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Tips and tricks to ensure you start off on the right track choosing your green buddy.



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See our list of food that are not really 'healthy' at all. Don't compromise your diet just because they're tasty!



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Metro life	03
Agenda	04
DXB Update	06
You	10
Travel	12
Style	14
Travel	12
Food	15
Cover story	16
Motoring	20
Technology	22
Movies	23
Health	24
Careers	29
Sports	32
Take a break	33
Horoscopes	34



16

A barrel of water weighs 20 pounds.

What must you add to it to make it weigh 12 pounds?

Check your answer on page 34

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SANCHITA KHANNA



Date: February 19 - 20
Venue: Burj Park
Admission: Free Admission

XYOGA Dubai

Dubai will see its citizens strive for inner peace and outer strength and flexibility for two days this February as XYoga Dubai hosts the first ever Yoga Festival. Open to anyone and everyone, the festival is free to enter and involves much more. Get classes from internationally acclaimed Yogis while engaging in retail therapy with stores offering a wide variety of yoga related products and services. What's more, there will be live entertainment, making this one of the region's largest festivals of its kind.



Date: February 15 - 27
Venue: Dubai Duty Free Tennis Stadium
Admission: Online Registration

Dubai Duty Free Tennis

Watch the best international players head to Dubai for one of the most eagerly awaited events, the Dubai Duty Free Tennis Championships. This will be the 24th year for the event, bringing the world's best players once again to Dubai. Do not miss an opportunity to see the world's top players compete at this year's Dubai Duty Free Tennis Championships. More details to be announced in the coming months. Tickets on sale from 18th January.

HBL Pakistan Super League

The first ever HBL PSL season will kick off this February
February 4 - 26 at Dubai International Cricket Stadium
General - AED 30, International - AED 50, Premium - AED 100, Platinum - AED 250, Royal - AED 900

M1 Run 2016

Race up the Media One Hotel and win
February 20 at Media One Hotel
Individual - AED 99, Teams - AED 399

Dubai Music Conference

Gathering electronic music artists together for the first time ever

February 18 - 19 at JW Marriott Marquis Hotel
www.blueleaf.ae

Blank Space Open Mic #7

Join for some extraordinary talents and finger snapping performances

February 18 at Life 'n One Dubai
AED 25

Levant Themed Family Fun Day 2016

The first version of a day in support of women business owners in the UAE with a Levant theme (Jordan, Lebanon, Palestine and Syria)

February 19 at Horizon English School
Free Admission

Film Screening: "Theeb" By Naji Abu Nowar

The film follows Theeb, a Bedouin boy, on a treacherous journey across the desert
February 20 at Sharjah Art Foundation
Free Admission

I Am Hardwell



Date: February 19
Venue: Meydan Grandstand and Convention Centre
Admission: General - AED 295, Deluxe Early Bird - AED 650

Electronic Dance Music fans can finally get what they've been asking for. EDM superstar Hardwell finally comes to the Meydan as part of his global tour, I Am Hardwell. Robbert van de Corput, known by his stage name, Hardwell is a 27 year old Big Room House and Electro House DJ and music producer. The event will have a fully equipped F&B village and much more.

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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



Eat The World DXB

By Bianca Alcaide



EAT THE WORLD DXB FOOD TRUCKS

The world is coming to Dubai from February 25-27 thanks to Eat The World DXB.

Fifteen of London's best food trucks will set their wheels at Dubai's Burj Park and is expected to attract more than 20,000 visitors. More than the international trucks, there will also be a line up local food trucks and street food vendors that will definitely make their way to your stomach. With a great location and an amazing line up of eateries, a food market and an incomparable celebration of extraordinary food, what's not there to love? To know more about what else to expect, READ gets in touch with Eat The

World Director, Philip Lowery.

Can you tell us what is special about Eat The World DXB besides the local and international food trucks who will be participating?

Not only have we shipped in 15 of the British capital's food trucks to the UAE but Eat the World DXB provides the full foodie experience – an international array of cuisines alongside cooking demos, a cake decorating competition, a food market, not to mention live music and entertainment.

Is this the first time this is happening in Dubai? If yes, what can people expect and do you think this will happen on regular, if not, yearly basis?

Yes this is the inaugural Eat the World DXB and our traders can't wait to see what the Dubai foodie thinks of their dishes – we hope this will be the first of many Eat the World DXBs.

How many have participated and what kind of food will the people be expecting?

The best street food London has to offer! We have fifteen British food trucks in an eclectic mix of international cuisines, some of the highlights include the Rolls Royce of fish finger sandwiches, 'the fishdog' from renowned London check Mark Hix, vegan hand-rolled sushi from Happy Maki and freshly made Thai street food served straight from a tuk tuk from Bangkok. We have also cherry picked the best UAE street food traders to serve some of Dubai favourites – it really is an event not to be missed.

Will there be tickets available for this or is it a free of charge event?

Advance tickets are on sale now from www.eattheworld.ae from AED 25 in advance, or from AED 35 on the door.

Healthy Mind, Healthy Body

By Abigail Barbasa



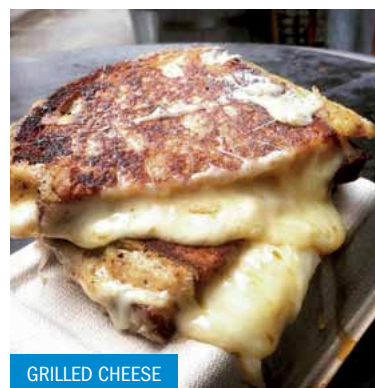
International and renowned yoga instructors will be in Dubai this week as they help discover the most refreshed visions of the yoga practice in a celebration of the emirate and a healthy lifestyle at XYoga Dubai, set to be the largest mind-body initiative in the Middle East.

As Javad Khoramifar, Festival Director puts it, "With the host of international yogi talent also being supported by local yogis, XYoga is set to be the biggest festival of its kind in Dubai catering for yoga fans of all abilities. We're expecting crowds in the thousands for what promises to be an exhilarating two days of complete mind and body wellness.

Taking place between the 19th and 20th February, the yoga festival will reinforce its role as a 2-day full-immersion yoga and wellbeing event, including the main yoga session on 19th February as well as a whole host of other activities held by well-known international yogis. Helping participants to find the balance between work and leisure, the international yogis will be hosting a series of free yoga sessions, workshops and talks for all ages and abilities.

Warming up for the two-day yoga festival, a host of international yoga stars will bring together the community across Dubai to participate in the health and wellbeing event. The line up features Bollywood actress and fitness guru Shilpa Shetty, new age yoga extraordinaire Suneel Singh and SUP Yoga sensation, Dashama Konah, among many others.

Designed to capitalise on the enormous interest in the holistic fitness craze, the festival will also feature a host of healthy eating seminars and meditation to encourage inner peace and outer strength.



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Learning Self-Defence

**1 in 4 women are sexually assaulted in their lifetime.
Ages 12-34 are at the highest risk.
Ages 16-19 are 4 times more likely to become victim of sexual assault.**

These are the statistics that former US Federal Agent Keith Jordan, gave when we asked him the question: "How important is it for women to learn self-defence?" Having over 20 years of experience, Keith Jordan came to discover countless failings in self-defence programs for women, during his many years as an instructor. These failings inspired Keith to find courses that would

introduce techniques that are simple to remember and perform in high stress situations.

The American Defense Academy of Dubai is an academy that specialises in women self-defence, and was founded by Keith Jordan himself. The Academy offers highly effective courses that enable women to avoid or escape any harmful situation; he further gave statistics, to show the importance of this.

*You'll know the attacker 75% of the time.
68% of sexual assaults are not reported to the police.
98% of rapists will never spend a day in jail.*

80% of women who fought back avoided injuries and/or rape.

While living in Dubai may be safer than most places, it's not a guarantee that women won't face sexual harassment in one point of their life, whether living here or in another country, which brings us to the courses offered by The American Defense Academy of Dubai.

There are 5 Course Modules which has different focuses all of which

are to ensure the different types of scenarios that commonly happen.

What exactly are they going to learn from the course?

Please, understand that all our programs are for all women, not only for schools. Reduce The Odds Program teaches women how to recognize a predator; and how not to be a soft target. While Girls On Guard and Guarding Our Girls teaches how to escape the most common scenarios. We will also do private courses for a group of 8-14 if anyone wants to host. We also have membership programs where the money is used to train instructors in India, where they can afford to pay for these type courses.



A musical extravaganza

The Palestinian Cultural Club at the American University in Dubai is organizing a live concert which will take place on the 20th of February at the AUD auditorium. The concert will feature the vibrant Faia Younan, a young singer with passion for just causes, arts and culture. The Palestinian Cultural Club, who also previously hosted the Arab Idol, Mohammed

Assaf, is now bringing Faia Younan to AUD with the aim to spread cultural awareness through art and music, and is honoured to host the Syrian vocal artist for an evening of deep and authentic art. Faia is best known for her "To Our Countries" performance featuring her sister, Rihan, in a hit Youtube video that surpassed 2 million views. Her debut marked the beginning of her journey of profound

musical works, which distinguish her repertoire. Faia participated in the opening of the Carthage Film Festival in Tunisia. The success Faia has achieved in her concerts at the Opera House at Damascus and the UNESCO Palace in Beirut, which witnessed a huge turnout, put her on the lead of young Arab artists presenting art that carries cultural, social and humanitarian values.

