

CREATIVITY • SOCIAL CONSCIOUSNESS • INSPIRED THINKING

# tempo

AUGUST 2015

**FREE**  
www.tempoplanet.com

f Abu Dhabi Tempo  
t @tempoplanet  
i @tempoplanet



Now circulating 45,000 copies!



P.22

## FOSTER HAVEN: DOGGIE LOVE



الوحدة مول  
AL WAHDA MALL  
— HAVE IT ALL & MORE —



IMPECCABLE  
OPTIONS

The Kids County at Al Wahda Mall offers you impeccable options of kids' lifestyle brands from across the world, from kid's prêt-a porter, toys, book stores, party accessories, kid's accessories and from prams to maternity wear and much more for children and parents alike.

**Extension:** Annabelle | Athlete's Co. Kids | BHS (British Home Stores) | Carters | Charanga | Chateau De Sable | Db Babies | Destination Maternity | George | Gingersnaps | Gocco | Gymboree | H&M | Iconic | Junaid Jamshed | Just For Kids | Koton | La Petite Couture | M&Co | Me & My Little One | Monsoon Children | New Look | Orchestra | Prenatal Milano | Sanrio | Sergent Major | Skechers Kids | Sun & Sand Sports Kids | The Children's Place | Tommy Hilfiger Kids

**Main Mall:** Adams Kids | Gap Kids | LC Waikiki | Mamas & Papas | Mothercare | Nautica | Next | Pumpkin Patch | Riva | Sacoor Kids | Tape à l'oeil

Managed by:

LINE INVESTMENTS & PROPERTY LLC  
لاين للاستثمارات والعقارات  
A DIVISION OF LULU GROUP INTERNATIONAL  
Building retail excellence

# Contents



## voices & opinions

04 Ed's Note  
05 Life Hacks/ Notes & Cyberchatter



## social media

06 Quest for the Quirky/ Tweets for Thought  
07 Trending In Youtube  
08 Tempo Infographix: Best Free Apps  
10 Instafame



## entertainment

12 In the Cinemas  
42 Top 10 Songs in the UAE



## events

14 What's Hot  
15 What's Cool/ People Calendar



## games & tech

16 Game Hedz  
17 Tech Talk

Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.

- Francis of Assisi

## COVER PAGE PHOTOGRAPH

Augusta De Lisi together with her boyfriend Bobby Martinez and Gracie - a pit bull she rescued from a high kill shelter in Chicago, IL.

## WHAT'S INSIDE



## fashion

18 MyStyle Blueprint: Rachel Mussellé  
19 Fashionably Late  
20 Makeover



## cover story

22 Abu Doggies: Foster Haven for Happy Tails



## food & wellness

25 The Epicurean



## photography

28 Phototripping



## feature story

11 The Smovies Season Two: "The Message"  
30 Librarian for Life + Style: Jen B  
34 @HealthyHoffy  
40 Craft By Two



## literature

32 Talking Books/ Librarian's Lounge  
33 Flash Fiction



## community

26 The Planetarians  
29 Vox Pop  
36 i [Heart]/ Generation Z  
37 Articulate Café  
38 Youth Talk/Parental Guide  
39 Time Capsule: Yahya Danboos

### TEMPO GROUP:

**MANAGING EDITOR**  
Sana Bagersh

**EDITORIAL COORDINATOR**  
Neil Bie

**ADVERTISING MANAGER**  
Vinod Mohite

**DESIGN & LAYOUT**  
Shihabudheen Hamza

**WEB DEVELOPER**  
Rasha Yousif

**DISTRIBUTION COORDINATOR**  
Melaku Muluneh

### CONTRIBUTORS:

Adama Macalou  
Aleece Smith  
Angeli Castillo  
Arya Mendonca  
Blakniss  
Christopher Joshua Benton

Dorian "Paul D" Rogers  
Fatma El Embaby  
Heather Long Vandevoorde  
Kimberley Moultrie  
Lana Nasser  
Mirriam Akbar

Nancy Bercaw  
Nauf Al Shaikh  
Nilofer Safdar  
Nisma Hamid  
Rana Al Saadi  
Sana Ashraf

Sara Ghazi  
Shahid Saeed  
Shaima Al Jaber  
Sheetal Raghunath  
Vanessa Middleton  
Vera Rosales

### ADDRESS:

To reach editorial at Tempo email: [editorial@tempoplanet.com](mailto:editorial@tempoplanet.com). If you need to find out where you can pick up your copy call: **02 491 8624/25** or check out the list of Tempo distribution points on our website.

### NOTE TO ADVERTISERS:

Advertisers can request brand tagging with all advertisements. To reach advertising: tel: **02 491 8624/25** | fax: **02 491 8626** | email: [advertising@tempoplanet.com](mailto:advertising@tempoplanet.com)

### DISCLAIMER:

Tempo Magazine does its best to ensure the authenticity and accuracy of its contents, the publisher cannot accept any responsibility for errors, mistakes and inaccuracies. The publisher reserves the rights of this product and no part of this publication may be reproduced in any form or by any means without the permission of the publisher.



**One of the many things we all enjoy in the Emirates, and often take for granted, is the tremendous diversity that exists here; the breadth of racial backgrounds, the sheer mosaic of cultures, the rich tapestry of cross-cultural friendships.**

For many families living here, this exciting multi-cultural landscape is precisely how they want to live, and bring up their children. Consider how lucky kids are to grow up in an environment where they have an opportunity to share experiences and form friendships with people from many countries. For many this becomes the only thing they know; it defines their identities, and through it they develop a global perspective, a greater tolerance for others, and a deeper respect for people who are different.

At Tempo, we celebrate this energy of multi culturalism. Indeed, we strive through our pages to enhance understanding, bridge differences and connect people.

In many conversations I have with friends from different countries, we talk about how children living here see themselves as global citizens. We wonder at the ease with which they travel between different cultural contexts and the ability to straddle multiple environments. And interestingly, during summer we inevitably see this crossing back and forth become more pronounced, as people travel 'home' or to other countries.

In this issue of Tempo we feature stories about enterprising people, who are finding ways tap into ideas and resources from their home countries - and the passion and flair with which they bring these creations back to the UAE.

Spread kindness and harmony.

**Sana Bagersh**  
Managing Editor

**@sanabagersh**  
bagersh@tempoplanet.com



Tempo is a big supporter of The Smovies short film platform and competition, and we were delighted when the first batch of Smovies found their way to VOX Cinema screens! Go to any VOX Cinema and you'll see the Smovies playing before the main feature. Well done VOX Cinemas for supporting community filmmaking! VOX Cinemas is a great example of how corporations should support the arts, and give back to the community. Tempo also salutes all the filmmakers who participated in season 1 and those whose films were chosen to play on the big screen. Interested in making short films (even using your mobile phone)? See page 11 on how you can get involved in the Smovies' Season 2. Go on, get creative and go film!



We've been receiving complaints from Facebook users who claim that their accounts were hacked, and pornographic content posted on their timelines. This is indeed a breach of one's privacy. Tempo conducted some research into this and it appears that in most cases this is a result of malicious apps that we all inadvertently download via content links. The first step is to delete any apps that you don't recognize, and we suggest going through the Facebook help section to regain control and prevent it from happening again.



Some people love social media and use it everyday - while others see it as a necessary evil. But recently Snapchat opened our eyes to how social media can be a force for good. The social media channel reacted to people's sentiments and launched #WestBankLive to allow people at grassroots level to see the everyday lives of people living in the Palestinian city. Read about it on page 36.



**tempo**

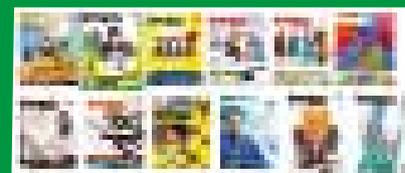
**NOT GETTING YOUR TEMPO ON TIME? BEAT THE RUSH!**

or Register at [tempoplanet.com/register.html](http://tempoplanet.com/register.html) to receive Tempo by Email

SCAN HERE:



**SEE OLDER ISSUES YOU'VE MISSED OF TEMPO!**



SCAN HERE:



## TEMPO LIFE HACK: TAKE A STEP TOWARDS CHANGE!

**I**t is important to do new things in one's life; not just for the purpose of striving to better one's self but, to also step out of one's comfort zone. Is such a thing possible? How do you actually start on this path of self-discovery?

### Make One Small Change Every Day

Start with making small changes. If you are a creature of habit, start by making one small change every day. If you go for a walk every day, take a different route on some days. Or walk faster or slower than you would normally walk. Just by making one small change every day you could be making 30 changes in a month, and 360 in a year. Change is addictive, and it is cumulative as well.

### Challenge Your Morning Routine

What if you could wake up every morning with an invitation to ask yourself: 'Who am I today?' 'What can I be today?' 'What grand and glorious adventure can I embark on?'

Think of 'Who am I today?' What indeed if you could become a new person every single day? What if you could choose who and what you wanted to be? What would you choose? Tragically, we all get so caught up in the humdrum of our lives; we accept the old, and the predictable. 'Who am I today' is an enquiry to one's self to let go...

Who would you like to be that you haven't considered? What grand and glorious adventure will I allow myself to experience? This is an acknowledgement that life is a mystery; an unfolding of infinite possibilities. When you ask this question, you are asking for all these possibilities to show up in your life.

### Start by Making a List

List down all the things that excite you. You can use newspapers, magazines, TV, Facebook, anything you like... as your inspiration. We often see, hear or come in contact with people who are doing amazing things. Maybe some trips

that people have made, or some project that they have been a part of or something they have created. Start listing down everything that inspires you, add pictures and make it colourful.

Look at those things and say 'I'll have that please! Or 'What would it take for me to have that? Look at that list frequently, update it regularly. Very soon you will start to notice that some of things that you had written down start to show up in your life - and that's because you have attracted them to you, and that you have made yourself open to them.

### Dreaming Your Life

Do you remember a time when you were small, and you dreamed big; a time when you thought everything was possible? Whatever happened to those dreams? Is now the time to live them? One insightful definition of poverty is: the absence of possibilities. What is the difference between a gas vendor who goes on to become one of the richest men in India - Dhirubhai Ambani, and a gas vendor who remains a gas vendor? Some may say its fate. But what if it was just 'an absence of possibilities?' What if it was an absence of conviction; of deciding, and willing yourself, to do more?

### What Else is Possible?

We have been brought up on a diet of what is impossible rather than what IS possible. Whenever you are faced with an 'unchanging situation' ask yourself 'What else is possible?' When you start asking this question, you will start to see a world of possibilities. You will shift from a 'Lose/Win' to a 'Win/Win' mindset.

## TEMPO POLL OF THE MONTH

HOW DO YOU KEEP YOURSELF  
HEALTHY AND FIT?

Just dieting. But it's so hard to avoid cheat days!

50%

Diet and exercise! These two should always go together.

30%

Only exercise. No one can stop me from eating the things I want!

15%

Diet? Exercise? I'm happy with my body so how about neither!

5%

### ON OUTDOOR ADVENTURATI: EBRAHIM ALKHAJEH

You are such an inspirational figure, the way you see the world, perceive life and pain... Wow - I have never heard of anyone with such a positive outlook and appreciation of what the world has to offer. Mashallah, never change :)

- Dina Noor



### ON THE MAGIC OF MELODY: DESERT ROSES

Such an inspirational group! It's never too late to do what you love and this group is the best example of that. It's also amazing to see the true essence of music come back... where the voice is what truly matters! I wish you the best of luck Desert Roses.

- Drake Francisco



### ON STYLISTA DUO: ANNA AND ANASTASIA

Love your fashion sense girls! It's great to see young girls taking the initiative and working on what they love. You both have such great potential. Keep moving forward!

- Rachael Sanders



### ON SUBMERGE INTO THE WORLD OF MOBY DICK: ARTIST ALYAZIA AL DHAHERII

Alyazia you should really be proud of yourself. You brought a book to life and in the best way possible. I am looking forward to seeing new and great things from you soon.

- Aya Jaber



Nilofer Safdar is a Life Coach.  
[nilofer\\_light@yahoo.com](mailto:nilofer_light@yahoo.com)



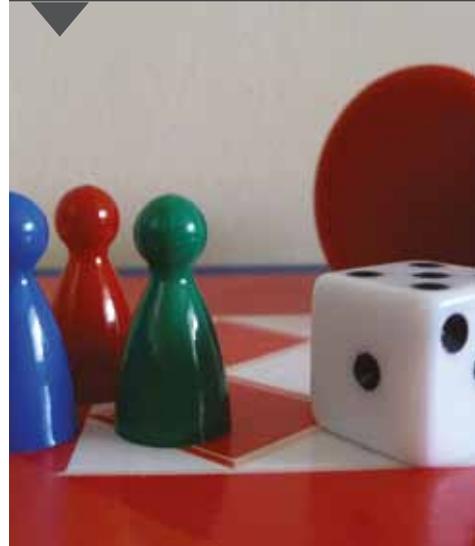
# COOL SUMMER PROJECTS!

Temperatures are at their peak this month and for those of us who are not travelling this summer, we may be at a loss for activities to do. So why not get busy with your own home projects? Mix up some ice cold smoothies and enjoy a few of these activities...



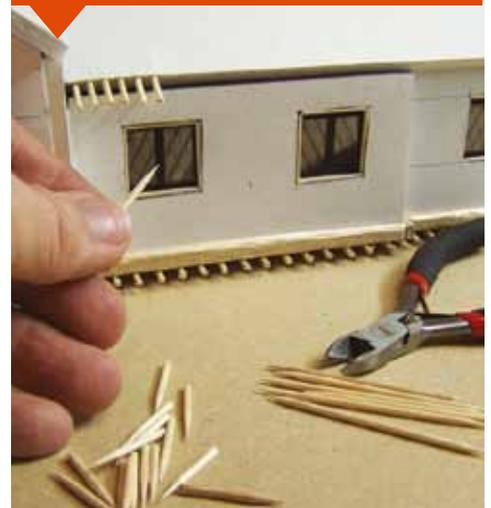
- Create a one-man (or woman) skit - Use your iPhone or Android to create a skit, newscast, cooking show or mini documentary! Take on different characters yourself or have a friend or family member act the part.
- (Or better still, why not make your own 'Smovie' - a short film using your own phone. See details in this issue of Tempo)

- Redecorate. Paint the walls, stencil on flowers or your favourite shapes.
- Invent your own board games.




- Have a photoshoot. Dress your best and create your own portfolio.
- Push yourself. See how many pushups, crunches, lunges or other bodyweight-bearing exercises you can do.

- Master a few brain teasers. (Available on [sporcle.com](http://sporcle.com) and [braingle.com](http://braingle.com))
- Build miniature models of furniture, buildings or make your own mini city!



Got more fun tips? Let me know @friedwanderer .

# tweets for thought

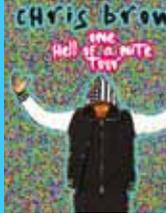
 **HH Sheikh Hamdan**  
@HamdanMohammed



Official Tweets by His Highness Sheikh Hamdan bin Mohammed bin Rashid Al Maktoum

“Sport is a way of life, yet we want it to reflect hope in life too.”

 **Chris Brown**  
@chrisbrown



Official Chris Brown Twitter.

“One day the pride will die down and then your heart will speak volumes!”

 **Mohamed ElBaradei**  
@ElBaradei



“Racism, xenophobia & fanaticism of every form are ravaging the essence of our humanity. Ignorance is our plague & knowledge our salvation.”

