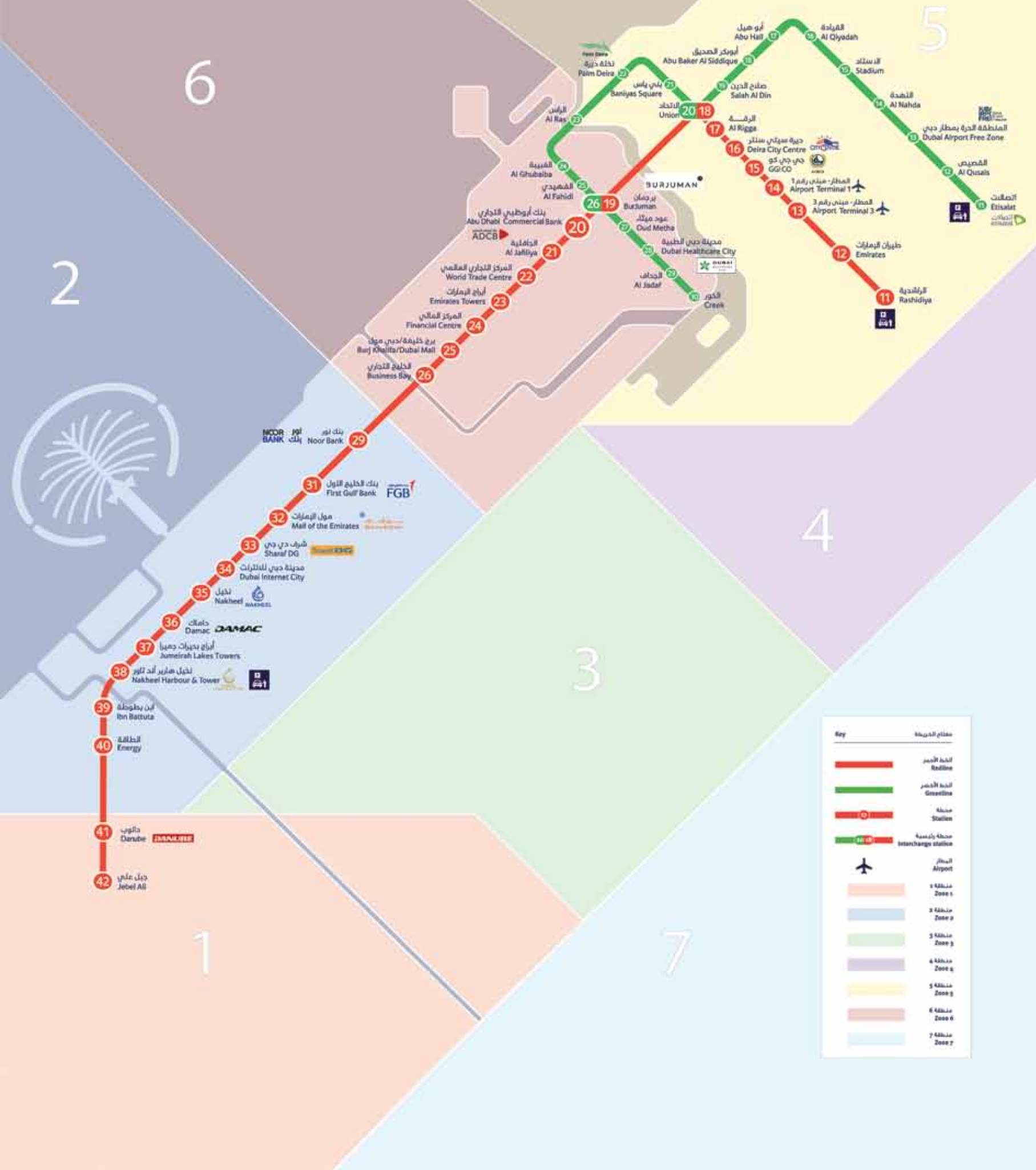
The Intern - 12:10pm 2:50pm 5:30pm 8:20pm
11:00pm
Pan - 10:30am 1:00pm 3:30pm 6:00pm
Everest - 11:15am 2:00pm 4:45pm 7:30pm
10:15pm
Legend - 12:45pm 3:30pm 6:15pm 9:00pm
11:45pm
The Program - 11:00am 1:30pm 4:00pm
6:30pm 9:00pm 11:30pm



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How to manage a team of superstars

Company superstars never settle for doing the bare minimum. Those are the movers and shakers of their industry, the ones who would never accept mediocrity and average work. Before we discuss how to manage a team of superstars, managers should understand the normal distribution of talent. Most teams are comprised of a limited number of superstar performers, a small percentage of underperformers, and a chunky 80 percent of average employees who get things done. But what should you do if you happen to have a team full of superstars? Akhtaboot is here to highlight your role as a leader in managing super teams.