School Holiday Fun At Dubai Duty Free Tennis Championships

By Sarah Al Hoshi



Dubai's annual tennis extravaganza gets underway in less than two weeks' time, and with the best players in the world in action on court and a packed entertainment program, the Dubai Duty Free Tennis Stadium will be the place to be from 15-27 February.

And with the women's week coinciding with half term break for many of the schools in the UAE, a host

of new activities for fans of all ages are on offer both on court and in the Tennis Village.

What are the activities taking place at the event?

With the women's week coinciding with half term break for many of the schools in the UAE, a host of new activities for fans of all ages are on offer both on court and in the



Tennis Village. This year's programme features a busy daily schedule of children's activities, including a kids' tennis freestyle workshop and performances from a tennis trickster, photo opportunities with players, autograph sessions, bouncy castles, arts and crafts, face painting, sponsor activities and entertainment by the new tennis break dancer team. Along with the activities there are numerous competitions to win great prizes including the opportunity to meet and have a hit with the world's best players, and win finals tickets. And in a special offer this year, the Irish Village will be offering an exclusive Tennis Menu at lunchtime during the WTA week. Those who enjoy the special menu will also receive complimentary afternoon passes for the first three days of the first week, and fifteen lucky families will also win tickets to the WTA finals. More prizes are on offer for kids who enter the Dubai Duty Free Tennis Championships design competition in the Irish Village.

What are the ages of the students attending?

The kids taking part in the tennis activities are school kids but everyone is invited to come down to the Tournament and enjoy the host of activities on offer.

Can all the students participate at this event or only experienced Tennis players?

Kids do not need to be an experienced tennis player and have been invited to join the clinics to learn more about the sport and interact with the players.

What will this year include that's different from past years?

There will be a number of new entertainment options for everyone to enjoy including tennis trickster, a special tennis workshop, and opportunities to meet the tennis stars as well as a number of chances to win those sought after finals tickets.



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STAY AHEAD

Best Indoor Plants For Your Apartment



1. CACTI

Cacti are a great way to instantly create a modern feel in your home. It also doesn't hurt that according to classic Feng Shui, cactus plants can balance your home's energy and attract wealth. Always put your cacti in the sunniest place in your home. Water the cactus monthly to best maintain it.



3. DRACAENA

We like this variety of plants because they don't need a lot of light (they still need a little bit of brightness though so don't keep them in a dark spot). Choose your favorite from a bunch of dracanae plants and keep them moist. You'll know it's dry if it has brown tips. As a note, this type of plant doesn't mix with dogs, as it can be poisonous if chewed on.



5. SANSEVIERIA

Sansevieria, aka the snake plant or the mother-in-law's tongue, because of its sharp leaves. This plant likes bright light and a couple of hours of direct sun. It can grow in any light, just not in dark shade. As for water, the plant doesn't need to be watered as frequently in winter as it does in spring to fall. The snake plant can rot if over watered.

2. GERBERA

These daisy-looking plants come in a range of colors (pink, yellow, salmon, orange and white). Originally from South Africa, the gerbera thrives on sunlight, the more light it gets, the more flowers it can make. Try to place them in sunlight for half the day and the other in partial shade.

Same goes for moisture, as these plants need to remain slightly moist around the clock. If overwatered, this plant can result in fungus, infections and stem rot so beware.



4. BROMELIA

For a burst of color in your home, this one's a favorite. It doesn't hurt that it's also very low maintenance. This plant doesn't need any special tools or fertilizers. It lives best in indirect light and can be watered easily by filling the base of the leaves. You can weekly empty the pot from the water collected to remove any unwanted dirt.

Your Guide to Indoor Planting



Houseplants do more than just beautify your indoor space. Research shows that keeping plants inside your home can bring a host of physical and mental health benefits, but how can we do that here in Dubai? Here are a few things to consider before finally purchasing your potted friend.

1. Location

If you're not living in a villa then finding a good location may be a bit difficult, as you all know all plants need light to photosynthesize and survive. However, not all plants have the same level of light intensity; check out our list for the best indoor plants to get you started. A balcony works for sun-loving plants while a window (filtered with blind or curtains) is a preferred spot for those that could grow in dimmer conditions.

2. Temperature

Temperatures for plants vary between 18 and 23°C. If you're really keen on keeping your plant alive, then invest in a room thermometer. Avoid placing plants near air condition units, ducted heat or draughty areas; if you notice the leaves falling off and becoming yellow, you've got to move your plant.

3. Humidity

Lack of humidity can also be a problem, if it gets too dry you will notice the tips of the leaves turning brown, or withered or losing them altogether. Simply mist your plants daily or place a tray of water nearby, it's also a good idea to move your plants closer together to create a microenvironment, or purchase a humidifier to boost levels at home.

4. Care

Your soil will dry out due to the heat and sunlight specific to your home, in order to avoid this, feel the soil with your finger. If the plant's tag says, "Water steadily or evenly," then water whenever the surface of the soil is dry to the touch. If the tag says, "Water moderately," allow the top inch or so to dry out between watering. Just make sure that you don't overwater.

Health Benefits of Indoor Plants

1. Purifies air Indoor air can be as much as 12 times more polluted than outside air in some areas, due to compounds called VOCs found in paints, furnishings, clothing, and building materials. VOCs are a major cause of headaches, sore and itchy eyes, and nausea. NASA discovered that plants purify the air by pulling contaminants into soil. The microorganisms in the soil then convert VOCs into plant food. NASA recommends one potted plant per 100 square feet of indoor space.

2. Improves Health Ever wonder why it's common for people to bring hospital patients plants as a get well gift? Plants can help improve health. According to researchers at Kansas State University, adding plants to hospital rooms speeds recovery rates of patients. Compared to patients without plants, patients with plants in their rooms requested less pain medication, had lower heart rates and blood pressure, experienced less anxiety and were released sooner from the hospital.

3. Improves mood Plain and simple. Plants make you happy. They help increase self-esteem and stability, improve mood and well-being and reduce stress and anxiety. Researchers at Washington State University found that people in a plant-filled room saw a greater drop in blood pressure after taking a stressful test, compared to those in a group without plant exposure.

4. Increases humidity Did you know: plants release approximately 97% of the water they take in. When you place several plants together, you can actually increase the amount of humidity of a room. This helps decrease dry skin, sore throats and dry coughs.

5. Productivity Plants are great at work. When you have many people occupying the same work environment, you get high carbon dioxide levels which can cause drowsiness and headaches. Plants are a lifesaver because they absorb carbon dioxide and refresh the air by releasing oxygen. Indoor plants can have mental benefits including improved concentration and memory, better goal achievement and heightened attention.



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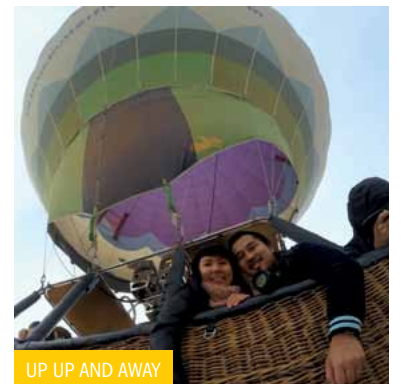
UCHISAR CASTLE - THE TALLEST POINT IN CAPPADOCIA



the early times. Cave churches with ancient frescoes depicting the life of Jesus and stories from the Bible have been discovered. We had the opportunity to visit Keslik Monastery, one of the biggest monastic areas in the region. The frescoes remained fascinating despite the damages caused by natural events and human activities. We also didn't miss Goreme Open Air Museum - a UNESCO World Heritage site where the finest rock-hewn centuries old churches are well-preserved.

Hiking in Mystical Valleys

Armed with a map, we explored the valleys surrounding Goreme town. We hiked to Sunset Point, a sun-gazing vantage point which boasts amazing views of Zemi Valley, Pigeon Valley, and Uchisar Castle. We hiked to the famous Love Valley where incredible unusual pillars stand tall. There are a few markers in the hiking trail; hence getting lost is inevitable. But it was every time we are lost that we find something beautiful. Lost in an unknown valley, we found patience and trust and a view of a wonderful sunset. Lost in Goreme town, we were accompanied by a playful stray dog. Lost in the Love Valley, we met an old Turkish man who showed us the correct route despite the language barrier, and that's when we found out how warm and helpful Turkish people are.



UP UP AND AWAY

Lady Anne Abit is a Filipino expat in Dubai, a full-time healthcare professional, an occasional traveler and a self-confessed foodie. She shares travel tales, foodie finds, and sweet escapes in her blog www.ladyandhersweetescapes.com and Instagram: @ladyandhersweetescapes.

The Magical Land of Cappadocia

By Lady Anne Abit

Cappadocia region in Central Turkey seems to have come straight off a page of a fairytale or a mystical scene in a sci fi movie. It is so unreal that I almost wanted to pinch myself as I gaze at the other-worldly landscape for the first time.

Mother Nature made Cappadocia special. Intense volcanic eruption and the process of erosion shaped a dramatic topography of fairy chimneys, rippling plateau, and rock pinnacles millions of years ago. Human artistry made the region more incredible. Cave houses, rock-cut churches, and tunnel complexes were carved out of the soft volcanic tufa.