 **Marianne Williamson**  
@marwilliamson



Best selling author and lecturer.

“Being kicked down is just prelude to being lifted up even higher than ever.”

 **Khalifa**  
@KKAIThani



“A friend who gives you advice when you do something wrong even though they might lose you is better than 10 friends who join you.”

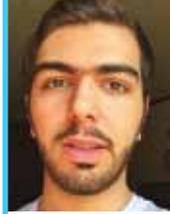
 **Tony Robbins**  
@TonyRobbins



The official Tony Robbins Twitter account

“Learn how to let go of the past so it doesn't damage your future.”

 **Abdulla Al Zaabi**  
@abdulla\_alz



“Bless those who are able to change your worst nightmares into the most beautiful dreams just by being around.”

 **Randy Gage**  
@Randy\_Gage



Entrepreneur. Author. Jedi Knight. Fighting the forces of evil, one tweet at a time.

“You would never have the wisdom & maturity you now possess without the challenges and setbacks you experienced. Survive and grow.”

trending on **YouTube**



# AUGUST VIRAL VIDEOS

Do you have a favourite video?  
Share it through Facebook or Twitter!

**Viral videos sent in by Tempo readers.**



## Dubai Trick Shots 2 Brodie Smith

It's not all fun and games when it comes to throwing Frisbees. Watch how this highly talented individual throws the Frisbee in Dubai.



## Youtube Aflam

Film lovers, Take yourself back in time and check out this Youtube video and channel that celebrates 70 years of Arabic Cinema!



## Dune Bashing Abu Dhabi

Enjoy a quick view away from the city of Abu Dhabi to the wide and vast deserts and sand dunes!



## Midfield Terminal Building Development

Marvel at the ongoing architectural construction of Abu Dhabi International Airport's Midfield Terminal set to be completed by July 2017.



## Epic Hologram Ghost Prank!

Evening. In Your Bed. Alone. Imagine the horrors of suddenly finding a ghost in your home! Good thing it was only a prank!



## This Tree Isn't What It Appears To Be

Simple marvels of nature - witness how a tree transforms before your eyes in 30 seconds.



## Emotional Reunion In Court

Watch the emotional reunion between former middle school classmates, a judge and a burglary suspect.



## Dude rocks out on Taiko No Tatsujin

Do you love arcade games? Enjoy this crazy yet fun-filled video from Japan of a guy dancing to the beat of the drum arcade game he's playing!



## A New Kind of Football

Take a bitesized action of Football, cram it into a small space and have fun! Two versus two, indoors!



# BEST FREE APPS IN THE UAE

“Ever wondered about the top free apps in this region? Aside from the everyday social networking apps we all use, Tempo presents a quick guide to some of the top free apps, based on the number of downloads from Android and IOS playstores!”

INFOGRAPHIC BY FATMA ELEMBABY



References:  
www.Itunes.ae  
Play.google.com

In celebration of the brand's  
Guinness World Records,  
buy *Coronet* jewelry worth  
over AED 3,500 to get

# FREE DIAMOND WATCH



*LIFE Style*  
FINE JEWELRY



NEAR 40 OUTLETS



[www.lifestylegcc.com](http://www.lifestylegcc.com) • Toll Free 800-STYLE (78953)

DUBAI • ABU DHABI • SHARJAH • AL AIN • RAS AL KHAIMAH • FUJAIRAH | BAHRAIN | QATAR

Permit Nos.  
513511 / 625309 / 606093



Downtown Dubai. The city that never sleeps @atthetopburjkhalifa @mydubai #dubai #uae #MyDubai @iclickviswa V!swa Traveling the globe seeing the world, through my lens. Click and share. Sharing is caring.



Mosques around the world are all about cleanliness, comfort and beauty. This picture is of one of the world's largest mosques located at Abu Dhabi, and the peace and beauty of this architecture has no match. @jenil777007 I\_m\_CJ #Accidental\_Photography #iPhoneographer #Computer\_Science



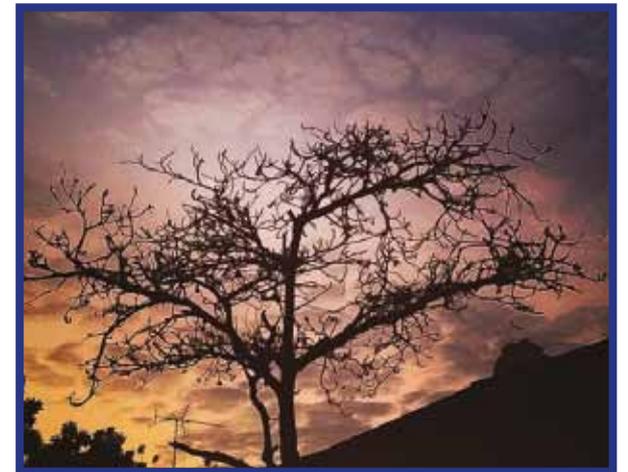
I remember the days I prayed for the things I have now. @blackandwhitediary Black and White Diary There's something really appealing about the black-and-white pictures. #dubai



No one ever looks back on their life and remembers the nights they had plenty of sleep. @moon\_alali A thalassophile. Nothing's more beautiful than a beautiful mind.



Amazing sunset #abudhabi #emiratespalace @silva.\_c Around the world.



#love #tree #sunset ! @actarusaksas Actarus Aksas As we are liberated from our own fear, our presence automatically liberates others! -Mandela Film/TV Director -Traveller - Fotos by ME! :)



"History is a continuous chain of events. The present is only an extension of the past." @bin\_nasher Bin Nasher Doer. Optimist. Wanderlust. "Hakuna Matata". CarletonU Alumni. Multiracial, based in Dubai.



We sat and witnessed one summer night slowly enveloped by a cool fog and teased by a rather cold breeze. The universe speaks mysteriously, changing moods now and then. @rsmilejagonia iRichelle totally random. iRead. iWatch. iPhotograph. iMarket. iHope. iBelieve. iLoveStories. iLoveCoffee.



The city that grew out of the desert, with a little patch left over. #Dubai #MyDubai @nicolachilton Nicola Chilton Travel, photography, food, drinks, books, and PR for Four Seasons Hotels and Resorts in EMEA

# WANT TO MAKE A MOVIE? MAKE A SMOVIE



## MAKE A SHORT FILM AND SEE IT ON VOX CINEMAS!

1 SHOOT YOUR  
SHORT FILM

2 TO UPLOAD GO TO  
[WWW.THESMOVIES.COM](http://WWW.THESMOVIES.COM)

3 GET SCREENED  
ON VOX CINEMAS

Competition: #SmoviesMessage

BRANDMOXIE  
PRESENTS

# THE SMOVIES®

at **VOX** საქართვებ  
vox cinemas

## THE SMOVIES COMPETITION SEASON 2: "The Message"

**THE DEADLINE:** Submissions should be received by Aug 15.

**THE THEME:** #SmoviesMessage

**THE BIG WIN:** The winning ads will play on all screens across all VOX Cinemas in the UAE for at least three months.

**THE MOOD/ TREATMENT:** Topics could range from any topic under the sun! It could be a funny, sad, inspiring, even scary -let your imagination loose!

**THE LENGTH:** 15 seconds to 2 minutes.

**THE GUIDELINES:** Stay away from anything to do with politics, religion and promiscuity.

**THE SPECS:** 1920 x 1080 Pixels/ High Definition/ 16:9 Aspect Ratio

**THE PRIZES:** Cash prize, workshop and other gifts.

**DON'T FORGET:** Last frame of the commercial should have the closing frame, which can be downloaded from [www.thesmovies.com](http://www.thesmovies.com), under the menu "Competition" and then "Closing frame".

The Smovies is a platform that provides filmmakers an opportunity to shoot their own films, and supports them by providing them a platform for the films to be viewed.

Over the entire year Smovies runs three competition seasons:

1. The VOX Category. April to June. "Please Don't Steal My Show"
2. The Narrative Category. July to September. "The Message"
3. I Love UAE. October to December. "Celebrating the UAE."

While you may start planning on the I Love UAE category, right now we are accepting only entries for "The Message" competition. See [www.thesmovies.com](http://www.thesmovies.com) for more details on this.

For more information, go to:

[www.thesmovies.com](http://www.thesmovies.com)

Connect with us!

 Facebook Page and Group: The Smovies

 Twitter: thesmovies

## now showing this month

Tempo's movie buffs came together and discovered this month's latest flicks in the Gulf.

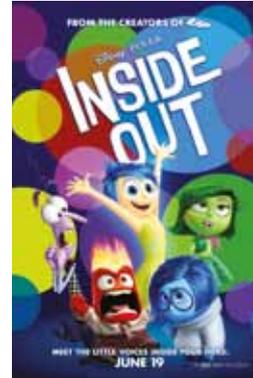


**FANTASTIC FOUR**  
**GENRE:** ACTION, ADVENTURE, SCI-FI  
**TEMPO PREDICTION:** ★★★★★

FOUR YOUNG OUTSIDERS TELEPORT TO AN ALTERNATE AND DANGEROUS UNIVERSE WHICH ALTERS THEIR PHYSICAL FORM IN SHOCKING WAYS. THE FOUR MUST LEARN TO HARNESS THEIR NEW ABILITIES AND WORK TOGETHER TO SAVE EARTH FROM A FORMER FRIEND TURNED ENEMY.

**FUN FACT:** WHEN SUSAN IS TRACKING A SIGNAL, THERE IS AN IP ADDRESS ON A SCREEN "23.21.190.125". THIS WILL LEAD TO ONLINE ARTICLES FOR LATVERIA, DR. DOOM'S HOMETOWN.

**Directed By:** Josh Trank  
**Cast:** Miles Teller, Kate Mara, Michael B. Jordan



**INSIDE OUT**  
**GENRE:** ANIMATION, ADVENTURE, COMEDY  
**TEMPO PREDICTION:** ★★★★★

AFTER YOUNG RILEY IS UPROOTED FROM HER MIDWEST LIFE AND MOVED TO SAN FRANCISCO, HER EMOTIONS - JOY, FEAR, ANGER, DISGUST AND SADNESS - CONFLICT ON HOW BEST TO NAVIGATE A NEW CITY, HOUSE, AND SCHOOL.

**FUN FACT:** SOME OF THE MEMORY BALLS IN RILEY'S MIND CONTAIN SCENES FROM OTHER PIXAR MOVIES, SUCH AS CARL AND ELLIE'S WEDDING IN UP (2009).

**Directed By:** Pete Docter, Ronaldo Del Carmen  
**Cast:** Amy Poehler, Bill Hader, Lewis Black



**IMPOSSIBLE ROGUE NATION**  
**GENRE:** ACTION, ADVENTURE, THRILLER  
**TEMPO PREDICTION:** ★★★★★

ETHAN AND TEAM TAKE ON THEIR MOST IMPOSSIBLE MISSION YET, ERADICATING THE SYNDICATE - AN INTERNATIONAL ROGUE ORGANIZATION AS HIGHLY SKILLED AS THEY ARE, COMMITTED TO DESTROYING THE IMF.

**FUN FACT:** TOM CRUISE PERFORMED THE SEQUENCE WHERE ETHAN HUNT CLIMBS ON THE OUTSIDE OF A FLYING AIRPLANE (AN AIRBUS A400M) WITHOUT THE USE OF SPECIAL EFFECTS OR A STUNT DOUBLE. AT TIMES HE WAS SUSPENDED ON THE AIRCRAFT 5000 FEET IN THE AIR (1.5 KILOMETERS).

**Directed By:** Christopher McQuarrie  
**Cast:** Tom Cruise, Jeremy Renner, Simon Pegg



**ABSOLUTELY ANYTHING**  
**GENRE:** COMEDY, SCI-FI  
**TEMPO PREDICTION:** ★★★

A GROUP OF ECCENTRIC ALIENS CONFER A HUMAN BEING WITH THE POWER TO DO ABSOLUTELY ANYTHING, AS AN EXPERIMENT. AS THE PROTAGONIST STRUGGLES TO DEAL WITH THESE NEW FOUND POWERS, HE CALLS UPON HIS LOYAL CANINE COMPANION TO HELP OUT.

**FUN FACT:** FEATURES ALL 5 LIVING MEMBERS OF MONTY PYTHON.

**Directed By:** Terry Jones  
**Cast:** Kate Beckinsale, Robin Williams, Simon Pegg

For contests, ticket giveaways and freebies, Like & Follow Tempo on Facebook, Twitter & Instagram!

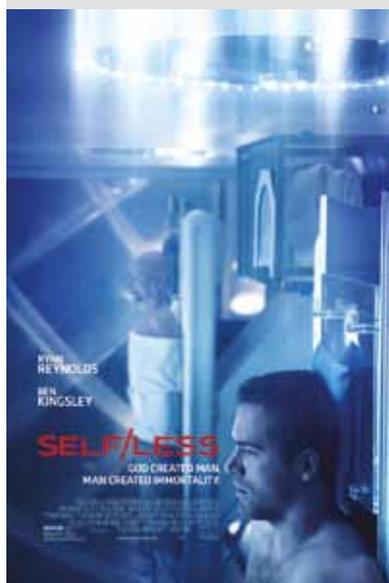
## tempo reviews

By ALEECE SMITH

Reviews on the latest films to be featured this month on UAE movie screens and at your home on Blu-Ray!

Follow Tempo on Twitter for more reviews.

### Self/Less



We humans have a reputation for chasing youth. So much so that we regularly pay for the privilege of cheating biology. There are entire industries based on our disdain for wrinkles and sagging skin. We choose drinks laced with Ginkobiloba extract to stave off dementia. The more we can pay, the more dramatic the effects of treatment. Who knows how far we will go to secure the trappings of youth? Director Tarsem Singh explores that question in his science-fiction thriller *Self/Less*.

*Self/Less* opens with a brief view into the bustling business of Manhattan real estate, but quickly progresses to the ruthless side of living and dying. Ben Kingsley and Ryan Reynolds play Damian, a man who seizes the opportunity to relive youth, but this time with the wisdom of age. Damian soon discovers that his renewed youth is not all it's cracked up to be and that the cost of the procedure was much higher than originally quoted.

*Self/Less* raises the typical questions we see from movies about our mortality. Given the chance to be young again, would you take it? What problems does youth solve? What's wrong with dying? However, for better or worse, Singh stages these questions in a way that does not get too weighty so you can choose whether you are watching a science-fiction film that amplifies the finer points of our existence or a simple action thriller.

### Catch it on Blu-Ray: Insurgent

*Insurgent* is the second film in the *Divergent* series based on the eponymous novel trilogy by Veronica Roth. The *Insurgent* story picks up where *Divergent* left off, with Shailene Woodley's Tris and Theo James's Four growing into their roles as part of the resistance movement. This sequel continues with themes explored in the first movie. As expected, the plot flows through situations intended to promote the importance of individualism to humanity. New with this installment is the focus on the virtue of forgiveness, which one might find clumsily applied throughout the story.

One odd difference between *Insurgent* and *Divergent* is that Jeanine (Kate Winslet) is more of a narrator than a believable villain. For instance, the film opens with Jeanine delivering a rather foreboding proclamation that leaves the viewing audience wary of government definitions of "peace," "social order" and "greater good." At other points in the film, the character says more than is necessary for the scene. However, ignoring that oddity, *Insurgent* is an entertaining way to spend a couple hours at home, especially for those who could use some reassurance that people don't have to fit into boxes to get along in life.