Free Them from Boxes

Smart managers make sure that they steer the drive of their best people towards meeting corporate goals. Failing to unleash the full potential of your superstar team will push them to seek their passions elsewhere.

Company superstars are always on the look for ways to add value and they will gladly accept a huge workload as long as they feel free from boxes.

Give them Clear Expectations

While every job should allow for a certain degree of autonomy, each

task needs basic guidelines on how to achieve the end result. While superstar teams are willing to take on challenging tasks, as a leader, you shouldn't make it too difficult for them to succeed. Your employees want to be on the same page as you, they want to make smart decisions, but they cannot read minds. Make sure that you regularly meet with the



team to discuss the outcomes and what should be tackled differently next time.

Encourage Open and Honest Communication

Organizations that follow the traditional top to bottom communication lines make it hard for their employees to speak up. Even when they gather enough guts to give their opinions, they may feel like their input won't be taken into consideration, and after a while, you will have silent superstars. In order to encourage ownership, you need to encourage open communication lines. Welcome input and new ideas, even if you don't like all of it. Keep in mind that you won't find the game changers if you don't explore new ideas.

Investing in Their Career Advancement

If you value your superstars as critical company assets, you need to demonstrate that by investing in their career growth. Give them access to all the tools, resources, education, and mentorship they need. Knowing what your outstanding employees are eager to learn will help you identify their key strengths and maximize their contributions on the long run. Superstars will work harder for a manager who wants to invest in their professional development.

Don't Punish Mistakes

Accountability doesn't mean punishment. If your goal in fostering accountability is to know who to punish when things go wrong, then you're simply creating a fear-based culture. Your team will start holding back on trying new things. Accountability is all about taking responsibility for the action while trying other approaches to achieve different results. The best managers know that mistakes are learning experiences. With that sort of mindset your superstars are able to create an environment of humility and accountability. They will learn that recovering from a mistake is one of the best ways to grow.

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McIlroy on the go

MicRory McIlroy will continue hosting the Irish Open for the next three years on behalf of his foundation, while Dubai Duty Free extends their sponsorship until 2018. Next year's tournament will see an increase in prize fund by 60%, rising from 2.5m to 4m. "The Irish Open has always meant so much to me, so I am really excited to announce my commitment to host the tournament, on behalf of the Rory Foundation, for the next three years," said the Northern Irishman.



Younis breaks record

Younis Khan has now become his country's all-time leading Test run scorer on the first day of the first Test against England. The Pakistani batsman reached 19 in Abu Dhabi, overtaking Javed Miandad's mark, which was held for 22 years. The 37-year-old is playing in his 102nd Test after making his debut back in 2000. He managed to reach the record in style when he lofted Moeen Ali over deep midwicket shortly after tea on the opening day. Khan said he has the hunger to aim for the 10,000-run mark.



An exciting challenge



Lewis Hamilton has claimed that he is really excited about the potential battle and direct title fight with Ferrari rival Sebastian Vettel in 2016. The two drivers are the most active in F1 with Hamilton claiming his 42nd victory in last week's Russian Grand Prix. Hamilton is now at the brink of his third world title, while Vettel moved ahead of Nico Rosberg, who retired from the race, into second place in the standings. Mercedes is already bracing themselves for a tough challenge from Ferrari next year. "If I hung up my gloves and was just a fan I would want to see the two of us up against each other," said Hamilton. "I am super excited to do that."

No fight for Khan



Amir Khan and Manny Pacquiao will not exchange punches in the ring after Khan pulled out of negotiations to fight the Filipino superstar. Khan was in talks with Pacquiao, who is ready to return to training before the new year after undergoing surgery on his shoulder. The Bolton fighter has revealed that their advisors met in Doha but haven't reached any agreement. "I'm really disappointed in Manny and his team. They aren't playing ball. All that was left to do is to sign the contract. But they are stalling," Khan stated. "I have pulled out of the negotiations. I am no longer fighting Manny Pacquiao."