It was raining when my husband and I set foot in the town of Goreme. The chilly breeze lulled me to sleep while I tried to keep my eyes wide open. It is not every day that I get to see those breathtaking rock formations. I fell in love with Cappadocia right then and there, and it grew even more on the next three days.

Sleeping in a Cave

In a region known for rock-hewn homes and hotel rooms, we knew we would miss something if we will not spend our nights in a cave. We became modern cave dwellers in a two-hundred-year-old cave room that was restored and equipped with a cozy French bed and an ensuite



THE CAVE HOTEL

bathroom. The ancient room is well-ventilated, comfortably cool even without an air conditioner due to the fact that the temperature inside a cave remains constant throughout the year. It is truly a unique experience to do something that the locals do for ages!

Hot Air Balloon Ride

Every sunrise, when the weather is good, almost a hundred of colorful hot air balloons fly above Cappadocia's bizarre terrain. It looks magical; hence despite my fear of heights, I looked forward to the day when I get to hop in the hot air balloon basket. That day finally came, and just as I expected, it was breathtaking! The hot air balloons created a vibrant kaleidoscope during the magic hour. We flew high above the landscape where nature and history are in perfect harmony. Then, we gently glided through the stunning valleys and in between

towering rock columns. It was surreal! No wonder why Cappadocia is known to be the best place for hot air ballooning.

Visiting an Underground City

Underground settlements in Cappadocia were used by people who sought refuge during the war in the early centuries. We were able to explore a portion of Derinkuyu Underground City, the deepest of the thirty six underground cities that have been discovered by far. The multi-level city beneath the surface of the earth can accommodate up to 20,000 inhabitants. It has a ventilation shaft, refectories, wineries, stables, churches, and a temporary graveyard.

Exploring Rock-cut Churches

It is evident that Christianity flourished in Cappadocia during

Cooking For One

If you have recently moved away to a new place, far from your family, for a job or to do your masters like are good friend, Sara Tawil, you'll find that you have to deal with this crucial step of the day: Cooking. You never notice the preparation it takes until it's not there. Now, you have to cook for yourself, and you're guessing it might be difficult; it might even be impossible! However, don't worry. Here at READ, we interviewed Sara, who just moved to Reading in England this past year, and she's already a pro. She's got you covered for all your lonesome hunger needs.

Do you find many difficulties in cooking?

I don't usually find difficulties in cooking because I used to watch my parents cook. My dad loves to cook and I take a lot of my style from him. I love food in general and I know what works together. However, there are times where my meal doesn't taste good, so I just throw it out but that rarely happens.

Is it hard finding time to cook? Do you order out a lot?

For the most part no, I usually have to cook and when I don't have time, I just cook something fast and easy. I order food once a week or so, because I like to keep a healthy diet.

When did cooking become a habit for you?

I think during my second year of university. Before that I never really cooked. My mom's a great cook, but she doesn't enjoy it all that much so she doesn't always like to try out new recipes. So I ended looking up recipes online and trying to cook. I enjoyed it and eventually was able to rely on myself rather than stick to recipes.

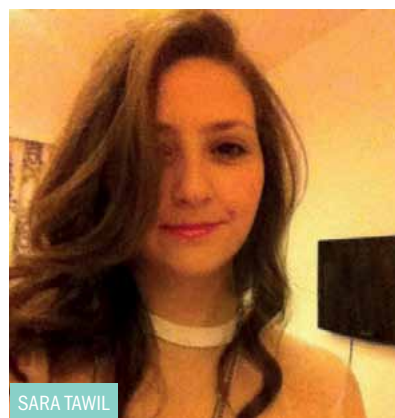
Who taught you how to cook? When you have a question who do you ask?

I actually taught myself. I just repeated what I saw my parents do. Even though my dad's the one

who enjoys cooking more, I always ask my mom if I have a question in regards to cooking something.

What's the biggest difference between cooking alone and cooking for your family?

Well I usually don't cook that much for my family. It's usually my mom or dad, but when I did cook for them they really complimented me on my food. Also, when I cook for my family it's not because I wanted to make food for myself, but because I want to cook for someone else. I love seeing their reaction when they like my food. Cooking for myself is just so I can eat, I enjoy it sometimes, but for the most part I'd rather not do it daily.



SARA TAWIL



Do you and your roommates help each other with the cooking?

We have cooking nights every now and then and because we are a variety of nationalities, you tend to pick up some tips along the way.

Do you have any advice for people who are in your current situation?

Don't order food too much, instead learn how to cook. Start with easy recipes, there are a lot of easy and tasty meals out there that you can do. Ordering in is easy but it isn't really healthy. I'm not really a health nut but I believe that eating healthy will give you the energy you need for working or studying.

Sara's Chicken & Veggies



Prep time: 15 - 20 minutes **Cook time:** 35 - 40 minutes
Serves: 1 person

Serves:

- 2 chicken breasts
 - 4 pieces of broccoli
 - 8 pieces of baby carrots
 - 4 pieces of cauliflower
 - 6 pieces of potatoes
 - 2 table spoons of Balsamic Vinegar
 - Salt & Pepper to taste
 - Your choices of spices/seasoning
- (the vegetable amount may vary)

Serves:

1. Add balsamic vinegar, salt and pepper and spices (if you chose any) to the chicken.
2. Boil the broccoli, baby carrots and cauliflower in a separate pot.
3. Cut potatoes into wedges and sprinkle salt and additional spices to them.
4. Put the chicken, the boiled vegetables and the potato wedges in a pan.
5. Add salt and seasoning to the vegetables, pour some olive oil evenly over the vegetables, chicken and potatoes, and bake in the oven for 35 - 40 minutes in 200 degrees C (390 degrees F).

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Norway	1 Kg AED 125.00	Addl Kg AED 40.00	1 Kg AED 100.00	Addl Kg AED 25.00	1 Kg AED 95.00	Addl Kg AED 17.00
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Maya Diab fronts Shoe Mart SS2016 campaign

Pop star Maya Diab continues her seasonal collaboration with Shoe Mart, the region's largest and most establish footwear and accessories concept, by fronting the brand's Spring/Summer SS2016 campaign. Maya lends her sartorial flair to the hot new arrivals as she showcases the brand's three major themes for the season – Summertime Madness, Soft Boho, and Mod Sports. Soft boho exhibits a carefree attitude that's versatile and chic for the warm the days ahead. Summertime madness is all about making the best of the outdoor activities in absolute style, while mod sports continues the fashion world's growing affection and appreciation for the athleisure look.



The Monochrome Life

It seems having a monochrome wardrobe is the trend nowadays, and I don't think anybody minds it. Monochrome composes of white, black, and those shades of grey you've been hearing so much about, so why would anyone complain? However, if you're more into bright colours and don't like this trend so much, here are some excellent causes to start mono-chroming your wardrobe!

1. Simplifies Planning

Having a monochrome wardrobe makes putting outfits together so much easier. You don't have to buy everything in one single colour, but if you stick to variation of two or three colours, you will be able to mix and match lots of outfits. It's better than having a million colours with less options

2. Less Affected by Trends

Monochrome wardrobes aren't affected by trends. If a colour is currently trendy, it will make it easier to pick up new pieces in that tone, and by matching it with other shades of the same colour, you outfit will look blended and you'll avoid obviously looking like you've taken inspiration from the latest trends.

3. Suits Everyone

Haven't found the colour for you? The monochrome

look works for all of us! If you're nervous about wearing a bright colour, try pairing it with something monochrome, like bright pants and a black shirt. If you're not fond of colours, try mixing different tones of grey, or black with grey.

4. Flattering

The monochrome look really flatters you, and allows you to compliment your skin tone when picked correctly. If the strong shade is too much as a top, wear it as a skirt or an accessory. You can also look for a two-tone dress that uses the stronger colour lower down.