بوابة الشرق مول  
Bawabat Al Sharq mall

## The winning never ends at Bawabat Al Sharq mall

Visit us at Bawabat Al Sharq mall, in Baniyas, Abu Dhabi and grab the chance to win gift vouchers with values ranging from AED200 to AED20000. Enjoy the many exciting events and activities on offer.

Shop for AED200 on the ground floor (AED700 in Carrefour) or AED100 on the first floor. Head to the customer service desk to collect your coupon and enter the lucky draw.

This offer is valid till August 8<sup>th</sup>, 2015 with raffle draws every Saturday.

Terms & Conditions Apply

240 Stores

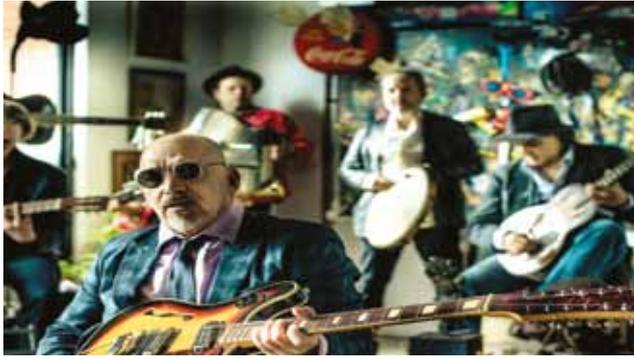
Hypermarket

Cinemas

Restaurants & Coffee Shops

Family Entertainment Center

TO ADVERTISE YOUR EVENT AND BE INCLUDED IN OUR ISSUE, CONTACT US AT: +971 2 491 8624 | or e-mail editorial@tempoplanet.com



## JOE CAMILLERI & THE BLACK SORROWS

7 August

THE MUSIC ROOM, MAJESTIC HOTEL, BUR DUBAI

The Australian musicians come to The Music Room for one night only. Joe Camilleri and The Black Sorrows are a band that dips its toes in blues, roots, RnB, country, jazz and even gospel music. Joe, a musical legend in his own right and inducted into the ARIA Hall of Fame in 2007, is a performer who is known for his musical ingenuity. He is able to explore a broad range of musical styles, with the support of The Black Sorrows.

Info: <https://www.facebook.com/events/888859891177755/>

Scan Here ➤



## ZSC KIDS HOLIDAY CAMP

ONGOING UNTIL 27 AUGUST

ZAYED SPORTS CITY, ABU DHABI

The capital's popular summer camp programme is back! While the weather is hot, kids will be indoors enjoying sports, playing games and getting creative with new friends. Each week the schedule is filled with lots of sports including bowling, ice skating, billiards, table tennis, ball games, movies, arts and crafts, challenge games and more!

Info: <http://www.zsc.ae/en/29/events?view=details&id=122>

Scan Here ➤



## LOUVRE ABU DHABI STORIES: IMMORTAL FIGURES

ONGOING UNTIL 30 AUGUST

MANARAT AL SAADIYAT, ABU DHABI

A celebration of sculptures from across the globe, this selection will include a wooden carving Uli statue from New Ireland, a Nepalese gilt copper figure of Maitreya, and an Italian bust of Saint Peter Martyr. The selected artworks that will be shown during the two displays were acquired in 2014 as part of the ongoing acquisitions for Louvre Abu Dhabi. The presentation will include the important Fayoum portrait, a fine example of an Egyptian funerary painting that would traditionally have been placed on the face of a mummified body.

Info: <https://abudhabievents.ae/en/Pages/louvre-abu-dhabi-stories.aspx>

Scan Here ➤



## COMEDY NIGHT

28 AUGUST

DU FORUM, ABU DHABI

The Comedy Night has laughs for all. Regional comedians will share their banter and humour with the entire family. Popular regional star Badr Saleh will feature his hugely popular YouTube show "Eysh Elly". Get ready for a night of side-splitting, rolling in the aisles laughs and entertainment.

Info: <https://abudhabievents.ae/en/Pages/comedy-night.aspx>

Scan Here ➤



## DUBAI SUMMER SURPRISES 2015

ONGOING UNTIL 5 SEPTEMBER

DUBAI

Dubai Summer Surprises (DSS) is the highlight of the city's summer calendar with fun events and activities for the whole family. GCC residents and other tourists flock to the city, looking for bargains in over 6,000 stores that are participating in this annual event. This year will bring you celebrities such as Jaden and Willow Smith in Dubai during August 13 & 15 for unlimited fun. You can find bargains at Back to School, and indulge in spa promotions all over the city.

Info: <http://www.dubaicalendar.ae/en/event/events/dubai-summer-surprises-2015.html>

Scan Here ➤



## FILM DIRECTING WORKSHOP

1-3 Aug (Arabic), 8-10 Aug (English)

Acclaimed Emirati film director Nawaf Al Janahi shares his expertise in a 3 day workshop exploring the practice of film directing through critical discussion on the concepts, aesthetics, and tools of the trade. Email: [farah@brownbook.me](mailto:farah@brownbook.me)

## CINEMA AT THE SPACE

Mondays & Wednesday | 8:30PM

A series of film screenings that aims to encourage the increasingly active conversation among filmmakers, supporters, patrons and enthusiasts across Abu Dhabi, who are central to the exciting growth of the local film culture.

Visit: [facebook.com/theSpaceAD](https://facebook.com/theSpaceAD)





### SESAME STREET LIVE, ELMO MAKES MUSIC

6-8 AUGUST | DU FORUM, ABU DHABI

One of the oldest and the most popular children's shows of our times, 'Sesame Street' comes to the capital for a spectacular show for the Abu Dhabi Summer Season. The long-time favourite show of children and adults, "Sesame Street" has been bridging many cultural and educational gaps. Just like the television version, the Sesame Street Live production features timeless lessons for all ages. Through the razzle-dazzle of a Broadway-style musical production, children learn about patience, acceptance and teamwork.

Info: <https://abudhabievents.ae/en/Pages/sesame-street.aspx>

### MYTHBUSTERS, ADAM SAVAGE LIVE

13-15 AUGUST | DU FORUM, ABU DHABI

For the first time in the Middle East, a not-to-miss show of the Abu Dhabi Summer Season is the Mythbusters - an evening of on-stage experiments, audience participation, rocking video and behind-the-scenes stories. With this show, for the first time, fans join Adam on stage and assist in their mind-blowing and mind-twisting approach to science. Mythbusters brings you face-to-face with the curious world where Adam will match wits with the members of the audience.

Info: <https://abudhabievents.ae/en/Pages/mythbusters.aspx>



### HANS KLOK,

### THE WORLD'S FASTEST ILLUSIONIST

21-22 AUGUST | DU FORUM, ABU DHABI

Abu Dhabi Summer Season brings you for the first time in the Middle East a night of illusion, magic and breath-taking tricks performed by the award winning Hans Klok who has been compared to Harry Houdini, the master of escapes, illusions and risky stunts.

Info: <https://abudhabievents.ae/en/Pages/hans-klok-the-worlds-fastest-illusionist.aspx>



### MADAGASCAR LIVE!

28-30 AUGUST | DUBAI WORLD TRADE CENTRE

Dubai Summer Surprises brings the famous characters of Madagascar to the stage at the Dubai World Trade Centre. Follow Alex the Lion, Marty the Zebra, Melman the Giraffe, Gloria the Hippo, the plotting penguins and the hilarious King Julien as they go on crazy adventures on stage - just as they did in their popular film. Recreated with all the laughs and thrills from the film, this show of song and dance will run twice daily.

Info: <http://www.dubaicalendar.ae/en/event/events/madagascar-live.html>



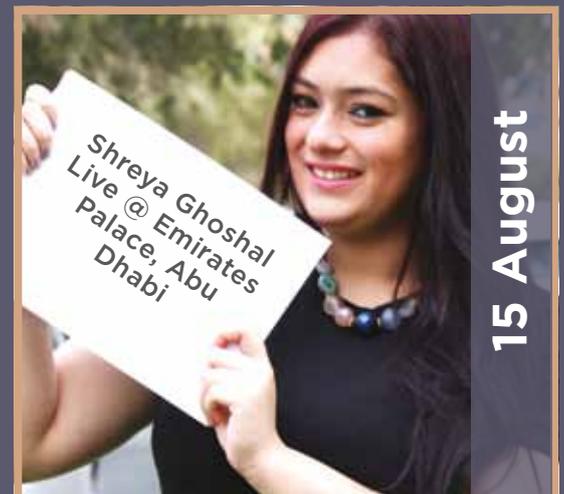
## people calendar

### Rhea Smith

Nationality: Australian

Profession: Educator

"Love the choices you make today as they affect the outcome of tomorrow."



15 August



28-29 August



Ongoing Until 29 August

Angeli Castillo

# SAN DIEGO COMIC CON 2015

**The flagship Comic Con happened, and as usual there's more good stuff than can fit in this time space continuum, so we'll have to make do with primitive Earth tech and stick to a few select highlights:**

Batman: The Killing Joke is being made into an animated movie. Offering a Joker origin story of sorts it's a classic in the Batman universe. No word on dates and times just yet.

Two new Superman mini-series were announced for November, including Coming of The Supermen (6 issues),

which features Darkseid, Kalibak and Lex Luthor, and Superman: American Alien (7 issues), which looks at previously unexplored episodes in Clark Kent's life from teen to manhood.

For some, the biggest news would be the very strong possibility that sci-fi series, Firefly, might blaze back to life with the original cast. Bafflingly cancelled after just one season, Firefly's loyal cult following long demanded its return - lo children, it might just maybe, maybe have come to pass!

Warcraft fans were excited then confused by the upcoming Warcraft movie. Excited that there's a Warcraft movie and

thoroughly confused by what the cryptic trailer said - or didn't say - it would be about. Set for June next year, the visuals were warmly accepted. Let's see what happens.

Harrison Ford, Carrie Fisher and Mark Hamill all turned up to talk about Star Wars, and we got a behind the scenes trailer and the entire cast of the Suicide Squad passed through. We have got to get to the San Diego Comic Con sometime.

There's soooo much more. But for now look at some awesome San Diego Comic Con cosplay.

RIP Satoru Iwata, President of Nintendo





# COOL FINDINGS



## Pebble Time

Smart watches have been around for a while, and maybe most of you have become used to charging your Apple Watch or Android wearable every night. But with Pebble Time you don't need to stress about the next charge because it lasts for up to seven days. It has a colour display as compared to the previous mono-chrome version, a 9.5mm thin curved design, comes in countless watch-faces and is water resistance up to 30 meters. Its new timeline interface gives you notifications,

calendar, events, weather, sports scores, breaking news, missed calls and app alerts, and it is compatible with both Android and iPhone smartphones. Whether you run, walk, bike ride, swim or sleep it gives you several tracking options. There might be many other alternates in the market but the battery life, the simple user interface, and the cost makes this worth buying. The Pebble Time is currently on pre-order for US\$199 (almost half of the Apple Watch).

## DJI Phantom 3 Professional

DJI is the pioneer of drones and the Phantom series. It is a compact and light weight camera quadcopter. There might be many quadcopter options out there, but Phantom has kept its quadcopters ready to fly design, its sturdy build, and very simple controls. For all the options you're getting, you cannot deny its affordable price. The new Phantom 3 Professional has a 4K camera and it's the first Phantom to give you an Ultra HD video which is more desirable to many videographers. The camera is emerged with 3-Axis Gimbal giving it more stability and control. It has Live HD view over 1.2 miles approx 2km in real time, and also has a unique beginner's mode which helps you to learn how to fly in a safe and limited area.

DJI has also gives you more control through a powerful mobile app which is loaded with cool add-ons such as automatic video editor, ability to live stream, live MAP to track the Phantom 3 at all the times and a user friendly interface. It also has auto-pilot features like Auto Takeoff, Auto Return Home and Failsafe.



## Sony Xperia M4 Aqua

This is 'the waterproof camera phone for everyone' according to Sony. It weighs about 136g with a 5-inch 1280x720 pixels display and has over two days battery life. The specs are: 64-bit Qualcomm Snapdragon 615 Octa Core processor (Quad-core 1.5 GHz + Quad-core 1.0 GHz), 2 GB RAM, 8GB or 16GB internal memory and up to 128 GB through microSD card, 13 mega-pixel camera, full HD Video recording (1080p), 5-mega pixel front facing camera HD 720p recording, aGPS, Bluetooth 4.1, DLNA Certified, NFC, GLONASS, Miracast, Wi-Fi and Wi-Fi Hotspot, ANT+, Dual SIM GSM/3G/LTE (4G), Sony 3D Surround Sound technology and bundles with Android 5.0 (Lollipop). The phone is available at Dh 1299 in all major electronic retail stores across UAE.

Do you have a story to tell? A special cause? A new idea? Are you trying to help the community?

We want to hear from you. [editorial@tempoplanet.com](mailto:editorial@tempoplanet.com) or at Facebook: Abu Dhabi Tempo

# RACHEL MUSSELLÉ

AGE: 23

PROFESSION: **TEACHER**

NATIONALITY: **BRITISH**

**Fashion Statement:** Anything colourful and baggy! My statement is wear what feels good. I believe in being comfortable personally and physically... ie not wearing clothes that are so tight you have to undo a button at dinner, but also wearing something that compliments your shape and makes you feel good about yourself!

**My personal style:** Loose fitting pants with a tight top... lots of earthy and calm colours.

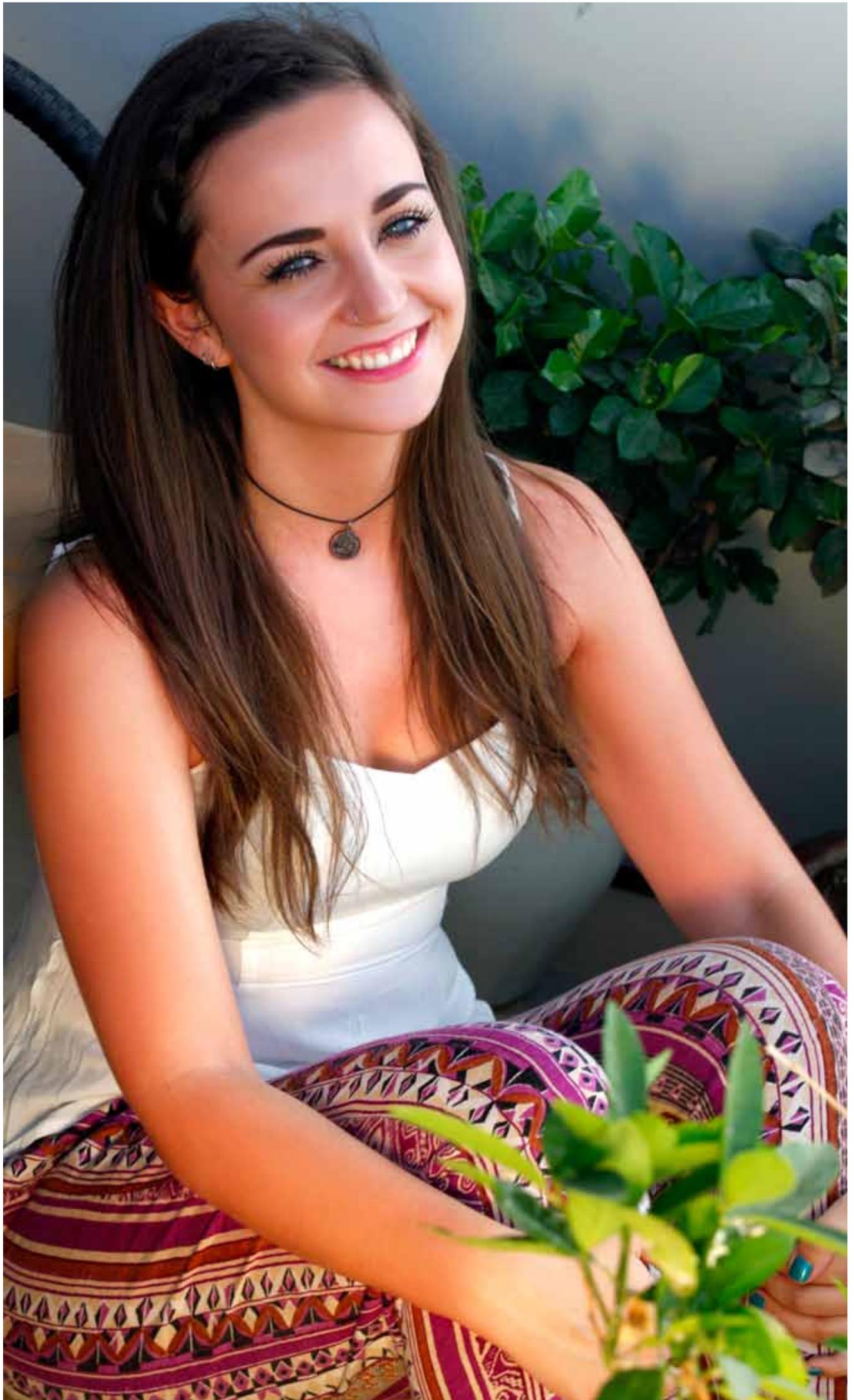
**Fav buy of the past month:** Numerous pairs of trousers from the local markets in India.