Holland misses on Euro 2016

The Netherlands will not play in the Euro 2016 competition after losing 3-2 to the Czech Republic, which ended their miserable qualifying campaign in failure. Robin van Persie scored an own goal during the match but in order for them to qualify, the Dutch needed to win and for Iceland to beat Turkey. This is the first time the Netherlands have failed to qualify for a major tournament since they missed out on the 2002 World Cup, and all that attention will turn towards the manager Danny Blind. Despite their Euro 2016 humiliation, the Royal Dutch Football Association insisted that the 54-year-old would stay in charge.

Missing out



As Laura Robson will miss out on playing tennis for the rest of the year as she continues to recover from a series of injuries. The 21-year-old has pulled out of the remaining events of this year's schedule after encountering a setback in her rehabilitation process. She suffered a wrist injury and was forced to spend 17 months on the sidelines, before making a return in June this year. But Robson sustained other injuries after her comeback, winning just three of her 11 matches and suffering first-round defeats at Wimbledon and the US Open.



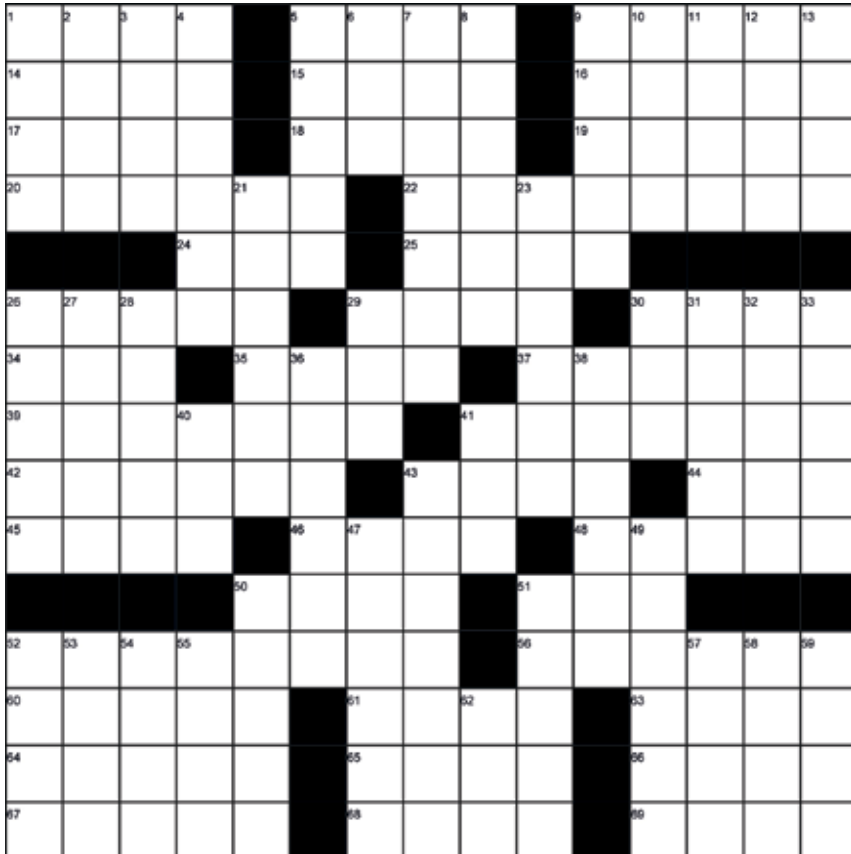
Sean O'Brien faces punishment

Ireland's Sean O'Brien is missing out on Sunday's Rugby World Cup quarter-final against Argentina after receiving a one-week ban for striking Pascal Pape of France. O'Brien

is a key figure in Ireland's squad and was named man-of-the-match after defeating France 24-9 – a victory which allowed them to avoid New Zealand in the last eight. The back-row man

admitted to hitting Pape and therefore had his two-week suspension halved to one week. O'Brien will be able to play in the semi-final if Ireland manage to qualify through.