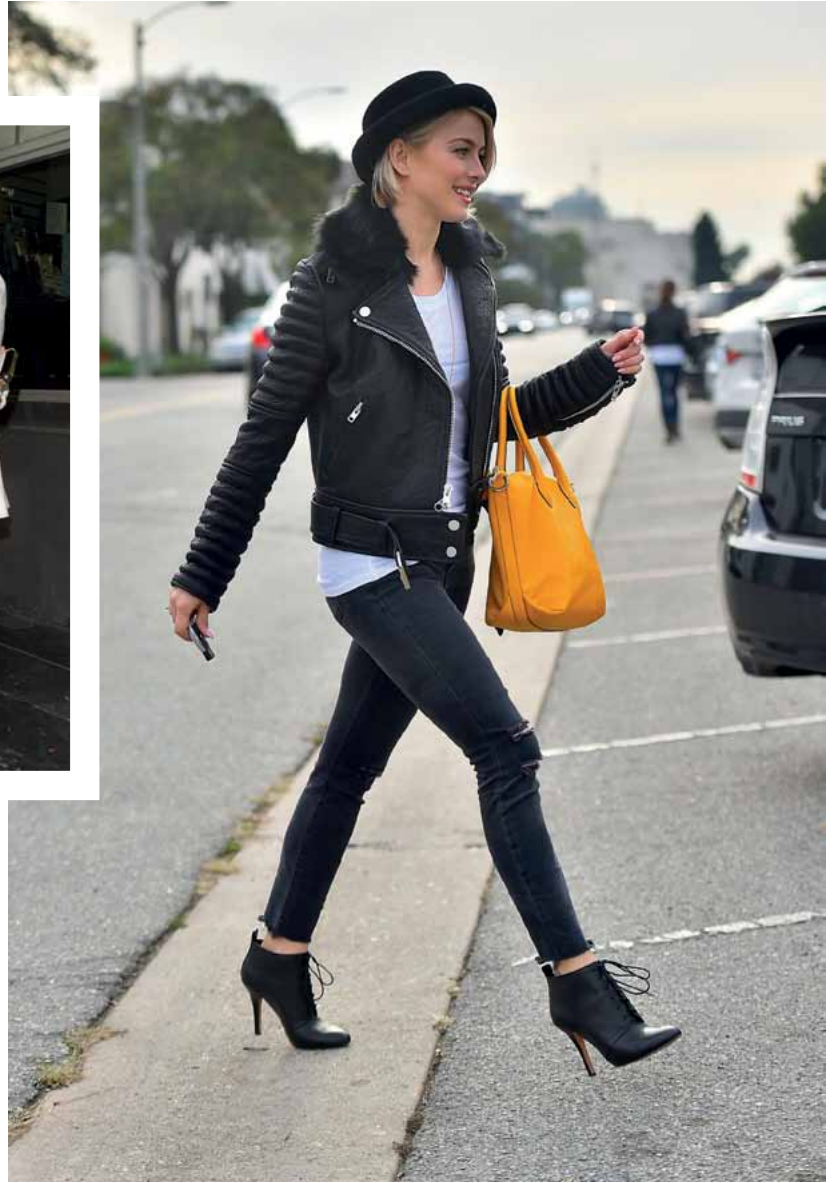


5. Classic

It's quite annoying how the colour of the season changes so very often. With the monochrome, you're always looking classy and chic. You'll be able to wear your pieces year after year, without feeling that you should buy a complete new wardrobe every season.

6. Easy Accessorising

You don't need to have a different bag, belt or shoes for every single outfit you plan, which is a relief. On the other hand, if you do want to add a touch of colour, accessories offer the perfect way to achieve this.



Star Style: Julianne Hough

We've seen her live on *Grease* just this last January 31, portraying the iconic role of Sandy Olsson. Comparing the first Sandy Olsson, played by Olivia Newton-John, we can honestly say that Julianne Hough gave justice to the character. We cannot get enough of her and how she was able to carry out her costume changes, but how does Julianne Hough look without her Sandy persona? We delved into the style of Julianne Hough, with these top looks.

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Zika Virus: How worried should we be?

By *Nenwa Touma*

Although the wide spread of the virus are over 20 countries in the world, the vaccine is still not available at the moment to stop the danger of spreading the virus. The increasing numbers of infected people, health alarms and headlines have captured our attention, it is the Zika virus. It transfers through mosquito bites, and has recently spread widely in the tropical area, as well as few cases discovered in the USA.

The virus has not reached Dubai, but because this virus could spread through affected people who are traveling from one country to another, and may spread the virus by visiting here, therefore, we are speaking about the Zika virus to increase the awareness about it.

Zika was discovered in 1947, and since then some human cases were sporadically detected in Africa and Southern Asia. In 2007, the first documented outbreak of Zika virus disease occurred in the Pacific. Since 2013, cases and outbreaks of the disease have been reported from the Western Pacific, the Americas and Africa. Given the expansion of environments where mosquitoes can live and breed, facilitated by urbanization and globalization,

there was a possibility for major urban epidemics of Zika virus to occur globally, with the possibility of 4 million people that can be affected at the end of this year.

The most important part is the fact that this virus can affect unborn babies, and this has been the big focus, as the affected pregnant mothers can transfer the virus to the babies who might get born with a condition called microcephaly, which results to cases of shrunken heads and undeveloped brains.

Should we be worried about the Zika virus? As the World Health Organization has declared, Zika virus is an international public health emergency. We got a hold with the specialist Sinil Nair, Infection Control Officer at Mediclinic Hospital, who told us more about what Zika virus is and how it is transmitted.



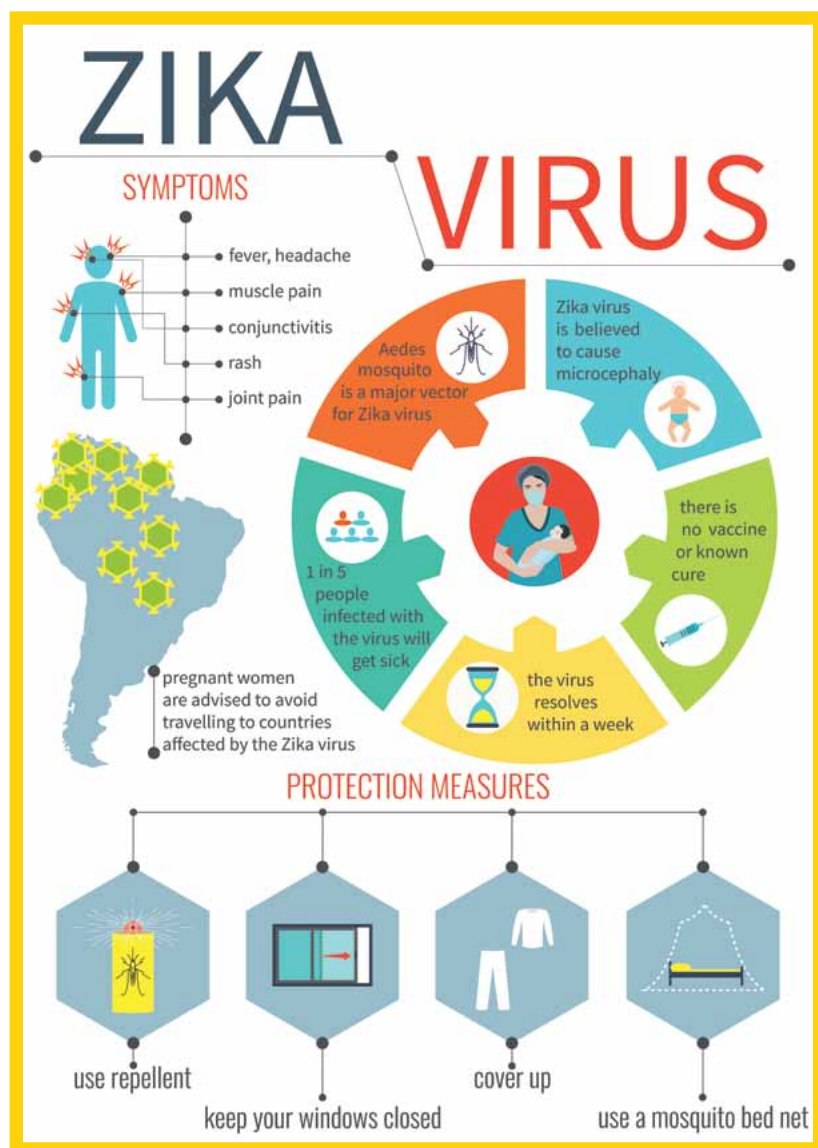
What are the symptoms of the disease?

About 1 in 5 people infected with Zika virus become ill (i.e. develop Zika). The most common symptoms of Zika are fever, rash, joint pain, or conjunctivitis (red eyes). Other common symptoms include muscle pain and headache. The incubation period (the time from exposure to symptoms) for Zika virus disease is not known, but is likely to be a few days to a week. The illness is usually mild with symptoms lasting for several days to a week. People usually don't get sick enough to go to the hospital, and they very

rarely die of Zika. The virus usually remains in the blood of an infected person for about a week but it can be found longer in some people.

Can you explain more about the effects of the virus on pregnant women and new born babies? How about the men, children and non-pregnant women?

A mother already infected with Zika virus near the time of delivery can pass on the virus to her newborn around the time of birth, but this is rare. It is possible that Zika virus could be passed from a mother to her baby during pregnancy. Studies are ongoing on how some mothers can pass the virus to their babies. To date, there are no reports of infants getting Zika virus through breastfeeding. During large outbreaks in French Polynesia and Brazil in 2013 and 2015 respectively, national health authorities reported an unusual increase in Guillain-Barré syndrome (a condition in which the body's immune system attacks part of the nervous system leading to muscular weakness and tingling in the arms and legs and sometimes respiratory muscle weakness). As well as an increase in babies born with microcephaly in northeast Brazil. Agencies investigating the Zika outbreaks are finding an increasing body of



What methods are there to ensure that the virus does not enter the region, and if so, what are the procedures to cure it?

No vaccine exists to prevent Zika virus disease (Zika). Prevent Zika by avoiding mosquito bites, when traveling to countries where Zika virus or other viruses spread by mosquitoes are found, take necessary steps to avoid mosquito bites. For the treatment, there is no vaccine to

prevent or specific medicine to treat Zika infections. You can treat the symptoms by

- Get plenty of rest.
- Drink fluids to prevent dehydration.
- Take medicine such as acetaminophen (Tylenol®) to relieve fever and pain.
- Do not take aspirin and other non-steroidal anti-inflammatory drugs.
- If you are taking medicine for another medical condition, talk to your healthcare provider before taking additional medication.

evidence about the link between Zika virus and microcephaly. Pregnant women in any trimester should consider postponing travel to the areas where Zika virus transmission is ongoing. Pregnant women who do travel to one of these areas should talk to their doctor or other healthcare provider first and strictly follow steps to avoid mosquito bites (such as covering exposed skin by wearing long-sleeved shirts, long pants, and hats; staying and sleeping in screened or air-conditioned rooms; using a bed net if the area where you are sleeping is exposed to the outdoors and using mosquito repellents) during the trip. And Women trying to become pregnant should consult with their healthcare provider before traveling to these areas. There have been no reports of the virus causing severe illness in children, men and non-pregnant women.