**Fav stores in the UAE:** I haven't shopped here much but I've always been a big fan of Pull and Bear. I have bought most of my clothes from local shops and markets abroad.

**Does the UAE have style?** Yes. There are so many different cultures and nationalities that the style here is hard to define, but it definitely has style.

**Do you have any fashion pet hates?** Anything too revealing.

**PHOTOGRAPHER:**  
Angeli Castillo



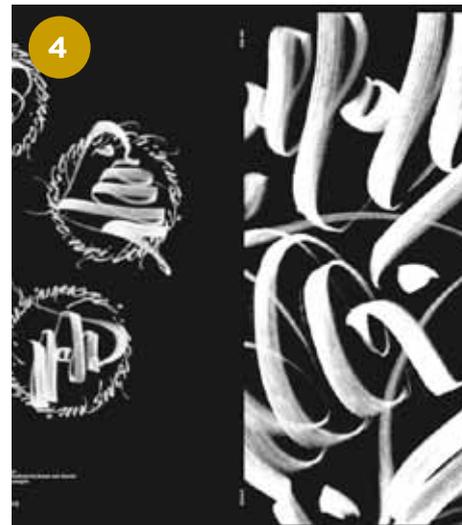


## BEDOUIN RECORDS: MUSIC + STYLE

Young tastemaker Salem Rashid heads Bedouin Records, one of the most exciting new electronic music labels out.



▲ Salem Rashid is the founder and curator of Bedouin Records. Photo credit: Esmat Rabi



Along with its sister label, Bastakiya, Bedouin releases music of the uncanny, collecting influences from genres as diverse as industrial, doom, drone, dark ambient, and Detroit techno. Or as Rashid puts it: “We release ‘left-of-center’ electronic music that combines elements of roots techno and electro.”

Most incredibly, it’s all based out of Dubai. “Funny enough, I didn’t even realize that we were a ‘made in UAE’ record label until we started getting press. Bedouin’s very international,” Rashid said.

Indeed, Bedouin Records’ release roster includes artists like “Ryo Murakami” from Japan and “Ekman” from the Netherlands, as well as other musicians from far-flung locales around the world.

“‘Bedouin’ literally means person who belongs nowhere, a nomad. I feel like my label and personal background come from a similar place,” Rashid said.

Interestingly, every Bedouin Records release is vinyl-only with each record printed in a hyper-limited edition of 300. “With vinyl I can control the distribution better. I think a vinyl audience listens harder and more closely than someone who only buys MP3s,” Rashid told Tempo.

Barely a year old, Bedouin Records is making inroads into the fashion industry, too. If you’re lucky, you still might be able to find a t-shirt from their collaboration with cult Australian clothing brand P.A.M.

Over the next year, Rashid plans to put out more vinyl records and one mixtape. We’re especially excited to see what future clothing projects Rashid has in store, which Bedouin assures us is forthcoming.

1 2 3

Bedouin Records limited-edition collaboration with Australian brand P.A.M.

4

Album art for “The Gödelian Argument” by Dutch artist Ekman

5

All of Bedouin’s releases are vinyl-only

<http://bedouinrecords.com/>  
<https://soundcloud.com/bedouinrecords>

# A FABULOUS JEANS LOOK FOR A PEAR SHAPE

**P**ersonal stylist Adama Macalou dresses Julia McLean, who is a 39, a home-maker and mother of two. Adama takes Tempo through her styling steps...

Julia is a pear-shape - meaning she has a tiny waist and heavier hips and thighs. Her main challenge has always been finding a flattering pair of jeans. The ones she used to buy either gaped at the waist or cut her off making her look shorter! As a result, she now wears baggy clothing below the waist or leggings with narrow openings at the ankle, accepting that this is her best option. But in fact this look makes her seem much heavier than she is!



Get fashion advice from Adama: [adamacalou@hotmail.com](mailto:adamacalou@hotmail.com)



BEFORE



## DAYTIME LOOK

For the top, I went with a boho chic look. The H&M top has embroidered sleeves and a criss-cross neckline that shows off her tiny waist. I paired it with a cami underneath to reflect the yummy mommy status! A young girl could buy a more fitted version and rock it as a cropped top.

The jeans are from LEE Jeans. It's the 'marion' straight cut which lengthens the legs and rides a bit higher, sitting comfortably on the waist. The wash is a bit faded which is trendy and perfect for a laid back daytime look.

The shoes are from Call It Spring. It's a pair of low wedges which are high enough to give the legs some length yet low enough to be worn comfortably to run errands and run after the kiddies! They were perfect for Julia, who doesn't normally wear heels.



## EVENING LOOK

I went with a bold colour top and dark denim wash for the jeans. The top is from Mango: it is sleek, simple and lets the colour do the talking! I paired it with a golden necklace to add a splash of colour! The jeans are from LEVI'S and are a demi-curve with straight leg cut; a very flattering and sophisticated look! Both the shoes and clutch are golden to match the gold theme, and add a bit of evening pizzazz.

# SHOP AND WIN

July 20 - September 5



**Marina Mall Abu Dhabi is the place to be this summer!**

For every AED 200\* you spend at Marina Mall Abu Dhabi, you will get a chance to win a Chevrolet Corvette. You can also double your chances of winning when you shop using your "M" loyalty card.

\*get one raffle draw coupon for every AED 500 spent in Carrefour  
terms and conditions apply



[www.marinamall.ae](http://www.marinamall.ae)





Augusta De Lisi together with her boyfriend Bobby Martinez and Gracie - a pit bull she rescued from a high kill shelter in Chicago, IL

# ABU DOGGIES: FOSTER HAVEN FOR HAPPY TAILS

BY SHEETAL RAGHUNATH

**A**ugusta De Lisi has no desire to grow a fortune. While most of us focus on building a career, finding that perfect someone, and making ends meet, the 25 year old just wants 'her heart to be covered with stretch marks'. Augusta is founder of Abu Doggies, a non-profit organization that rescues and shelters homeless animals in the UAE, and her efforts have not gone unnoticed. This year she was a finalist for the 2015 Unite4: Humanity Awards that honours global humanitarian efforts and also for the Ultimate Role Model Category for the 2015 Cosmopolitan M.E. 'Fabulous Female' Awards. She shares her ideas for social change.

"I am a 25 year old American living in Abu Dhabi and the founder of Abu Doggies Rescue, a charity devoted to saving the lives of shelter dogs and homeless pets in the UAE. Abu Doggies is an extension of Augie's Doggies Rescue, a US based nonprofit organization that I started. "When I was 11 years old, my mom gave birth to my beautiful baby sister Faustina, but she never got to come home with us. I learned at a young age that life is a miraculous gift and set forth on a mission to make mine count.

"A year later, I learned that there were shelter dogs in a high kill facility 2.5 hours from my hometown in Pittsburgh that were given five days to find homes before they'd be put to sleep. I

had to do something about it. On September 14, 2002 I started Augie's Doggies. We hopped on board my family's minivan and came home with eight lucky dogs.

"Over the years the homeless animal population in the Emirates has skyrocketed, with few animal shelters in the region. It's been a slow and humble beginning, but right now my animal rescue efforts are purely foster based until I raise the funds to build a shelter. "On most days I am involved in the direct rescue and care of homeless and neglected pets. The goal is to strive to match families and individuals with a shelter pet in need, and this is done through the coordination of rescues, fosters, and planned adoptions.

"I've been told that this is a huge undertaking to tackle an issue that is so demanding. The beautiful thing about the UAE is that it is full of so many motivated and driven individuals who want their life to possess great significance. I am fascinated by the goodwill and the charitable spirit that is so naturally apart of the UAE.

"I don't have a single dollar or dirham to my name, but each shelter dog's life I've saved has become the currency of my soul. Everything that I have achieved is the result of the love and support of my parents. They saw the world within my heart, and they fostered my belief.

"It has been an incredible honour to be nominated for the awards,



and I am still yet to find words to describe the appreciation that I feel. I felt honoured to stand next to some of the world's most inspiring individuals, serving the needs of their own community through their hard work.

"When I learnt that I wouldn't be able to accept my Unite4: Humanity \$25,000 award for launching Abu Doggies, I decided to direct my award to a cause that is dear to my heart. I will be collaborating with Safe Humane Chicago, an organization that was founded to make communities safer by reducing violence for children and companion animals.

"My ultimate goal is to help launch the most "Innovative Animal Shelter." Abu Dhabi is home to the most innovative infrastructures in

the world, and I think wondrous things could happen if we infused this same creative approach to tackling the homeless pet epidemic in the UAE.

"This whole "change the world idea,"it's an open invitation and you're invited. Compassion is a super power, and you will never know its capacity unless you use it. Just be kind to animals, be kind to the people that you encounter each day, and be kind to yourself. A combination of those three things can drastically impact the world".

Connect with Augusta via:  
Facebook: <https://www.facebook.com/pages/Augies-Doggies-Rescue/268717893171295>



Augusta at the 2015 Unite4: Humanity Awards on February 19, 2015 in Beverly Hills, California

Dalma Mall presents  
**100 Days**  
of Wonders



**SHOP & WIN**

**16 JUNE - 23 SEPTEMBER**

Ramadan - Summer - Back to school - Eid Al Adha

[www.dalmamall.ae](http://www.dalmamall.ae)

#100DaysofWonders #AbuDhabisFavoriteMall



دلما مول  
Dalma Mall



# MAKING A STAND AT THE TACO STAND

**“Did you see that? He jumped the line and took our table!” I incredulously ask Cecilia, one of my closest friends and fellow foodie.**



Celia moved forward to talk to him. “Excuse me sir, but do you need the entire table? We’re a big group.” she asked politely, to which he flippantly replied, “Yeah I’m getting married tomorrow and I have family, who flew in from Oklahoma and Michigan.”

At this point, I could feel people were starting to get entertained by the exchange, and I couldn’t help but say, “Well we flew all the way from Dubai and I was standing ahead of you in the line!”

We had decided to take a mini break from the hustle and bustle of our New York schedule and visit our close friends, the Ayoubis in sunny-friendly California. Cecilia and I share

a common love for good food and a dream to one day serve authentic Mexican cuisine. So a visit to The Taco Stand the night we arrived seemed appropriate. It was also very important for me to understand the huge difference between Mexican food and its Tex-Mex variation.

It was a simple place, with one large table that everyone seemed to be fighting over and a seating area that was made up of a few high tables by the window with stools. We were greeted by a smiley cashier, a mouth-watering menu on a corrugated metal sheet painted in white hanging above him, and three cooks in white t-shirts with ‘100% Mexican grill’ written on the back (almost like we needed a reminder of the authenticity of the food).

I’d never been to Mexico but at that moment with the sounds of the kitchen and the aroma of the spices I felt transported there. After cranking our heads up for a few minutes surveying the menu and asking questions like “what was carne and asada again? And was ‘pollo chicken and camaron shrimp?’” Matt, in our group, took charge and ordered a selection of carne asada (grilled beef) tacos, fish tacos, chicken (pollo) quesadillas, which is made up of two tortillas with filling, toasted on the fire until crispy and then cut into triangles, shrimp (camaron) burritos, which is a rolled tortilla sandwich and tortilla chips with freshly made guacamole.

Since we were not going to get our table back, we chose to sit at the long bar facing the cooks, with only a small

barrier-like window separating us from the action. It was prime location, in my opinion, as I watched one of them roll out perfectly flat and round tortillas, from a machine that looked very similar to a pasta maker, and then throw the pancake-like tortillas on the hot griddle to cook. Next to the machine was a bowl full of light yellowish dough and whenever the machine got messy and jammed with dough, the cook would expertly reload it and reroll.

Cecilia, who is from Chihuahua, explained that in Mexico tacos were comprised of soft tortillas, where the dough was made from roasted corn flour and water and they were filled with either shredded beef, pork, chicken, fish or seafood. It is also this specific recipe that was the base for the burritos and quesadillas. The hard shell that I grew up eating and loved filled with ground beef and refried beans was considered more of a Tex-Mex creation with more American than Mexican influences. I also discovered that the burritos in the US were packed with a lot more ingredients like rice and beans than the Mexican version of it, which mainly included the protein, lettuce and salsa. In Mexico, they take pride in their endless array of salsas made to order from the freshest of ingredients; it’s also the crowning glory of their cuisine.

So when our bright and colourful dishes were ready for pick up from the cashier, we carried them over to the salsa buffet. There was a roasted habanero salsa, red in colour and the spiciest of all Mexican peppers;

the mildest would have to be the Poblano followed by the Jalapeno, both are green in colour, the chipotle (my favourite), which is a smoked Jalapeno, then the serrano, which starts off green in colour but ripens to an orange, yellow or brown. There was also a milder tomato salsa made from fresh tomatoes, cilantro, onions and jalapeno peppers (a tomatillo salsa from small roasted green tomatoes called tomatillos lent it a smoky palate and added another dimension to our dishes) and finally a squirt of lime and a creamy salsa akin to a tartar for our fish and seafood tacos and burritos. All it took was a few bites from our scrumptious Mexican smorgasbord and we forgot about the skirmish over the table. We needed our energy to savour and digest!



BY GAAYATHRI VEERARAGAVAN

# OCEAN ACIDIFICATION

**A**cidity in the ocean is now reaching the point of saturation! This will eventually reduce the number of ocean creatures especially the corals, which will be hazardous to the ecosystem and the economy of the world.