Taking your time



Crossword

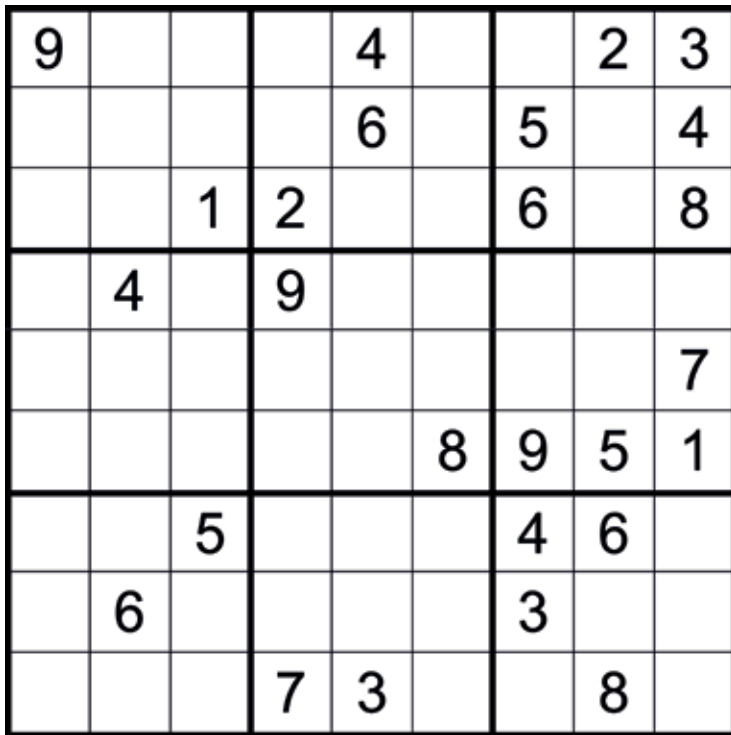
Across

1 Pub offerings 5 Sly look 9 Out of style 14 Inlet 15 Look at amorously
16 Nimble 17 Drizzle 18 Frog's kin 19 ____ Witherspoon of
"Pleasantville" 20 Register 22 Document destroyer 24 Lennon's spouse
25 Baby's "piggies" 26 Startle 29 Morsels 30 Nasty cut 34 Biceps site 35
Singer ____ Clapton 37 Source of answers 39 Narrowed gradually 41
Make less stale 42 Finally (2 wds.) 43 Pinup ____ Hayworth 44 Poet's
"yet" 45 Poetic contraction 46 Unwrap 48 Italian staple 50 Teen's dance
51 Family room 52 Spike heel 56 Gets up 60 Becomes weary 61 Stiffly
formal 63 Manner 64 Airborne 65 Emerald ____ 66 Precinct 67 Camp
shelters 68 Snaky swimmers 69 Fasting period

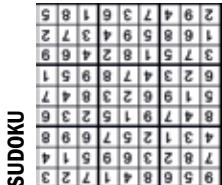
Down

1 Farm measure 2 Borrowed money 3 Corrupt 4 Junior's dad 5
Gambling game 6 Self-esteem 7 Rubber band 8 Glowing (hyph.) 9 Is
bold 10 Mellowed 11 Tethered 12 Alternative word 13 Forest creature
21 Scoffs 23 Vacation spot 26 Lucifer 27 Box 28 Plentiful 29 Make an
offer 30 Car fuel 31 Pains 32 Winter forecast 33 Hair coloring 36 Witty
reply 38 The Grim ____ 40 Jug handle 41 Fish flipper 43 Contrition
47 Savory pastry (2 wds.) 49 "____ House" 50 Irritating ones 51
Noblewomen 52 Right now! 53 Floor covering 54 Steamy appliance 55
Departed 57 Sensitive 58 Adam's garden 59 ____ belt 62 Not well

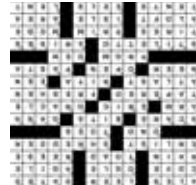
Sudoku



ANSWERS



CROSSWORD



SPOT THE DIFFERENCE



RIDDLE ON PAGE 02
SHE WAS BORN ON
FEBRUARY 29TH

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)

The week is going to start off slowly. There's a lot on your mind and a lot on your plate, but rushing around like a mad person isn't going to help anything. Just take things one at a time. Later, everything will have sorted itself out.



TAURUS

(APR 21 - MAY 21)

This week is all about feelings, and your feelings run deep. Possessiveness and jealousy in particular figure strongly -- tough stuff, but nothing that will weigh you down for more than a day or so. There's a chance you're extra sensitive these days, too.