What are the methods to prevent an infection of the virus?

There is no vaccine to prevent Zika. The best way to prevent diseases spread by mosquitoes is to protect yourself and your family from mosquito bites. Here's how:

- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning

or that use window and door screens to keep mosquitoes outside.

- Use Environmental Protection Agency (EPA)-registered insect repellents. All EPA-registered insect repellents are evaluated for safety and effectiveness.

What is the possibility of this virus reaching the region?

Zika virus occurs in tropical areas with large mosquito populations, and is known to circulate in Africa, the Americas, Southern Asia and Western Pacific. Zika virus is transmitted to people primarily through the bite of an infected Aedes species mosquito. Mosquitoes become infected when they feed on a person already infected with the virus. Infected mosquitoes can then spread the virus to other people through bites. The Aedes mosquito is a weak flyer; it cannot fly more than 400 meters. But it may inadvertently be transported by humans from one place to another (e.g. in the back of the car, plants). If it can survive the temperature climate of the destination, it may theoretically be capable of reproducing itself there and introduce Zika virus to new areas. And only female mosquitoes bite; they are intermittent feeders and prefer to bite more than one person.



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Barilla spaghetti 500g



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Nesquik cereal 375g



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Platinum Records and Jaguar Announce Strategic Partnership



Leading regional music entertainment company Platinum Records and premium automotive manufacturer Jaguar Middle East and North Africa (MENA) have announced an exciting new strategic partnership to recognise and support all aspects of the Arab music industry. Launched under Jaguar's 'The Art of Performance' platform, the collaboration will kick off with a star-studded gala which looks

set to be Platinum Record's biggest concert yet. Jaguar MENA launched 'The Art of Performance' in 2015 as a regional communications platform to identify, recognise and celebrate all types of art, craftsmanship, creativity and performance from across various industries in the dynamic Middle East region. The partnership with Platinum Records is the second regional initiative under the platform following Jaguar's recently launched 'Forward

Thinkers' film series featuring individuals from across the region who are progressive individuals and entrepreneurs in their fields. 'The Art of Performance' music event, set to take place later this month, will be the biggest in Platinum Record's history in terms of both audio-visual and technical production, with attendance by leading Arab Artists, media, and the faces of MBC Group, the parent company of Platinum Records.

Infinity will present two all-new expressive models at the Geneva International Motor Show on 1 March, 2016. Joining them will be the thoroughly revised Q50. All three share Infinity's iconic design language, innovative technologies and precise driving characteristics. All-new are the Q60 sports coupe, promising a powerful drive from a highly-advanced new V6 twin-turbo engine boasting 405 PS, and the QX30 premium active

crossover, with its highly-sculpted concept-like exterior, elevated stance and asymmetric cabin design. They will be joined by the refreshed Q50 sports sedan, which features significant performance and dynamic upgrades that deliver a more empowering and rewarding drive experience. Alongside the Q60 and QX30, Infinity will also reveal an upgraded version of the Q50 sports sedan, which has played a key role in the brand's sustained

global growth in recent years. As well as the powerful all-new V6 engine found in the Q60 sports coupe, making its debut in the Q50 is the company's second-generation Direct Adaptive Steering – comprehensively updated from the ground-breaking first-generation system, and Infinity's new Dynamic Digital Suspension, which gives the new sports sedan an optimal blend of ride comfort and class-leading response and agility.

The latest from Infiniti



Ferrari reveals GTC4Lusso



Ferrari has announced the addition to its range of the Ferrari GTC4Lusso, the new four-seater which hails a major evolution of the sporting Grand Tourer concept by integrating rear-wheel steering with four-wheel drive for the first time. This is a car designed for clients wanting to experience the pleasure of driving a Ferrari anywhere, anytime, be it on short spins or long journeys, snowy mountain roads or city streets, alone or in the company of three lucky passengers. The GTC4Lusso's 12-cylinder engine delivers smooth, consistent power, punching out a massive 690 cv at 8,000 rpm. Both its 2.6 kg/cv weight-to-power ratio and its 13.5:1 compression ratio set new records for the category. Maximum torque is 697 Nm at 5,750 rpm with 80% already available at just 1,750 rpm for superb responsiveness even at low revs. Penned by Ferrari Design, the GTC4Lusso is a further refinement of the shooting brake coupé, reinterpreting the concept with an extremely streamlined, tapered shape that gives it an almost fastback-like silhouette. Its sporty soul is underscored by the forms and styling of the rear where the curve of the roof has been lowered whilst retaining enough volume to guarantee exceptional space and comfort for all four occupants, as well as an ample luggage compartment.



Al-Futtaim Motors, exclusive distributor of Toyota in the UAE, has launched a one-of-a-kind zero down payment purchase plan on all 2015 and 2016 Toyota models, giving customers the opportunity to own their dream Toyota with a unique monthly plan offer. The Zero Down Payment offer relieves customers from the hassle of securing a big up-front payment, allowing them to own a brand new car based on a special low monthly instalment plan. With this offer, they have the option of financing the 20% down payment through a personal loan with Al-Futtaim Finance, while the remaining 80% is can be done through either one of the many financial institutions that Al-Futtaim Motors has partnered with, or through the unique Toyota Personal Contract Purchase (PCP) program.

A trip of a lifetime

Land Rover and renowned luxury travel partner Abercrombie & Kent have teamed up to launch 'the most luxurious road trip on Earth' – a once-in-a-lifetime trip taking in multiple continents from behind the wheel of the Range Rover SVAutobiography – the most luxurious model in the company's history. The itinerary, developed as a joint venture between the two brands, offers customers 21 days of unparalleled luxury combined with the greatest driving routes the world has to offer, both on-road and off-road. The trip takes in five continents, eight countries and nine of the world's best hotels. The locations have been handpicked to not only offer the very highest levels of luxury, but to provide guests with truly off-the-beaten-track experiences at locations only accessible thanks to the peerless capability of the Range Rover. Starting in Europe, guests take in the twisting mountain roads of Monaco, the coastal highway to Portofino and the breathtaking vistas of the Italian lakes, all from the leather-lined luxury of their personal SVAutobiography.



Griffin Technology Announces USB-C Accessories

Griffin Technology, creator of award-winning and thoughtfully designed mobile accessories, announces new accessories for USB-C connection ports, a platform that is expected to become the new standard for most devices in the future. Griffin's newest products utilize the USB-C's convenient, reversible connector with the introduction of their bestselling desktop accessories, charge cables and adapters now for USB-C. Their new USB-C products are the first to be covered under Griffin's new Guaranteed for Life warranty program. USB-C is a new type of USB connection that introduces a common connector across all devices. It's faster, smaller and more powerful. Simply put, USB-C is the new USB connection to rule them all.



Personal Sound Space On The Go

Music Wrap, an innovative start-up in the music experience industry, announces the crowdfunding launch of their newest product, the M25. The M25's innovative combination of speaker and headphone product design creates a dedicated "personal sound field" that brings music to life without sacrificing the user's awareness to his or her surroundings. Its detachment of the headphone from the ear lessens the chance of injuries to the human eardrum: perfect for children, teenagers, or anyone tired of earbuds and traditional headphones. Featuring an ergonomic product design, all the essential control buttons are at the fingertips. With the optimal length, the M25 sits perfectly around the neck, freeing the user's hands and ears without sacrificing the overall listening experience.



NEWS:

A year and a half ago, Google introduced Virtual Reality to the world with their low-cost Cardboard headset that worked with almost any smartphone. Some sources say that the company is now working on the next iteration of its VR viewing device, which is expected to be released later this year. It is said that the next version of Cardboard will feature a plastic body along with improved sensors and lenses, which sounds a bit close to the Gear VR headset developed by Samsung and Oculus. But there are a few differences; Google's headset will reportedly work with a much wider range of devices. In addition, Google is said to be working on new VR software that it plans to integrate into Android for an improved experience.



Games:



Naruto Shippuden: Ultimate Ninja Storm 4

In Naruto Shippuden: Ultimate Ninja Storm 4, players around the world will experience the exhilarating adventures of Naruto Uzumaki like never before! Leap into on a breathtaking and epic ride with new features like Change Leader System and Wall-run. For the first time ever, the world of Naruto will also take advantage of the graphics power of the new generation systems.

Sony Introduces New a6300 Camera

Sony Electronics, a worldwide leader in digital imaging and the world's largest image sensor manufacturer, has today introduced the latest addition to their award winning lineup of mirrorless cameras, the 6300 model. The camera boasts an unrivaled 4D FOCUS system that can lock focus on a subject in as little as 0.05 seconds, the world's fastest AF acquisition time¹. Additionally, the 6300 has an incredible 425 phase detection AF points that are densely positioned over the entire image area – the world's highest number of AF points on any interchangeable lens camera², and can shoot images at up to 11 frames per second with continuous autofocus and exposure tracking.