## THE PROBLEM

“Acidity” does that mean “Hydrochloric acid”, “Sulfuric acid” and so on? Well true that these are definitely acids but, if these were added to oceans won't it cause a mega explosion! So what is “Ocean Acidification”? As carbon dioxide is given off to the surrounding environment, nearly 25% of the carbon dioxide present in the air is absorbed by the ocean surface which then combines with the other elements present in the ocean water to form acids such as carboic acid. Carboic acid dissolves calcium-containing structures like bones, skeletons, corals etc. Thus, ocean acidification is harmful for the aquatic life, as the acid generated at the ocean surface would dissolve the aquatic organisms such as shellfish, corals and the skeleton of other sea creatures.

Higher levels of acid means lesser life span for sea animals. This is referred to as ocean acidification. According to the “Planet Earth Herald” this is now becoming a huge

problem; the acidity of the ocean at the surface level has increased by a factor of 30% within the past two centuries. What's more it is expected to increase by 150% in a century to come. This increase in the percentage of the acidity in the oceans can be proven by a decrease in the pH. A decrease in pH indicates acidity while an increase in the pH indicates basicity. Today the pH on the surface of the oceans has dropped to 8.1 from 8.2, which clearly shows a 25% increase in the acid levels of the oceans within a span of 200 years. This is very crucial especially to the Middle Eastern countries as they are located on the Arabian Peninsula that is surrounded by water bodies on all three sides of the land: the Arabian Gulf, the Gulf of Oman, the Arabian Sea, Gulf of Aden and the Red Sea. Fishing and pearl rearing is a major source of income for the Arab World with about 30 million people of the Arab world directly dependent on corals for food resources, coastal protection and most importantly tourism.

A large part of the UAE economy is dependent on fishing and tourism. If you visit the Dubai Pearl Museum you will learn about pearl diving and you'll understand the role it plays in culture. But in addition to the pearl diving exhibits, you'll also see the beautiful corals that are present around the waters of the UAE. The increase in the levels of acidity in these oceans will reduce the number of fish and corals surrounding the Arab world, which could have a knock down effect on GDP and economic growth. So in order to maintain both economic and ecological stability of the Arab countries, it is important that we turn our attention to maintaining the pH of the oceans on a global level.



## THE SOLUTION

### 1 - EAT BLUE

#### - Eat lower on the food chain

Smaller fishes are found in abundance compared to that of the larger fishes and also contain smaller amounts of mercury, which makes it very healthy. This includes squid, mackerel, sardines and mussels.

#### - Eat Local

Eat the fish varieties that are local unless they have been depleted in the local waters. This includes tuna and hamour.

#### - Avoid Eating frozen food!

Frozen seafood like fish and shrimp contain higher carbon dioxide gas emission but cost lesser.

#### - Eat MSC Certified Fish

The MSC which stands for “Marine Stewardship Council” certifies seafood that is caught or raised in a sustainable manner and is recommended for consumption.

### 2 - USE GREEN GARDENING TECHNIQUES

Run off from washing your cars and watering your plants contains higher levels of carbon and nitrogen gas. This will get into the oceans and increase the levels of ocean acidity. By reducing the use of fertilizers and managing water and energy effectively you can reduce your emission of carbon dioxide from your gardens!

### 3 - REDUCE CAR USAGE

Consider adding a bicycle or walk into your routine. And be sure to carpool, if you're going as a group, instead of using multiple cars!

### 4 - USE HOT WATER MORE EFFICIENTLY

Wash your clothes in cold water instead of in hot water. Use lower temperature settings of the heater and wrap it with insulation. This can help in keeping the temperature in control by slowing down the production of the acid on the surface of the ocean.

### 5 - DRIVE SMART

Begin to drive your vehicle only after making sure that the tires are inflated, as deflated tires will result in the increased emission of gasoline into the atmosphere. Check and refill your tires to reduce the amount of gasoline, and consequently carbon dioxide emission.

### 6 - WASTE LESS FOOD

Reduce the wastage of food, especially meat. This is because meat production results in the release of large volumes of carbon dioxide gas into the surrounding environment. This in turn increases the concentration of the acid on the surface of the ocean.

### 7 - RUN A HOME ENERGY AUDIT

Many utility companies offer free or subsidized audits, which typically involve evaluating appliances and lighting, checking insulation, and looking for air leaks around doors, pipes and windows. By running home energy audits regularly you can check the amount of carbon dioxide emission at your home, and work to mitigate it.

### 8 - USE ALTERNATIVE FORM OF ENERGY

Burning fossil fuels results in the production of massive amounts of carbon dioxide and is in fact the root of global warming. The use of alternative form of energy like water and wind energy will eventually result in the reduced emission of carbon dioxide gas.

### 9- PLANT MORE TREES

In order to control the amount of carbon dioxide that is released into the atmosphere it is important to increase the number of trees especially in the cities where there is a huge concentration of automobiles. The trees absorb the harmful carbon dioxide gas released by vehicles and industries. This way less carbon dioxide is released in the atmosphere and consequently less is absorbed into the ocean.



# BRANDMOXIE

*Branding Gurus - Marketing Doctors*

**HAVING...**  
**A BAD BRANDING DAY?**  
**...MARKETING MUDDLE?**  
**...STRATEGY SLIP UP?**  
**...PR PREDICAMENT?**  
**...CAMPAIGN CRAPFEST?**

02 491 8624

CALL  
US

02 491 8625

**ADVERTISING STRATEGIC COMMUNICATION BRANDING**  
**PLANNING SOCIAL MEDIA DIGITAL MARKETING**  
**RETAIL DESIGN PUBLIC RELATIONS EVENT MANAGEMENT**  
**PRODUCTION PUBLISHING RESEARCH FILM PRODUCTION**  
**MEDIA BUYING TEAM BUILDING**

[business@brandmoxie.com](mailto:business@brandmoxie.com)

**brand  
moxie**  
intelligent marketing

twofour54 #307, Rotana Complex | Sowwah Square - Sila Tower #2415

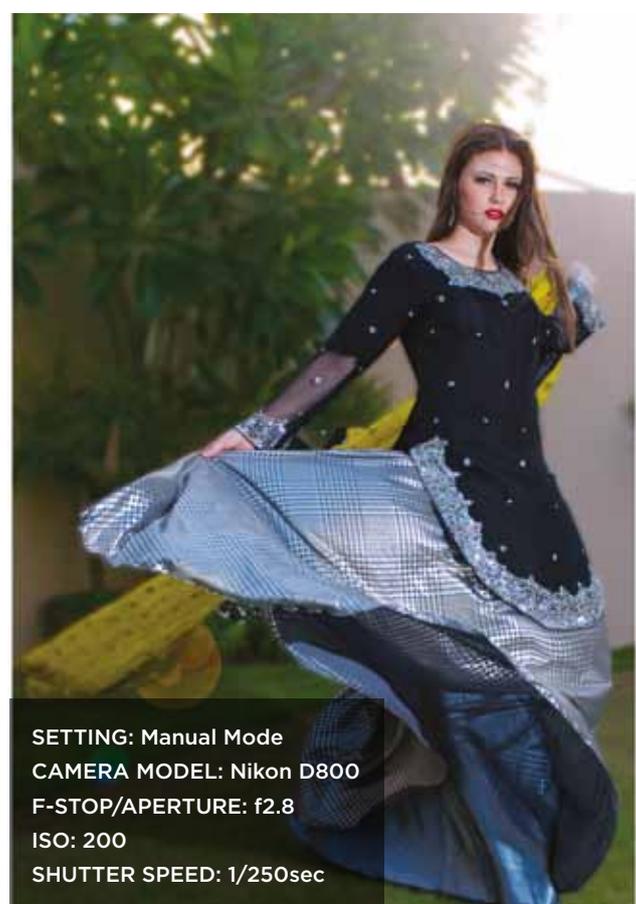
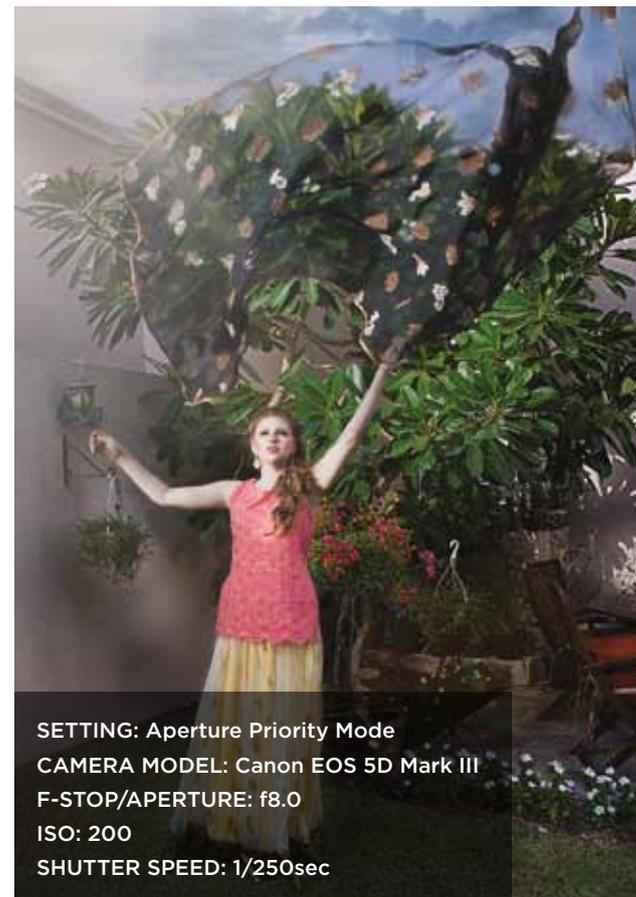
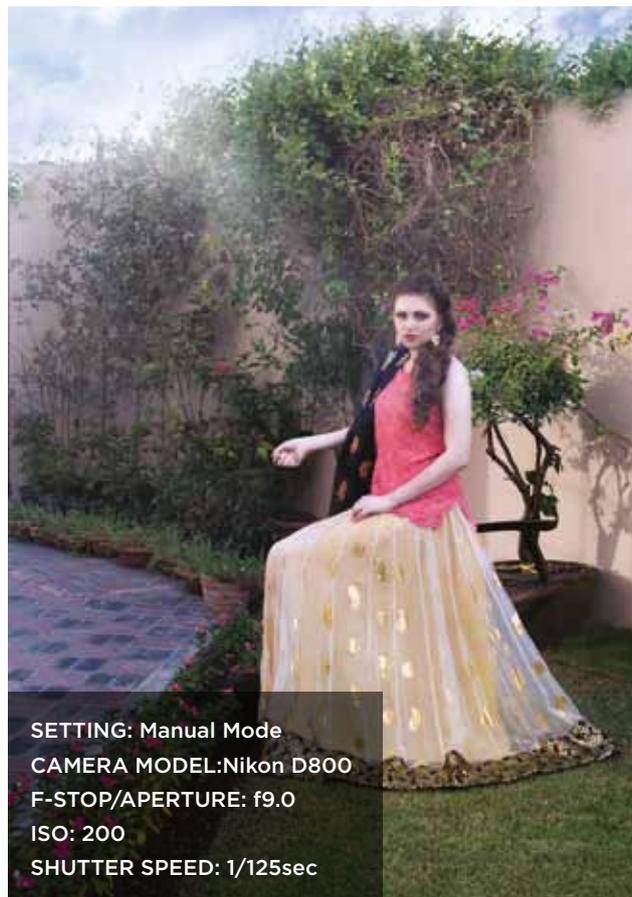
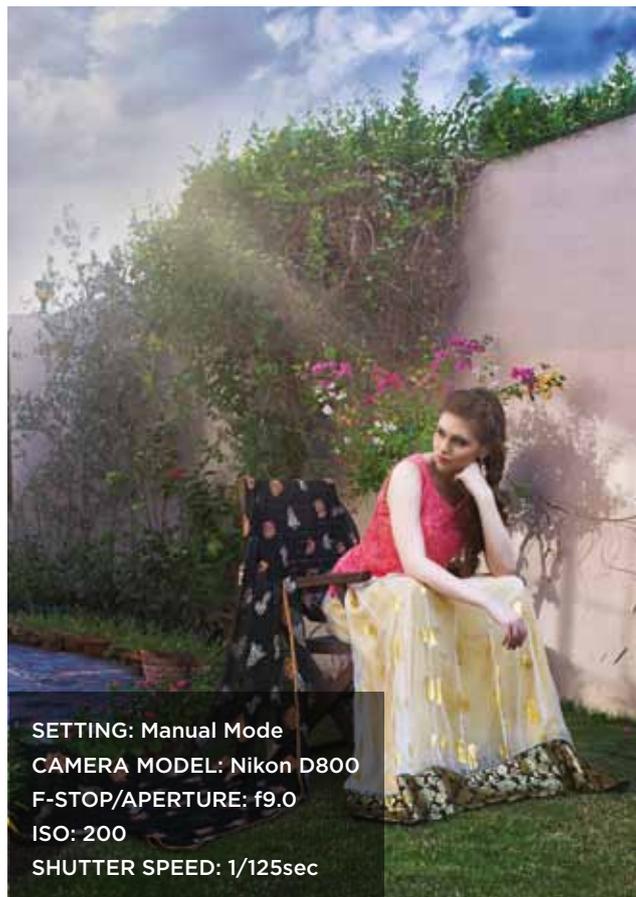
[www.brandmoxie.com](http://www.brandmoxie.com) | [facebook.com/BrandMoxie](https://facebook.com/BrandMoxie) | [twitter.com/BrandMoxie](https://twitter.com/BrandMoxie)

—SINCE—  
2004

# FASHION PHOTOGRAPHY

Fashion photography is a mainstay of commercial photography, and one that is growing due to ecommerce. You can achieve good results by preparing the dresses before the shoot (e.g. ironing, fix wrinkles, stains and other issues relating to storing or transporting prior to use). It helps to use a mannequin or a live model to show the shape and draping of each item. You should always take more than one shot and perspective. Also be sure to use appropriate location or lighting setup and you must avoid using high ISO as it will add "noise". (Try to keep your ISO below 600 - an ideal setting would be 100 or 200). Use a tripod and an aperture of about f/9.0 or above for good focus control. Be mindful of white balance and experiment with editing and cropping to get that perfect shot.

**Photographer: Um Sultan**



# YOUTH SPEAK: WHAT WAS YOUR MOST EMBARRASSING MOMENT?



**NAME: SARA GHAZI**

Age: 18  
Nationality: Filipino  
Profession: Student

**Answer:** One time, I was in the supermarket looking for my aunt. When I “found” her, I leaned on her shoulder only to find out that it wasn’t her...so I quickly ran away! I dealt with it by not letting it bother me too much. After all everyone makes mistakes!



**NAME: ARIANNA SHARGHI**

Age: 18  
Nationality: Iranian-American  
Profession: Student

**Answer:** It’s more of a constant struggle than a single event. I’m one of the clumsiest people that you’ll ever meet so I’m always breaking things and falling down. I don’t deal with it; I’ve learned to live with it instead!



**NAME: SHEETAL RAGHUNATH**

Age: 22  
Nationality: Indian  
Profession: Student

**Answer:** I was at a park a few years ago and decided to climb a tree just for fun. It wasn’t until I had reached the highest branch that I realized I had no way to get down...except to jump. So that’s what I ended up doing which resulted in my hitting the ground flat on my face with everyone close by laughing at me. I quickly got up, pretended nothing happen and walked off. I learned not to climb trees anymore!