GEMINI

(MAY 22 - JUN 21)

You have exactly the right mind for this kind of mystery. Don't make any sudden moves until you have all the information you need. Your friends admire your powers of intuition and your talents as an investigator. No one's going to be able to stop you.



CANCER

(JUN 22 - JUL 23)

There are several different paths you could take, and at this point none of them seems like the obvious choice. How come no one seems to have any advice? This is one of those situations when you're best off not going one way or the other just yet.



LEO

(JUL 24 - AUG 23)

Everyone thinks they know what's going on, but you are more perceptive than most, and you've noticed some clues that tell you more is up than meets the eye. Use your charm and your confidence to get people to tell you what they're really thinking.



VIRGO

(AUG 24 - SEP 23)

You are never satisfied with what's on the surface. The more you delve into things, the more interesting they tend to become. (Unless you're trying to delve into something shallow, but then what's the point in that?) Take a risk with a good friend this week.



LIBRA

(SEP 24 - OCT 23)

Today you're feeling a little greedy. Well, not greedy so much as motivated. You realize that the world can be yours, if you work hard enough. But keep in mind that no material possession is ever going to bring you as much pleasure as a terrific romance.



SCORPIO

(OCT 24 - NOV 22)

Everyone else is a tiny magnet and you're the refrigerator. No one can get enough of you and just drawn to you, for whatever reason. And you're just as taken by your friends as they are by you. There's a good chance you're all going to do something crazy.



SAGITTARIUS

(NOV 23 - DEC 21)

What have you been dreaming about lately? The outside world is kind of blurry these days, but your dreams are saying something loud and clear. Your subconscious is a valuable thing, and your dreams, however crazy, might be worth examining closely.



CAPRICORN

(DEC 22 - JAN 20)

This week and also the rest of your life. Maybe it's time to make a few changes. Shake things up a bit. Some of your friends are awesome, but what about those friends who call only when they need something? You could stand to cut them out of your life.



AQUARIUS

(JAN 21 - FEB 19)

You are lost in thought about your career. Sure, there's some stuff going on at home that's been on your mind, too. And of course you'd like to spend some time thinking about your love life. But right now, your career is the most important thing to you.



PISCES

(FEB 20 - MAR 20)

You love to help people out, but lately you've been wondering if people just call on you for help because they've gotten the idea that you're never going to say no. You're not a doormat. There's no way you're ever going to be all things to all people.



This week's local weather

SUN



MOSTLY SUNNY
HIGH 34°C
LOW 27°C
HUMIDITY 51%

MON



PARTLY CLOUDY
HIGH 33°C
LOW 27°C
HUMIDITY 51%

TUE



SUNNY
HIGH 34°C
LOW 27°C
HUMIDITY 53%

WED



PARTLY CLOUDY
HIGH 34°C
LOW 27°C
HUMIDITY 53%

THU



MOSTLY SUNNY
HIGH 34°C
LOW 27°C
HUMIDITY 46%

FRI



PARTLY CLOUDY
HIGH 35°C
LOW 27°C
HUMIDITY 44%

SAT



MOSTLY SUNNY
HIGH 36°C
LOW 27°C
HUMIDITY 45%

Read.

EDITORIAL

Danielle Hosri
Chief editor

Arnold Pinto
Publisher

Mae Cabigas
Wissam Aoun
Editors

Hassan Fawad
Webmaster

DESIGN

Houssam Barazi
Art director

George Domingo
Lead designer

ADVERTISING

Micheal Kakish
Head of product
E: micheal@kassabmedia.com

Mona Semaan
Sales manager
E: mona@kassabmedia.com

Lovina Malkani
Account manager
E: lovina@kassabmedia.com

Syed Ahmad
Sales executive
E: sayed@kassabmedia.com

Tony D'souza
Sales executive
E: tony@kassabmedia.com

Cheva Salazar
Sales coordinator

CONTACT US

info@readme.ae
advertising@readme.ae
pics@readme.ae



Continental Multimedia FZ LLC
Dubai Media City, Phase 2, Building 6
Office No. G11
T: +971 4 390 2904
F: +971 4 445 6753
E: info@readme.ae
W: www.readme.ae
PO Box 502824, Dubai, UAE

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