The Best-Selling Gaming Mouse Just Got Better

Logitech has introduced the new G502 Proteus Spectrum RGB Gaming Mouse, an update to the best-selling gaming mouse, the Logitech G502 Proteus Core. The new Logitech G502 Proteus Spectrum offers RGB support of up to 16.8 million colors while still featuring our powerful PMW3366 sensor, which is considered by many to be the most accurate and highest quality sensor on the market. It also has our exclusive Logitech G DeltaZero technology, which increases reliable targeting, and offers a huge DPI range of 200 to 12,000 with zero sensor acceleration, zero smoothing or filtering and zero pixel rounding, making it the ideal mouse for everyone. The Logitech G502 Proteus Spectrum also features 11 programmable buttons, and removable weights, so you can customize your mouse to your own personal preference. When combined with Logitech Gaming Software, you can take advantage of per-game profile settings and even more levels of customization.



Channing Tatum & Joseph Gordon-Levitt to Star in Musical Comedy

Universal Studios has picked up the rights to Wicked producer Marc Platt's new musical comedy with Joseph Gordon-Levitt and Channing Tatum attached to star. According to The Hollywood Reporter, the film is currently untitled, but will follow two pilots on a R-rated musical misadventure. It's based on a plot Gordon-Levitt came up with the movie's screenwriter, Michael Bacall, several years ago while filming a movie called Manic. Gordon-Levitt will also produce with his production company, hitRECORD Films, as will Tatum with his company, Free Association. Neither actor is stranger to song and dance, with Tatum frequently busting a move in the Magic Mike series and Gordon-Levitt making everyone's dreams come true with his Hall and Oates dance number from (500) Days of Summer. There is no set release date yet for this movie.



The Force Awaken's Lupita Nyong'o In Talks for Sci-Fi Trailer

Star Wars: The Force Awakens and 12 Years a Slave actress Lupita Nyong'o is reportedly in talks to star in sci-fi thriller Intelligent Life, with Selma director Ava DuVernay circling to direct. Intelligent Life will come from Steven Spielberg's Amblin Entertainment, from a script penned by Jurassic World director Colin Trevorrow and collaborator Derek Connolly. THR reports

that Nyong'o is currently in negotiations to star in the film, while DuVernay will receive an offer to direct in the next 24 hours. Intelligent Life centres on a U.N. worker in a dystopian future who falls in love with an alien. Its tone will be similar to Trevorrow's Safety Not Guaranteed.

Assassin's Creed: Matrix Influence Revealed

Michael Fassbender is likening Assassin's Creed to definitive sci-fi film The Matrix. "The idea of DNA memory elevates it from a basic fantasy genre [story]," the star told Empire Online, "because you have something an audience can actually believe in." Assassin's Creed will be classic in another major way. "Very little green screen" is used in the film, which Fassbender says is "highly unusual." Fans of the video game will see Assassin's Creed's signature move—the leap of faith—done by stunt-folks without any type of rope. What's "really cool" about the film, Fassbender adds, is that all the action sequences take place in real locations, on real sets. Violence is an element of the film, but for Fassbender, the strengths are in the film's genuine setting and action. Filming on Assassin's Creed wrapped in January, with a scheduled release date of December 21st. Starring Fassbender, Marion Cotillard, and Ariane Labed, the original story is set in 15th century Spain, and set in the same universe as the Assassin's Creed games.



LISTINGS

Mirdif City Centre

The Good Dinosaur - 10:00am 12:20pm 2:40pm
Daddy's Home - 4:50pm 7:15pm 9:30pm 11:45pm
Star Wars: Episode VII - The Force Awakens - 11:30am 2:30pm 8:50pm
Our Band Is Crisis - 10:30am 1:00pm 3:30pm 6:00pm 8:30pm 11:00pm

Al Ghurair Centre

The 5th Wave - 10:30am 3:00pm 7:30pm 11:59pm
The Revenant - 12:00pm 3:00pm 6:00pm 9:00pm 11:59pm
Airlift (Hindi) - 11:30am 2:00pm 4:30pm 7:00pm 9:30pm 11:59pm
Dirty Grandpa - 10:00am 12:00pm 2:00pm 4:00pm 6:00pm 8:00pm 10:00pm 12:00pm
2 Countries (Malayalam) - 10:30am 1:00pm 3:30pm 6:00pm 8:30pm 11:00pm

Deira City Centre

My Bebe Love (Tagalog) - 10:15am 12:45pm 3:15pm 5:45pm 8:15pm 10:45pm
2 Countries (Malayalam) - 9:45am 1:10pm 4:35pm 8:00pm 11:30pm
Airlift (Hindi) - 1:40pm 4:30pm 7:20pm 10:15pm
Charlie (Malayalam) - 9:30am 12:40pm 3:45pm

Burjuman Mall

2 Countries (Malayalam) - 11:05am 2:30pm 6:00pm 9:30pm
Airlift (Hindi) - 10:30am 1:30pm 4:30pm 7:25pm 10:15pm
Ride Along 2 - 11:45am 2:00pm 5:15pm 7:45pm
Wazir (Hindi) - 12:30pm 3:00pm 5:45pm 8:30pm 11:10pm
Our Band Is Crisis - 2:55pm 5:25pm 7:55pm 10:30pm

Dubai Mall

The 5th Wave - 11:25am 1:45pm 4:10pm 6:35pm 9:00pm 11:25pm 1:50am
Dirty Grandpa - 11:45am 1:40pm 3:40pm 5:40pm 7:40pm 9:40pm 11:40pm 1:40am
The Revenant - 12:50pm 3:55pm 7:00pm 10:05pm 1:10am
Our Band Is Crisis - 1:25pm 3:40pm 5:55pm 8:10pm 10:25pm 12:40am
Ride Along 2 - 1:30pm 3:45pm 6:00pm 8:15pm 10:30pm 12:50am

Mall of Emirates

Dirty Grandpa - 11:00am 1:30pm 4:00pm 6:30pm 9:00pm 11:30pm
The Boy - 5:30pm 7:45pm 10:10pm 0:30am
Daddy's Home - 10:15am 12:30pm 2:45pm 5:00pm 7:15pm 9:30pm 11:45pm
Star Wars: Episode VII - The Force Awakens - 9:30am 12:30pm 3:30pm 6:30pm 9:30pm 0:30am
The Hateful Eight - 9:30am 1:10pm 4:40pm 8:10pm 11:45pm

"Healthy" Foods You Might Want To Avoid While Dieting

We understand that making a decision to diet, is hard enough as it is, and talking about food you should not eat is even far worse. We hate to break it to you, but there are "healthy" food that aren't really healthy at all, and can make or break your diet. We're just here to make sure you're on the right path, and that you're able to achieve your goal faster.



Energy Bars

You're probably thinking, "What am I going to snack on now?" Well the harsh truth is that protein bars are all just processed chemicals, and if you really want to snack on them, then we suggest picking the ones that are below 200 calories, and 20 grams of sugar per serving. You would also want to check the labels, and make sure the bar you grab has few or as little ingredients as possible: nuts, dried fruit and seeds are the best ingredients to look out for.

Reduced-fat Peanut Butter

You have to believe us when we say that fat from nuts are good for you! A Harvard study found that people who ate an ounce a day had a 20 percent lower risk of dying than people who didn't. Also, the reduced-fat versions have more sugar in them to make up for the lack of fat. So stick to the regular kind and have at least 1-2 tablespoons per serving.



Couscous

News alert! Couscous –in reality- is a tiny pasta, it's basically a refined grain similar to that of white pasta. However, if you really want to stick to it, go for the whole-wheat couscous, or better yet switch to a whole grain like quinoa.



Sushi

Sure, it's small, and only a small amount of it is rice, and it has a few veggies mixed in and a bit of seafood. Wrong! According to The Biggest Loser nutritionist Rachel Beller, one California roll is equivalent to eating two sandwiches filled with imitation crab meat. A spicy tuna roll is like adding another one and a half tuna sandwiches with full-fat mayo. For a healthier option, simply ask for rolls wrapped in cucumber or that are "easy on the rice" and be sure to fill up with a side salad or protein-packed edamame.



Spinach Wraps & Pasta

You'll be surprised at the amount of spinach these actually contains, it would be better for you to eat whole-grain wraps or pasta and then add your own spinach leaves. This way you're sure to benefit from the B vitamins, iron, calcium and fibre contained in spinach.

R.I.C.E. Aid for a Sprained Ankle

The most common ankle injury is a sprain; this is when one or more ligaments have been torn, stretched or twisted. A minor sprain is when some of the fibres in the ligament have been stretched, these can usually be treated at home, but in more serious sprains, the ligament may be torn, and would need medical attention, maybe even surgery, depending on the seriousness of the sprain. Here are some tips to remember when it comes to aiding a sprain. Use R.I.C.E. to remember treatment steps. R = Rest. I = Ice. C = Compression. E = Elevation.

1. Rest the leg.

The patient should stop the activity that caused the injury. Help her to sit down and rest the ankle. Support it in a raised position.

2. Cool with ice.

Cool the ankle to reduce pain and swelling. Ideally wrap a bag of ice or frozen peas in a cloth and place it on the ankle. Do not put ice straight onto the skin, as it will cause a cold burn. Leave the ice in place for about 20 minutes.

3. Apply pressure.

Leave the compress in place if it is small or wrap a layer of soft padding, such as a roll of cotton wool, around the ankle. Apply pressure with a compression support or compression bandage to help limit swelling. This should extend from the toes to the knee.