**NAME: AMEERA CHOWDHURY**

Age: 16  
Nationality: British  
Profession: Student

**Answer:** Year 3 + talent show = not my thing! I was supposed to be reciting a poem with my friend and we had intensely rehearsed for days. But when I got on stage I forgot all my lines and just stood still! The whole audience silently stared at the little 8 year old me...wondering when I would begin. It was so embarrassing the image still stays clear in my head! I think I learned that being confident and relaxed is the best way to be.



**NAME: ZEINA FODA**

Age: 19  
Nationality: Egyptian  
Profession: Student

**Answer:** I got a really bad cold last semester. When I walked in late for a class, my professor paused the discussion she was having to ask me if I was still sick. I told her I was still unwell but better. She then proceeded to ask me - in front of all my classmates - to take a seat alone on the opposite side of the classroom because she didn’t want me to ‘infect’ her with my cold. Shocked by the manner of it all, I took my seat as far away from her as possible. Moral of the story: just stay home when you’re sick.



**NAME: ROHAN SOOD**

Age: 15  
Nationality: Indian  
Profession: Student

**Answer:** Once in sixth grade, I came back from recess tired and exhausted and fell into my chair. I felt something sharp poke me and I cried out in pain. I realized that my “friend” had placed a fountain pen vertically on my chair. It was the most embarrassing and painful thing that I had ever experienced! I learned the lesson that trust is sparse in the world!



# LIBRARIAN FOR LIFE + STYLE FASHION BLOGGER: **JEN B**

BY VANESSA MIDDLETON

Librarians are not usually associated with style, but Jen B is anything but bookish when it comes to the way she dresses. The librarian/fashion blogger who's based in Oregon used to work be librarian at Zayed University Library. Her blog on career and fashion, is a fresh medley that reflects the diverse influences of her life.

“I started my own style blog, ‘Librarian for Life + Style’, three years ago. I’m a “librarian for life,” and also I love style...and so the my blog name. When I moved back to the US from the UAE a few years ago, I discovered a couple of style blogs, and then I realized there is an entire style blog world out there. I really had no idea! The style blogs I preferred were the ones featuring real women in professional jobs. I found their personal stories intriguing, and their style choices inspiring and relatable. I then started putting daily outfit photos in a Facebook album, and that turned into starting my own style blog, which chronicles my personal style journey as a working woman on a budget.

“It still amazes me that my readership and followers have grown over the last three years, that I have regular readers (other than my husband and my mom!). It humbles me when other women share with me, via comments or through email, that they are inspired by my own style journey. The thoughtful, sweet, supportive comments from readers inspire me.

“Style-wise, there are two main stereotypes for librarians: the image of librarians who have no sense of style and wear ill-fitting clothes, and the contrasting “saucy librarian” image. Those are two extremes, so there is a ton of middle ground in real life. I am aware of this when I dress - I think I dress more professionally and put-together, in part to reflect well on my chosen field. Through my blog, I also hope to demonstrate that librarians can be stylish!

“I feel my own sense of style has grown the past three years. I am constantly inspired by things around me, paintings, pop culture, advertisements, other style blogs, etc, and I like to reflect that inspiration in what I wear.

“In the financial sense, I’ve - slowly - ventured into monetizing my blog. I signed up with an affiliate program this past year, which means I include links in my posts to exact or similar clothing items from outfits I wear. These are called affiliate links, so I get a few cents each time a reader clicks on a link. I don’t get that much money from this, basically, enough to cover the cost of running the blog. But I’ve heard positive feedback from readers who have been interested in some of the budget-friendly items I wear.

“For my future plans, as I have a full-time job as a librarian, my style blog has to be a side venture. Other bloggers I know have become full-time bloggers, but that wouldn’t be right for me. I am a ‘librarian for life’ after all! As for my librarian career, I am coming up soon for tenure at my institution, so that is exciting!”

Connect with Jen B:  
[www.librarianforlifestyle.com](http://www.librarianforlifestyle.com)



## talking books

By SANA ASHRAF | @sanaalikespie



# TUESDAYS WITH MORRIE BY MITCH ALBOM

**R**eading this book felt like therapy - simple as that. It was like a lecture or a long conversation with a favourite teacher about life and death, and the meaning and love. It is a compilation of inspiring life-lessons told eloquently.

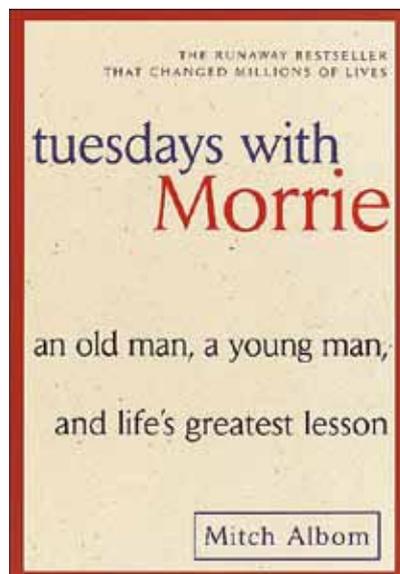
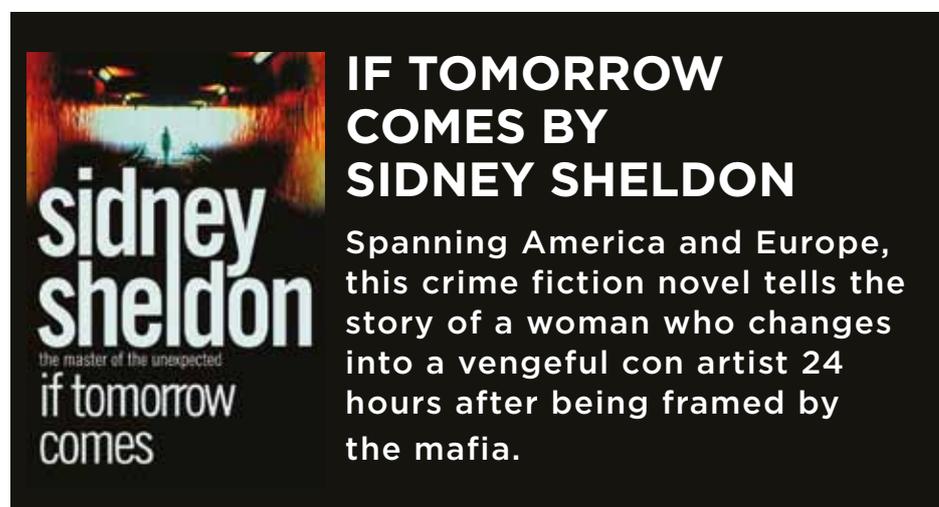
The pages did not overwhelm with ordinary advice. It was guidance told through Mitch's favourite college professor. The author, Mitch Albom - like all of us during college - swore to never hold an office job or work under deadlines. His life, however, took a turn after he entered the work field. After achieving early success in his thirties, he reunites with his old professor and regains a new found respect towards life. His professor Morrie is diagnosed with ALS - a terminal illness. This reality brings Mitch and Morrie back to discussing life's bigger questions - the questions that never leave us - as they would discuss them back in college.

Every Tuesday, Mitch flies to Morrie to learn another life lesson. The beauty of this novel is not only the valuable reminders it holds, or its wisdom. The beauty is in the relationship between Mitch and Morrie, as they refer to each other as 'coach' and 'player'. The connection between the two is complex and enriching. One of the many lessons in Tuesdays With Morrie is "How useful

it would be to put a daily limit on self-pity. Just a few tearful minutes, then on with the day."

The pair speak of love, marriage, reincarnation, jealousy, youth, death, and everything that a mind can ponder. Although the novel may be criticized for 'answering the unanswerable wonders of the world,' that alone is the magic it holds. A gripping read, it can be finished in a sitting. Not only is it compelling, but quite essential. It is a reminder that life is not about materialistic values. Instead, it is about love and forgiveness. Even though one is bombarded incessantly with such quotes, Morrie's words are more life lessons are than packaged quotes. All this is real - it's a dying man's take on life, a bridge between both worlds; a perspective of life and death;

"The culture we have does not make people feel good about themselves. And you have to be strong enough to say if the culture doesn't work, don't buy it."

## librarians' lounge

By VANESSA MIDDLETON

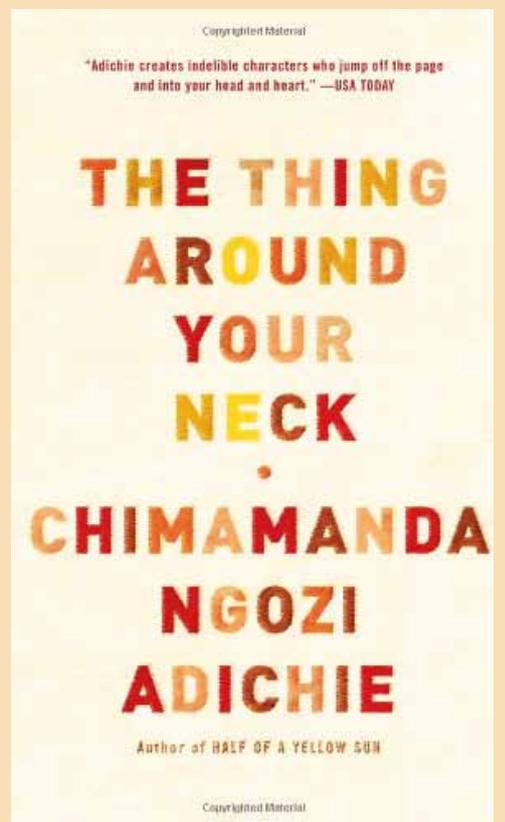
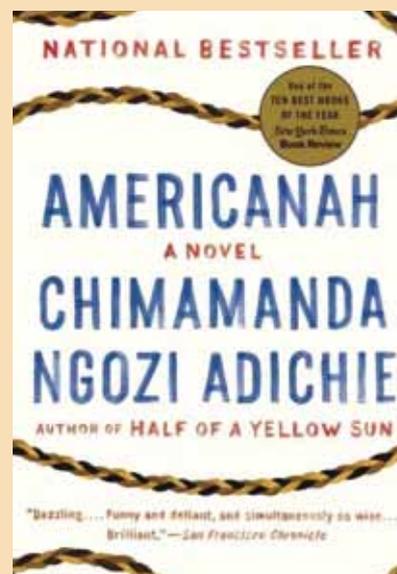
Chimamanda  
ADICHIE



# CHIMAMANDE ADICHIE: LITERARY EXPERIENCE

**C**himamanda Adichie knows how to make an impact. She spoke recently to a packed audience of over 500 literary fans in Dubai. She spoke like the wisest elder and dressed like the classy fashion icon. I was fortunate enough to take home a signed copy of all her books.

I was inspired by her words and impressed by her following of diverse readers; who stood up to say how they could relate to the character in Americanah. The movie should be released in the near future; to follow up on her successful film release of Half of a Yellow Sun. Lupito, beautiful Kenyan actress has been tapped to play the main character of Americanah. This will be her second debut on the silver screen. I can't wait but I do hope that it is distributed and available at our local cinema - if not at one of the upcoming film festivals.



Chimamanda has been voicing her views of gender challenges on Beyonce's tune Flawless, as well as her memorable university commencement speech. She may also be the first African contemporary literary fashionista. Her African inspired contemporary collection should be released to adoring fans like myself. She has an excellent taste in style; and tastefully integrates traditional and contemporary. All of the books make for excellent summer reading, available at the local bookshops. Check it out!

Learn more about Chimamanda Ngozi Adichie at her website:  
<http://chimamanda.com>



## FINAL RESTING PLACE

BY ARYA MENDONCA

**The body of the Undead hive-mind lay before me, split in two by the power of my long sword. Animated skeletons and zombies that surrounded me fell over; their controlling force was now dead. I looked with dismay at my snapped bow, crushed under the body of a zombie. With a heavy sigh, I picked myself up and walked towards the exit. My job was done, the village was safe.**

As I climbed the steps to daylight, I tripped upon the bone of a skeleton and quickly reached out to the wall to steady myself. At first nothing had happened and I was about to continue on my way when the section of wall I grabbed began to move upward. I stared in amazement at the secret passageway. Cobwebs lined the walls and horrible stench accompanied by a cool breeze drifted my way.

Without thinking, I set off down the tunnel cautiously and when I reached a set of stairs leading down, I turned to look for my exit. The door was still open. With newfound confidence, I turned once again walked straight into a web.

Clawing at my face in a crazy attempt to get it off, I heard the scuttling of small creatures. Suddenly the door began to shut and cut off my escape. With no choice but to continue, I wiped away the last of the web and descended the stone stairs. Fear began to grip my heart as I realised the situation I was in; no escape, barely enough light - save for the glowing mushrooms on the wall - and no food rations. The cold atmosphere raised the hair on my arms and neck and fear sent shivers down my spine.

After the last step, my boot felt the odd touch of wood. The out-of-place

material confused me for a moment, but I journeyed on regardless. The next room was gigantic and I wondered if this place was an old Dwarven mine. I stared upwards to see if there was any tell-tale signs of Dwarven inhabitancy, but what I saw chilled me to the bone.

Above me was a giant spider, staring right at me with sixteen different eyes. It shrieked at me and the sound forced me to cover my ears. Instinctively, I reached for my bow but my hand simply grabbed air. Wide-eyed with terror, I began to panic; I had absolutely no control over this situation.

I began to race around the room, but to my horror, I noticed too late that I was crushing spider eggs under my feet, which only enraged the monster. I moved slowly, but the spider let out an odd sound. Glancing at it, I realised it was about to spit something at me.

I rolled to avoid the projectile, but I felt the cool air come off it as I realised it froze surface it hit. The ice-spider geared for another shot. As I rolled again, I had an ingenious idea.

I stood up again and unsheathed my sword. Holding it like a javelin, I threw it at what looked like the spider's squishiest part. The blade flew magnificently and made direct contact, but to my absolute disappointment, it deflected off the monster's exoskeleton and bounced to the floor. The attack simply upset the creature and it fired three shots in quick succession.

As they flew, I knew this dungeon would be my final resting place. Time slowed as I said my goodbyes. Eyes shut, I awaited the shockingly cold impact, and then, darkness....

**ZAYED UNIVERSITY'S AL KHARAREEF STORYTELLING CLUB**  
was created to enrich the legacy of the Emirati storytelling tradition and contribute to the revival of this important cultural heritage within the United Arab Emirates.



Last year, the Club in partnership with the Abu Dhabi Music & Arts Foundation launched an Emirati cultural literacy project titled the Story Mile, a collection of 48 original fables and folktales, written by students from the Academic Bridge Program, illustrated by the College of Arts and Creative Enterprise majors and translated by ZOWD volunteers into the language of its characters, Emirati dialect.

The Story Mile tales, which are the first of a three volume series, were recently published as a book in English and titled "Tales from the Emirates" in Arabic. The stories not only share the storytelling tradition of the Emirates, but have also introduced other key aspects of Emirati culture and are creating new footprints in the sands of the cultural landscape of the UAE.

## WHO AM I?

BY SHAIMA SALEH OMAR AL JABERI



"My parents called me Ghareeb (stranger). When I was young, the neighborhood kids would make fun of my name."

(ILLUSTRATOR)  
Nauf Abdulrahman Abdulla  
Abdulrahman Al Shaikh

person in Abu Dhabi called by that name. To hear their laughter was humiliating, but it made me who I am today.

**The night I was born was cold and wet. All alone in the darkness, my mother screamed out for help. Wracked with pain, she suddenly saw a mysterious stranger. The figure lit a lantern in silence, just as my mother lost consciousness.**

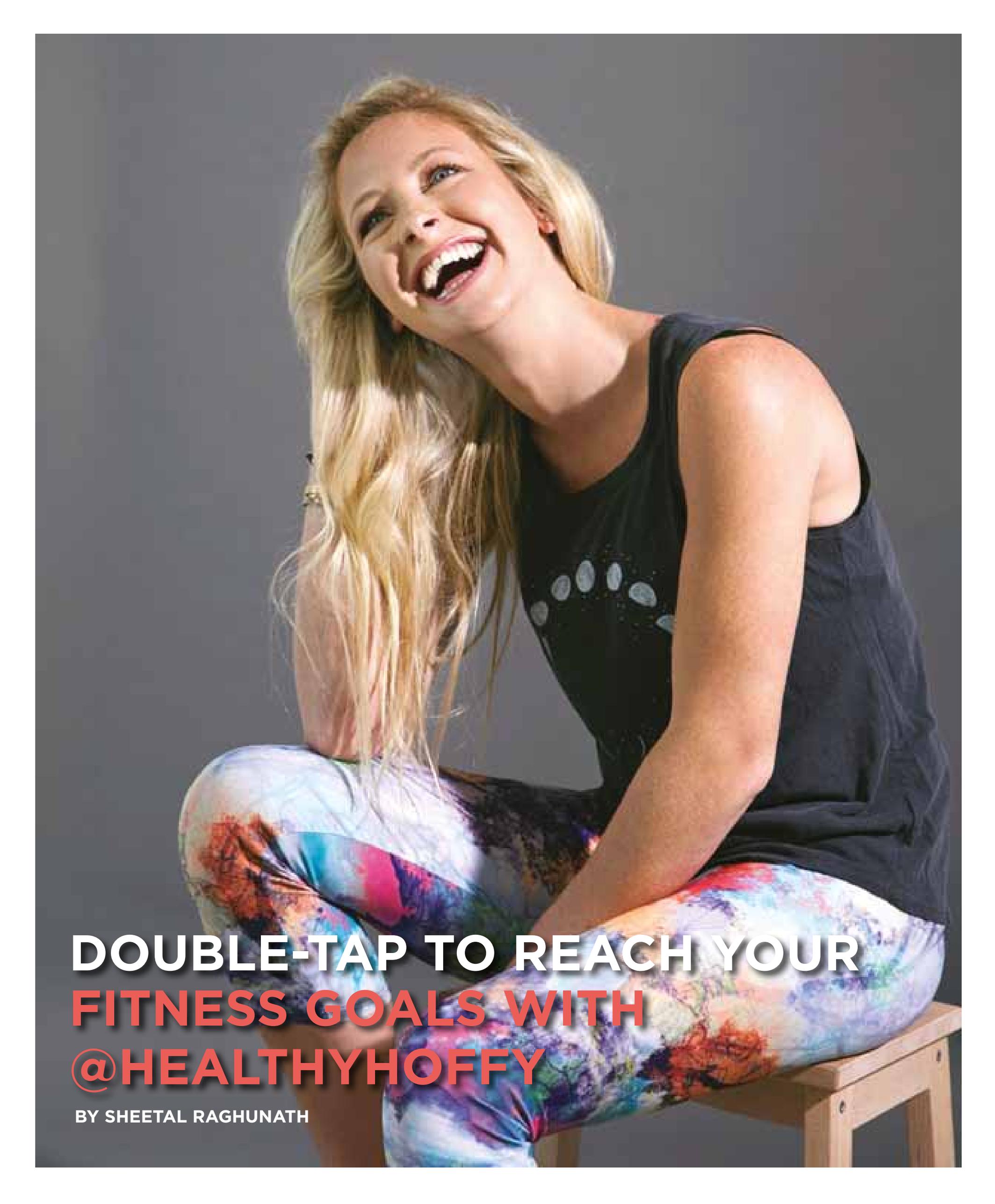
When she awoke the next day, my mother saw me lying next to her, wrapped in a thick blanket made of wool from our tent. The whole family was around us, each one more surprised than the other. My mother told them what had happened. At first, they did not believe her and began gossiping. But slowly they accepted the truth.

That is why my parents called me Ghareeb ("stranger"). I was the first

I decided to prove myself to everyone and, in turn, make those who had mocked me feel shame. I convinced my parents to send me away to study in Egypt. They knew of my suffering and agreed right away. There, I finished school and went onto university where I studied Medicine, eventually becoming a doctor.

In 1975, I returned to Abu Dhabi. Everything had changed. Instead of calling my land Abu Dhabi, it was now the golden seven Emirates. I was proud of my country, and my country was proud of me. I was one of the first Emiratis to study medicine, so I became a famous doctor. Everyone loved me for being Ghareeb.

Ghareeb is my name, but life made it my destiny and my fate.



**DOUBLE-TAP TO REACH YOUR  
FITNESS GOALS WITH  
@HEALTHYHOFFY**

BY SHEETAL RAGHUNATH



**T**oday, Instagram is a gold mine for the health-conscious, with the fitness industry turning to the popular photo-sharing app, to motivate people into adopting a healthier lifestyle.

Abu Dhabi-based fitness trainer, Tarryn Hoffman inspires thousands of ardent followers with photos and videos of training routines and healthy food through her Instagram handle @healthyhoffy. Tarryn opened up to Tempo...

#### Who is Tarryn Hoffman?

I am 27 years old from New Zealand and I have been living in the Middle East for almost seven years. I grew up as a high level competitive athlete in gymnastics, dancing and sport aerobics so transitioning into the fitness industry was natural for me.

#### What inspired the idea of using Instagram for fitness training?

I started my Instagram account in October 2013 back when I was personal training full time. It got to a point that Instagram had become so popular that my clients would constantly tag me in other people's accounts and be like, "Hoffy, let's try this tomorrow" or "Hoffy, can you get me this equipment?" etc. One night I finally said, "Khalas, why don't I just start my own account."



#### How is Instagram handle @healthyhoffy inspiring people?

I want my account to be as real as possible. I just simply enjoy sharing my workouts and my meals with people and hope that I can encourage, motivate and inspire my followers.

I don't believe in the way a lot of fitness accounts are used. To me, posing in front of a mirror to show off your abs isn't a fitness account. These accounts have nothing tangible or educational that people can take away from it. If anything, I find it demotivating.

I want to use my account to share knowledge, ideas and to help people who are less educated in the crazy world of fitness. I get great responses from my followers so I think it is working.

#### Your fitness style is a combination of calisthenics, power lifting and adventure sports. Tell us more about it.

Coming from a gymnastics background I have a very unique skill set. Calisthenics is huge at the moment and I love being a part of the movement of educating people to first be able to control their body before introducing external objects. I am very coordinated and learn things quickly in regards to my own body. However, if it is anything that involves balls or racquets I'm completely useless!

Recently I've really enjoyed Olympic lifting. My lifts are all self-taught from watching other Instagram accounts. I love the variation of having lots of different types of training to work on. I get bored very easily so the more variation the better!

I'm also an adrenaline junkie so whenever I get the chance to bungee jump, skydive, or jump off rocks I do it! Next on my list of things to learn is pole dancing!

You were recently nominated for Cosmopolitan M.E. 'Fabulous Female' Awards. How did that feel?

It was very surreal and humbling to be nominated for the award and to be recognized for what I do. It was fun being involved in the photoshoot and meeting the other fabulous females.

#### What/Who do you owe your success to?

My parents, for teaching me a strong work ethic and good morals. Also, my boss, colleague, friend, and business partner, Yves Preissler. Everything I have learnt in terms of business since transitioning into my new role is all thanks to Yves. He is incredible at his job and is such a strong mentor!

#### What do you hope to achieve?

I hope to achieve balance in my life. I honestly believe if something doesn't make you happy then don't do it! Sometimes I certainly struggle finding a work-life balance. It is easy to get overwhelmed and run down. I want to travel a lot, learn a lot, and try new things daily. I would also love to compete again, I just need to find the right sport!

#### Do you have any future plans/ventures?

World Calisthenics Organization is growing globally at a rapid rate so I am super excited to be a partner in that.

And I hope to open my own facility in the not too distant future.

#### Any message you'd like to pass on to the community about healthy living?

Anything is possible! Love and respect your body and enjoy the ride!

Healthy living is to increase the quality of your life. It is a lifelong commitment not just a quick fix.



●● i [heart]



By NANCY BERCAU | @nancybercau

# WHAT DREAMS AWAKEN

I recently had one of those epic, big-budget dreams. I felt like it took months to wake up. Ten months to be exact.



The dream began with my family — son David and husband Allan — hurdling through space in a tin contraption. We landed 15 hours later in a modern city-state nestled between the Arabian Sea and the Empty Quarter. We met people with exotic names like Ali, Areej, Amna, Khadijah, Khwaja, Momen, Mohamed, Rashid, Sana, Sayed, Sumita, Simi, Sabah, and Omar.

When we first made their acquaintances, our differences seemed profound. But we soon realized that they cared about the exact same things we do — good food,

funny stories and safety for their families. I found these people to be very beautiful and graceful. They walked tall and proud. I walked taller when I was with them. Indeed, I was proud to walk among them.

My son went to school with some of their children and learned to speak some of their language. My husband taught some of their fellow countrymen and women to make movies. I worked as a writer at one of their finest universities.

Sometimes in this dream, we'd leave our desert island for a little while. We'd

hop back inside the tin contraption and zoom to other spots. On one such trip, we landed in an ancient Nabataean caravan-city, situated between the Red Sea and the Dead Sea. Here, we learned of the unrivaled hospitality of the Bedouin people.

On another occasion, we time-travelled to the greatest monument to love ever built. We arrived at this place called Agra on the only day of the year when you can touch the real tombs of the enterally betrothed couple. Here, we learned that love binds us all wherever and whomever we are.

We always came back to our city by the sea, and we began to call it home. We had a small house seven stories in the air near the mangroves. We went swimming a lot. I became pink. We ate a lot of *Origanum syriacum* on pita bread. We called it Zatar, as the people of the place instructed. I began to say Shukron and Afwan. I heard beautiful singing in the skies five times a day.

Some days I wondered if I were in heaven, not in a dream. I never really

quite understood where I was. The place was more complicated than I could comprehend. Things weren't always easy in the dream, and I often struggled to find my place. Yet I learned to appreciate the lows as well as the highs.

And just as I was reaching some level of understanding about the very dream I was in the process of having — the alarm clock rang and I woke up.

I was back in my house in Vermont in the Northern part of the United States with my son and husband and my dog! There is a lake here instead of a sea. Mountains instead of desert sand. People speak my same language, and wear shorts. I do not like these shorts they wear, but I do love these people. They tell good stories, eat good food and want to keep their families safe.

I wonder if I will ever have that dream again. I have to keep those people and that place from fading away because they awakened something — or someone — in me.

●● generation Z



By MIRRIAM AKBAR / @InMirzWords

# THE POWER OF SOCIAL MEDIA: #WESTBANKLIVE

**A**s we witness this generation's rapid adoption of technology, we see the exciting ways we can use to share information with friends/family and with the rest of the world. Many of us use Facebook, Instagram, and Twitter in our everyday communication. But what a lot of people have been talking about recently is how Snapchat influenced public opinion and redefined idea sharing.

Snapchat is a cool app that allows people to share ten second clips as well as photos of things they're doing in their daily lives. The app makes clip sharing simpler than other apps that require manual editing prior to posting. Recently Snapchat decided to showcase live coverage of different cities around the world through stories posted by the people that live in them. No one thought that this simple idea from Snapchat would make a political

and a social statement until people started sharing under the hashtag #WestBankLive.

It began when Snapchat decided to feature Israel as #TelAvivLive. The following day, people all over the world expressed their anger and disapproval of the story through Facebook and Twitter. This was because Snapchat appeared to be normalizing the apartheid state's genocide and occupation of Palestine. The backlash was so strong that Snapchat announced to Palestinians residing in the West Bank that they would be featured live the following day. This was completely unexpected and the result was remarkable!

Snapchat for the first time gave Palestinians the opportunity to tell their own story, as opposed to having media outlets present their voice politically and culturally. It also provided Palestinians living in exile an opportunity to see their homeland!

Humour played a main factor in a lot of these snaps too, from one man dancing out of love for his city, to a person sharing the world's only 'Krusty Krab'. Above all, the sharing humanized the struggle and beauty of Palestinian culture and history, and many learned about their struggle from a personal perspective.

This shows that a media company such as Snapchat has the power to make a huge difference. The company was lauded for its responsiveness and willingness to listen to its audience. And of course it showed the incredible power of social media!

Snapchat is a leading example of how voices can be heard regardless how 'controversial' a specific situation may be to the mainstream media. Perhaps other companies can follow this example and empower people who are disenfranchised and underrepresented to make their voice heard.





# THE CHAMPIONS OF POETRY

(From L-R: Dorian Rogers, Abdul Nassir Mohammed, Salem Al Attas, and Sara Al Souqi)

**R**ecently, I sat down with Abu Dhabi slam champs, Sara Al Souqi and Abdul Nassir Mohammed, and the Abu Dhabi grand slam finale champ, Salem Al Attas, to discuss dynamics of poetry, spoken word, and slam poetry...

**Dorian:** How did you all first get in to writing poetry?

**Sara:** I've always been interested in English literature. In Year 9, I began with reading the works of Shakespeare, William Wordsworth, and Maya Angelou and just fell in love with poetry ever since. I had a friend who would write poetry and share his work with me, and that encouraged me to do the same.

**Salem:** I started writing five years ago when I saw a poster for an open mic. I decided to give it a try and have been doing it ever since.

**Abdul Nassir:** I started writing back in secondary school when we had a lesson in our English class about poetry. Our homework for the day was to write a three stanza piece on a topic of our choice, and I am still writing.

**Dorian:** When did you first slam? How was your first slam experience?

**Abdul Nassir:** My first slam competition was in January 2015 when I went up against some of the talented veterans of the Rooftop Rhythms family so it couldn't have been any better for me. It was such a humbling experience because whether you come first or last, the support from the crowd and family stays the same. As the infamous slam quote goes, "The point is not point. The point is the poet". I've developed strong ties of friendship that I know will last for many years to come.

**Dorian:** That's what it's all about!

**Salem:** I first slammed at the international book fair in 2012. I thought I was really good and got dead last. It was the worst and best experience.

\*Everyone laughs\*

**Sara:** My first slam was in 2011 in Edmonton. I went with one piece of written poetry and had planned to read it off my phone. I was unaware of the rules of slam or the fact that there was three rounds. I did my first piece and made it into the second round, and had a few pieces saved on my writing website so I read a couple of pieces for my 2nd and 3rd round and ended up doing really well.

**Dorian:** What's your most memorable slam moment?

**Sara:** Winning my first slam back in January at Rooftop Rhythms. The final piece and the final score just felt amazing.

**Abdul Nassir:** My most memorable slam moment would be when I finally had the courage and will-power to perform a piece I wrote to my grandmother at my last slam knowing that at that moment, it wasn't about the crowd or the points. It was only about me and my brothers.  
**Salem:** Finding out me and Sara were tied and had to fight (recite poems) to the finish. She wiped the floor with me. Loved it..