4. Elevate the ankle.

Raise and support the ankle so that it is higher than the hip to prevent swelling. Advise the patient to rest the ankle. If you suspect serious injury, take the patient to the hospital.

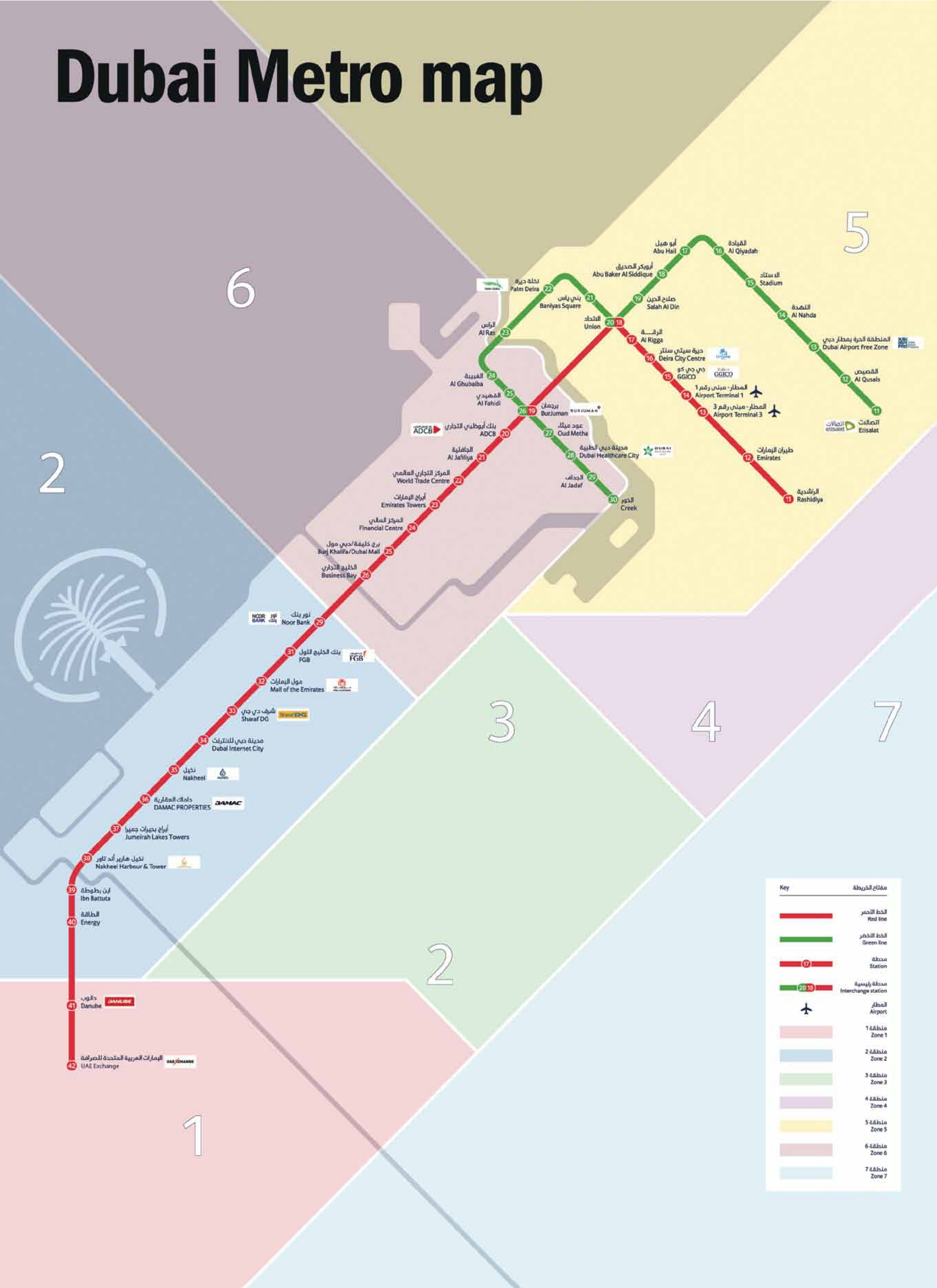
5. Check circulation.

Make sure that the bandage is not too tight. Press on a toenail until it turns white, then let go. The colour should return quickly. If it does not return, the bandage is too tight; remove it and reapply. Recheck every 10 minutes.

6. Reapply.

Reapply the cold compress over the bandage every two to three hours. Remove the bandage at night and do not sleep with an ice pack on the injury.

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Mistakes Smart Managers Never Repeat

Smart managers know that in order to be successful, they need to keep on learning. They learn from their mistakes, their successes, and they're always evolving to adapt to the needs of their jobs. While embracing mistakes is a vital requirement of leadership, some mistake should never be repeated twice. If you feel that you're no longer making progress and that you're not moving past your mistakes, you need to reassess your situation. Akhtaboot is here to highlight the top mistakes that smart managers never repeat twice.

Focusing on Long Term Wins and Ignoring Small wins

The ability to stay focused on long term goals without any distractions might seem like a good thing. Ironically, the more you put emphasis on celebrating big successes, the more your team will become burnt out and might start

losing focus. This might cause them to shy away from taking on any risky projects. While big wins are great, they don't happen very often. That's why smart managers understand the value of celebrating small wins. Small wins can boost the morale of the entire team and encourage them to become more creative and active.

Getting Tangled Up in Perfection

While being a perfectionist sounds like a good thing, it can actually stand in the way if your team's performance and creativity. If you have a hard time starting things and an even harder time finishing them, then you need to try to break free from this habit. Successful managers don't overcomplicate things by obsessing over every last detail, but they understand that the solution is to simplify. Perfection can be a standard that many managers

aim for, but once it becomes the only standard accepted, it can be considered a management mistake. Most employees become timid and hesitant in such environments. You need to free people from boxes if you want their creativity to be unleashed. You can still pay close attention to details without being too picky.

Punishing Mistakes

Accountability isn't the same as punishing mistakes. It's simply a learning method that allows you to pinpoint why things went wrong and how to avoid repeating similar mistakes in the future. If your goal in fostering accountability is to know who to point your finger at when things go wrong, then you're simply fostering a culture that is based on fear. Your team will start holding back on trying new things. The best managers understand that mistakes

are learning experiences. With that sort of mindset your superstars are able to create an environment of humility and continuous learning.

Micromanaging Employees

Employees value autonomy and independence. By empowering your people to unleash their true potential, they will almost always find ways to do their jobs better than you imagined possible. When you shy away from delegation and focus on minor details as opposed to the big picture, there's a very big chance that you are a micromanager. You want your top performers to see that the goals they are pursuing belong to them. You want them to feel fully responsible and competent to do their job. This is what ownership is all about!



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



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Floyd Mayweather has stated that he has no urge of making a return to the ring and insists that a comeback would happen only if it is meant to be. The former five-weight world champion retired last September after beating Andre Berto, equaling heavyweight legend Rocky Marciano's unbeaten 49-0 record. Mayweather claims that he is comfortable with his decision to retire from the sport and is glad that he can control his own destiny. "What is meant to be in life is meant to be. If it is meant for me to come back and fight again for the UK fans, then I'll come back," said Mayweather. "But, as of right now, I don't have the urge and I am far away from boxing as possible. I stay away."

Rutherford sets record

Greg Rutherford managed to set a British indoor long jump record of 8.26 at a collegiate meeting in Albuquerque. The Olympic champion beat Chris Tomlinson's previous best of 8.18m, which was recorded in Stuttgart back in February 2008. Rutherford landed that record with his second jump after kicking it off with 7.96m. His third attempt was fouled so he sat out the rest of the competition. "Another record down. Chuffed to have taken the British indoor LJ record tonight in New Mexico," he stated. The 29-year-old is expected to compete at the Glasgow Indoor Grand Prix on 20 February, the fourth and last stop of the IAAF World Indoor Tour; and will defend his Olympic title in Rio this summer.



Formula 1 has planned to remove restrictions on engine development as of 2017. This move has been agreed by the teams but still requires official ratification; it will also mean the end of the complicated token system. Ever since 2014 when turbo hybrid engines were introduced, Mercedes has been dominating in the F1 championship, winning the drivers' and constructors' championships for the past two seasons. With this new decision, there is hope that rivals will be able to catch up. The token system aims to keep costs under control by limiting what can be done to the engines and when. However senior figures now feel that it has brought up unnecessary complexity and restricted the ability of manufacturers to improve their engines.



Federer out for a month

Roger Federer will not be able to play for a month after undergoing arthroscopic knee surgery. The world number three had the surgery in his home country Switzerland to repair a torn meniscus. He suffered from the injury one day after losing to Novak Djokovic in the Australian Open semi-final. The 34-year-old 17-times Grand Slam champion was forced to withdraw from the World Tennis Tournament in Rotterdam and the Dubai Championships. "While this is an unfortunate setback, I feel grateful that up until now I have remained mostly healthy throughout my career," said Federer. "My doctors have assured me the surgery was a success and, with proper rehabilitation, I will be able to return to the Tour soon."



Shah faces ban

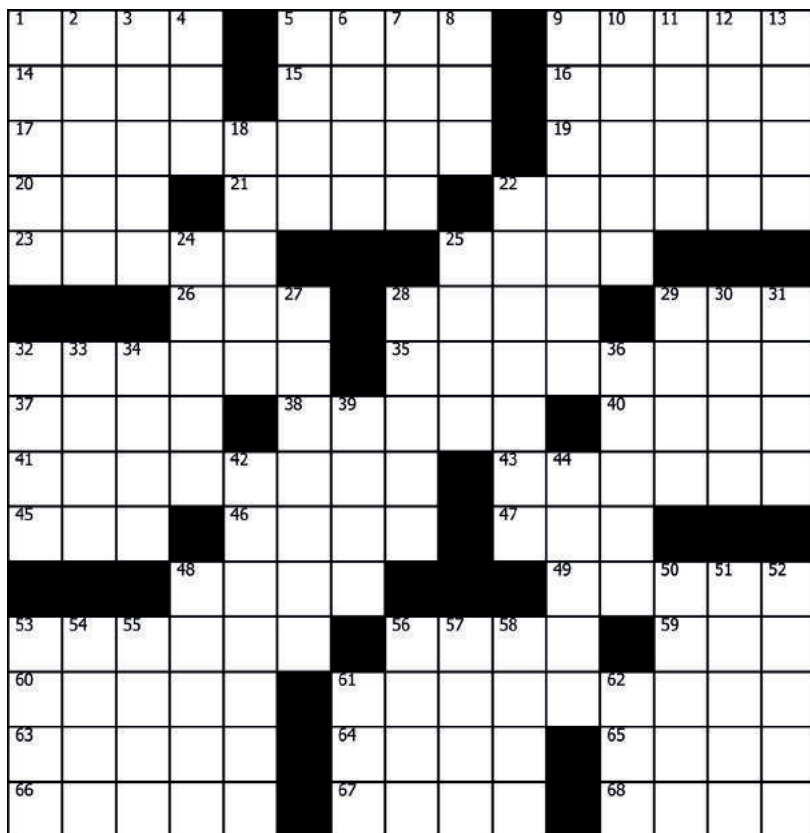
Yasir Shah has been suspended for three months after failing a drug test. The Pakistani leg-spinner faced a provisional ban back in December after testing positive for prohibited diuretic chlorthalidone. He has been ruled out of Pakistan's World T20 campaign as the International Cricket Council punishment runs until March 27. "I assure all fans and followers of the Pakistan cricket team that I have never taken a performance-enhancing substance nor have I ever had the intent of masking any such substance," he said. "I have always been careful to check my medication with doctors and medical support staff to ensure it does not contain any substance on the prohibited list. However, I acknowledge that I should have taken extra precautions to ensure that my blood pressure medication was stored separately from my wife's medication so that there was no possibility of my wife's medication being mistaken for my own. Therefore, I accept the consequences imposed upon me."



Leicester's road to victory

Only six clubs have won one of Europe's top leagues in the past 20 years. Can Leicester join these teams after their successful season? The Foxes defeated title rivals Manchester City last week, jumping five points clear at the top of the Premier League with 13 games left. If Claudio Ranieri's team manage to hold on to their advantage and fight through to stay on top until the end of the season, it would be the club's first-ever English top-flight title.

Taking your time



Crossword

Across

1 Self-satisfied 5 "Mona ____" 9 Epsom ____ 14 Whetstone 15 Guitarist ____ Clapton 16 Barton or Bow 17 Get rid of 19 Foreign 20 Break bread 21 Zero 22 Washed away 23 Printing ____ 25 Cartoonist Disney 26 Steeped brew 28 Achy 29 Fri. follower 32 Calm 35 Octopus arm 37 Two of a kind 38 ____ Witherspoon of "Sweet Home Alabama" 40 Benefit 41 Eternally 43 Scheduled 45 Damp 46 Office acronym 47 Make lace 48 Experts 49 Irritating ones 53 Attack 56 Helper 59 Bunny's jump 60 Slightest 61 Go back and forth 63 Yule visitor 64 Not shallow 65 Milky gem 66 Laker Shaquille ____ 67 June honorees 68 Ringing device

Down

1 Wool producers 2 Back tooth 3 Join 4 Valuable stone 5 Comedian Jay ____ 6 Persia, now 7 Building area 8 Fighter pilot 9 Bright red 10 Parcel out 11 Put down 12 Fir or poplar 13 Beach feature 18 Map feature 22 Sincere 24 Beatle Ringo ____ 25 Sorrows 27 Hairspray type 28 Sharply sloped 29 Highlander 30 ____ vera 31 Take care of 32 Erupt 33 Roof projection 34 Count calories 36 Diminish 39 Distinct times 42 ____ status (single or not) 44 Coat part 48 Spaghetti, e.g. 50 Mold 51 Entire 52 Incantation 53 Moreover 54 Actor ____ Penn 55 Reasonable 56 Out of port 57 Frosted 58 Short swims 61 Eccentric 62 Tennis shot

Sudoku

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

ANSWERS

SUDOKU

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

CROSSWORD

1	Self-satisfied	5	"Mona Lisa"	9	Epsom salt	14	Whetstone	15	Guitarist Eric Clapton	16	Barton or Bow	17	Get rid of	19	Foreign	20	Break bread	21	Zero	22	Washed away	23	Printing press	25	Cartoonist Disney	26	Steeped brew	28	Achy	29	Fri. follower	32	Calm	35	Octopus arm	37	Two of a kind	38	Whoopi	40	Benefit	41	Eternally	43	Scheduled	45	Damp	46	Office acronym	47	Make lace	48	Experts	49	Irritating ones	53	Attack	56	Helper	59	Bunny's jump	60	Slightest	61	Go back and forth	63	Yule visitor	64	Not shallow	65	Milky gem	66	Laker Shaquille	67	June honorees	68	Ringing device
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SPOT THE DIFFERENCE



RIDDLE ON PAGE 03
HOLES

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'll be seized by a powerful impulse to go exploring. The farther out you go from your current situation, the better you'll feel. By Wednesday you'll want to slow down quite a bit and take stock of yourself and your possessions.



TAURUS

(APR 21 - MAY 21)

The whole world will seem to be moving faster than you and pushing you harder than you like. Try to go at your own pace and don't let yourself be rushed into making big purchases. The rest of the week will be much more your style, filled with friends and family.



GEMINI

(MAY 22 - JUN 21)

Your dreams will be achingly close to reality early this week. Seek out the advice of trusted friends and you just might bridge the gap. By Wednesday you'll need to abruptly come back to reality and face up to business-related issues.



CANCER

(JUN 22 - JUL 23)

You'll be in such a rush that you might forget your priorities. Try not to blow up at the smallest interruption or provocation -- in fact, it's best if you just slow down. By then you'll be feeling more like staying in.



LEO

(JUL 24 - AUG 23)

Someone new will storm into your life and set events in motion that will ultimately change the way you think about something dear to you. Expect a showdown with an authority figure, with unreasonable expectations taking centre stage.



VIRGO

(AUG 24 - SEP 23)

Monday brings a new sense of vigor and drive to your daily activities, but it might also provoke some hostilities between you and those you perceive as obstacles. Whatever you do, dig deeply and try to really get a feel for your situation.



LIBRA

(SEP 24 - OCT 23)

Whatever happens early in the week will depend considerably on your mood. If you're up, you'll have great times; if you're down, the whole world will seem to be down there with you. Intimacy will be important but a little harder to come by than usual.



SCORPIO

(OCT 24 - NOV 22)

On Monday, you'll learn that no good deed goes unnoticed when a seeming act of Samaritanism goes awry. It will be something to laugh about later, but at the time it will feel ugly. Intense feelings arise, but the only solution will be compromise.



SAGITTARIUS

(NOV 23 - DEC 21)

You'll be living the good life. If you're looking for romance, it'll find you. You might be too caught up in the good times to even notice, though. You'll need to get serious about figuring out the details of your latest plans to help friends or the community.



CAPRICORN

(DEC 22 - JAN 20)

Stay firmly resolved -- your concerns about safety or security are warranted and you'll soon find that the opposition melts away. Your romantic side will come out in full force, and you'll be wanting to take long walks with someone special.



AQUARIUS

(JAN 21 - FEB 19)

You'll feel at liberty to do almost anything, and amazed at your good fortune. Take advantage of it. The rest of the week will be an odd combination of strange events and intervening periods of quiet boredom. See it as a sign of the changes happening.



PISCES

(FEB 20 - MAR 20)

The week will be confusing at best; it might seem like you're stuck in a puzzle book with no way to check the answers in the back. The feeling will pass soon enough. You can turn those emotions into healthy creativity for the rest of the week.



This week's local weather

SUN

14th

MOSTLY SUNNY
HIGH 25°C
LOW 16°C
HUMIDITY 56%

MON

15th

PARTLY CLOUDY
HIGH 23°C
LOW 16°C
HUMIDITY 60%

TUE

16th

SUNNY
HIGH 26°C
LOW 17°C
HUMIDITY 56%

WED

17th

PARTLY CLOUDY
HIGH 27°C
LOW 17°C
HUMIDITY 45%

THU

18th

MOSTLY SUNNY
HIGH 26°C
LOW 16°C
HUMIDITY 38%

FRI

19th

PARTLY CLOUDY
HIGH 26°C
LOW 17°C
HUMIDITY 35%

SAT

20th

MOSTLY SUNNY
HIGH 25°C
LOW 17°C
HUMIDITY 40%

Read.

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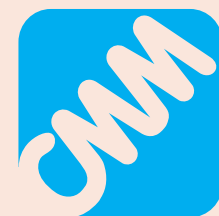
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