**Dorian:** What advice would you give to someone entering slam for the first time?

**Salem:** Practice. Practice. Practice. Give yourself time to hear yourself so that you find a sound authentic to yourself. Also have fun, and don't allow a score to be attached to your piece.

**Sara:** Do it over and over. The first experience is tricky because you're not too acquainted with the rules or the vibe, but the more you do it, the more natural it will feel and the more confident you will be in your decision making, piece selection, order of performance strategies.

**Abdul Nassir:** Just go for it. Believe me, you will have no regrets. It's your voice that wants to be heard and all you got to do is lay it all out on that stage.

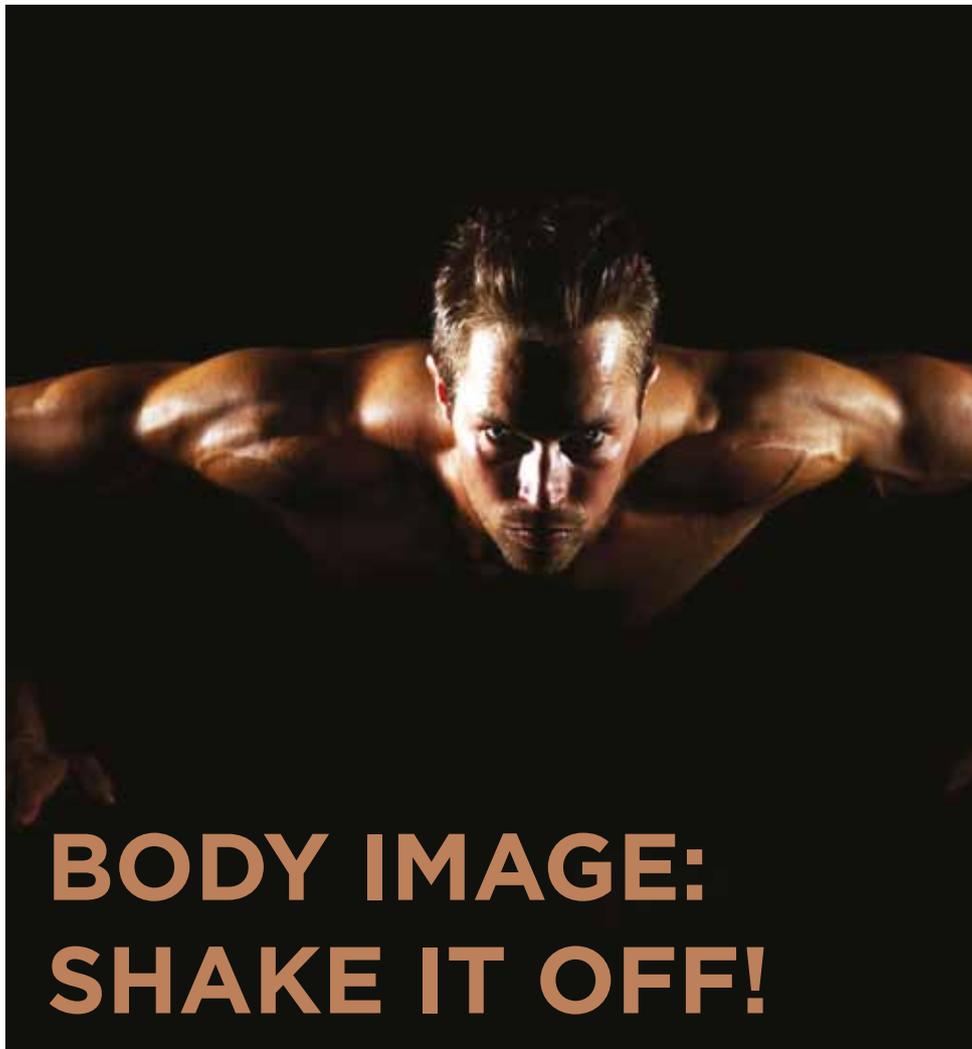
**Dorian:** Is it more important to be a good giver or receiver because I left my wallet at home and need a favor with this bill? A split three ways is only...

Abdul Nassir, Sara, and Salem stare in shock with mouths open...

Catch the full interview at  
[www.tempoplanet.com](http://www.tempoplanet.com)



By NISMA HAMID | @nismahamid | Instagram: nismahamid



## BODY IMAGE: SHAKE IT OFF!

Summer's here and that means a lot of things; primarily body image things. It's no secret that media and music influences our lives in so many ways, one of them being the way the members of the younger generations view themselves. Body image is the name of the game.

Swimsuit season is upon us, the season of image insecurities. Getting the "summer bod" becomes a main priority for many. Is it wrongly so? Not necessarily. Since school's out and extracurricular activities are most likely over, I think taking an interest in staying active and working on fitness can do more good than harm. You don't have your physical ed class or soccer club activities to lean on for physical exercise, so you'd better find a substitute method of staying healthy. What isn't healthy however, is taking society's expectations out of proportions. The goal is to stay healthy not to be burdened by the weight of needless insecurities and unjustified lack of self-satisfaction.

As for me, well I have a few things lined up for my last month in Abu Dhabi. Recently, and since my dance classes have ended, I've been learning popular dances through YouTube tutorials. I sincerely recommend dance or yoga as a fun and effective way of staying fit this summer. In addition to that, I also plan on taking a few summer dance classes and self-defense/Taekwondo classes at my dance studio, Arabesque Ballet Center. Another thing I advise anyone who, like me, is leaving the country - for university or whatever other reason - is taking self-defense classes, because you can never know what dangers lie await in the big bad world. Despite my being active this summer, I am still a victim of the times.

I too struggle with the way I look. Am I too fat? How much weight should I lose? Will I be accepted as I am at university? Those were some of the thoughts that had been burdening me for a while, but it was only recently that I decided that I was crazy to think that these questions are valid. They most definitely are not. Now I workout to stay healthy and fit, and not necessarily to lose weight. I hope everyone who is reading this can learn from my mistakes and ignore that annoying voice in their heads.

Remember: be fit, stay healthy, and have a wonderful summer!



By HEATHER LONG VANDEVOORDE, Ph.D. | @hvdvoorde

## MANI-PEDI PARENTING

We're having a mother-daughter-daughter mani/pedi day. My girls said we HAVE TO look good. They will attend a two-week figure skating camp in the U.S. in a few days. "Mommy, we will be the exotic ones there. We're from Abu Dhabi. Most people in the U.S. Don't even know where that is. We must make a good impression," they say. And now I'm supposed to comment on kids' body images? Clearly I'm no expert. But, as with most everything, I have an opinion to share nonetheless.

I am all for having life-sized, not Barbie-shaped, models and actors. I'm fed up with airbrushed, anorexic public figures setting unattainable (even by them) "goals" for our children to pursue. I was thrilled when my kids talked about how they thought Fat Amy was the coolest character in the Pitch Perfect movies. She's a plus-sized woman with self-confidence oozing out her pores. I am not advocating obesity at all, do not get me wrong. But, for me, poor body image is only a small part of a bigger problem: lack of self-confidence. If my

girls want painted toes to feel more confident entering a camp where they know no one, I have no qualms. Give them the tools they need to succeed.

It's more the kids who want the mani/pedis or particular sneakers to fit in or to be as cool as the cool kids that worry me. The ones who try too hard or change their entire personality based on traits they see in other, more popular kids, to be more liked will struggle their whole lives for self-identity, self-confidence, and, ultimately, happiness.

Parents can help snap a kid out of this cursed downward spiral by engaging kids in activities that interest them and force them to show their true selves. My girls are figure skaters. Each year they will perform up to seven routines each 90 seconds to two-minutes in duration, repeated over three or four competitions. During those routines they are alone on the ice with hundreds of people watching. That is where the true spirit comes out. When they have to decide how to cope with a fall, musical error, or faulty props, they are building self-confidence.

A strong sense of self-confidence wards off the things we most hope our kids can avoid, such as bullying, shyness and diseases like depression and anorexia.

I support throwing your kid into the mix - summer camps, sports, school musicals, spelling bees, art classes, anything that requires them to assert themselves and be recognized. And if you have girls, do not underestimate the power of a good mani/pedi!



# YAHYA DANBOOS

**Motto: Don't let anyone tell you that you can't achieve your dreams- nothing is impossible in this world!**

## Your most valued possession?

Memories of the people I love and cherish.

## Where can we find you hanging out most?

With my friends at Al Wahda Mall.

## One thing you can't live without?

My hobby stuff for creating things, from crafting swords and armors to modeling and creating 3D Game Environments. I love creating things and it is something I can't see myself living without.

## The person who inspires you the most?

Hideo Kojima. When he was young he always wanted to work in a creative profession but everybody discouraged from doing so and told him that it is an unstable profession but he didn't let them stop him and always pushed hard to reach his dreams and today he is one of the most famous video game designer in the world.

## Five things you need for survival

Video games, anime, my laptop/PC, my crafting tool box, Sushi

## Describe a typical day in your life.

I wake up in the morning, get ready to go to work, take the bus to work, spend 8 - 12 hours at the office working on making video games and then meet up with friends later at night to hangout with before going back home to sleep.

## Where do you see yourself in 10 years?

Working in Japan on my dream game in a big Video Game Company.

## What is your idea of peace?

A place where people can live in peace knowing that nothing will hurt them today nor tomorrow.

## Your goal in life?

To make the world understand that video games are not just shooting games and a waste of time but that they are a form of media that teach humans in many ways and make us experience things that we are not able to in the real world - so getting people to embrace video games and accept them.

## What item do you keep buying even though you have plenty of it?

Eva foam, my main material for crafting, I just can't get enough of it.



Age: 21  
Profession: Game Developer  
Nationality: Iraqi

## What random act of kindness have you performed so far this year?

I helped my friends create costumes for them to Cosplay.

## What are three things that today has taught you that you can improve on tomorrow?

1. Family always comes first. 2. Always be there for your friends. 3. Never do something halfway.

## Who in your life deserves a big old thank you?

My mother and father for raising me and helping me become the person I am today.

## What is the craziest thing you have ever done?

Going on a 2km high mountain without any equipment or even supplies. I was in Turkey on vacation when I saw a beautiful mountain from my hotel window and said, I want to get to the top of that mountain. I just put on my shoes and went out and then three hours later I was at the top of the mountain.

## If your life was made into a book or perhaps a movie, what would you call it?

From the Desert to the Land of the Rising Sun

## If you wanted to look absolutely great, how would you dress?

I'm the type of person who doesn't really care too much about what he wears. The only thing I care about is to wear a t-shirt and a jacket that has anime or video game related stuff on it.

## Which music would you like played on your funeral?

Beethoven Piano Sonata No. 14 "Moonlight":  
1. Adagio sostenuto.

## What's your current last SONG syndrome (LSS)?

Fantasia Alla Marcia for Piano, Chorus and Orchestra from the game Kingdom Hearts 2, I love this game, it has so many magical moments and this music sums up all of them.

## If you had to be trapped in a TV show for a month, which show would you choose?

Once Upon A Time: This series is the closest thing to Kingdom Hearts in real life where all these magical characters come together in one place.

## What is the place that you feel most at home?

Kuala Lumpur, I just love that city. It has almost all the things I like, Cosplay Shops and monthly events, all kinds of Anime and Video Game shops, lots and lots of Asian food and a beautiful tropical weather through the whole year.

## If today is the last day of your life - where would you rush to go?

Be with my family.



# INDUSTRIALLY ART UNIQUE: CRAFT BY TWO

BY SARA GHAZI

Candle Holder from recycled wine bottles and steel rebar.

**W**e dispose of tons of metal, wood and glass materials ever day. Yet Luisa and Saeid Momtahan are super recyclers who use these materials in unique and innovative ways by creating handmade industrial lamps and home décor. They brought this ‘creative spark’ from the Philippines to Dubai, and here they share their ‘light bulb’ moments with Tempo...

**TEMPO:** How and when did you start making products?

**Luisa:** We set up Craft By Two. It’s a family run small crafting business that started as a hobby a couple of years back in the Philippines. We tried selling our crafts in our village bazaar; the response was really good and we decided to form Craft By Two.

**TEMPO:** Where do you find materials for your projects?

**Luisa:** Depending on what project we work on, we either buy the materials or in many cases we use wood that we find in the industrial areas.

**TEMPO:** How long does a project take to complete?

**Luisa:** A project can take anywhere from a few hours to a few days.

**TEMPO:** What inspired you to get into recycling?

**Luisa:** We became “recycle-bugs” a few years ago and since then have been gravitating towards all natural materials in our crafts. Also natural materials lend themselves more strongly to the style of our craft, which is rustic and industrial.

**TEMPO:** What is your preferred material?

**Saeid:** Metal, wood, and glass. Everything we make has a very elemental feel to it. And it only makes sense to use elemental materials in making our projects.

**TEMPO:** How did you learn to weld and manipulate wrought iron?

**Saeid:** I was building a trike a few years back and instead of taking my plans to a welder and asking them to weld things for me; I decided to learn how to weld. That

worked out better, especially since all the plans were in my head. The wrought iron was just an extension of that necessity which gave me much more creative freedom.

**TEMPO:** How have people around you reacted to your work?

**Saeid:** Given the fact that both me and my wife are from completely different fields of education than what we’re involved in right now, I would say with pleasure and amazement.

**TEMPO:** How do you conceptualize your products?

**Saeid:** Our style of work determines where we go with each product. We have a Rustic/Shabby Chic Style with wood, glass and wrought iron products. And we have a very pronounced Industrial style with our Lighting products.

**TEMPO:** Are there any designers or artists you take inspiration from?

**Saeid:** The internet is full of inspirations for us. New ideas are just a click away.

**TEMPO:** What's it like having an online store?

**Luisa:** We started our Etsy online store a few months back and are just now starting to get orders. Just like any physical store, it takes time for the word to get around and get the clientele. But having an online presence is a must.

**Saeid:** Etsy offers a great platform for selling online. We will be expanding our product range after the summer.

**TEMPO:** Do you have plans for opening your own store?

**Saeid:** We have no plans of opening our own retail space. We have however been approached by a few store owners about having our products sold in their shops.

**TEMPO:** Do you have a message to aspiring designers?

**Luisa:** Find out what turns you on and go for that, rather than what seems to be the trend.

**Saeid:** And give yourself some time!

Connect with  
Craft By Two:  
[www.etsy.com/shop/CraftByTwo](http://www.etsy.com/shop/CraftByTwo)  
Facebook Page:  
Craft By Two

Garden chandelier made from reclaimed wood and recycled wine bottles →



Saeid wrenching pipes at Deus ex Machina Handmade Festival, Dubai



The Bull Lamp



Saeid and Luisa at the Artisans of the Emirates market



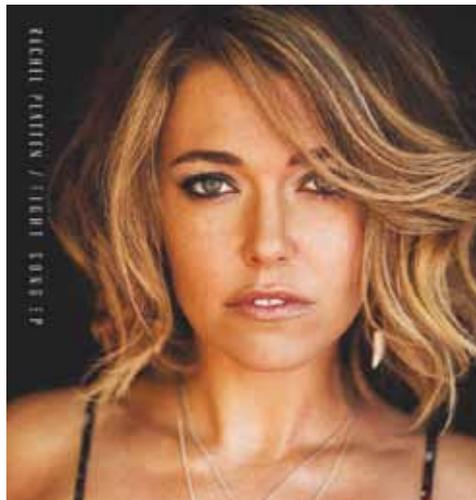
“Billy” the Lamp



“Billy” the Lamp

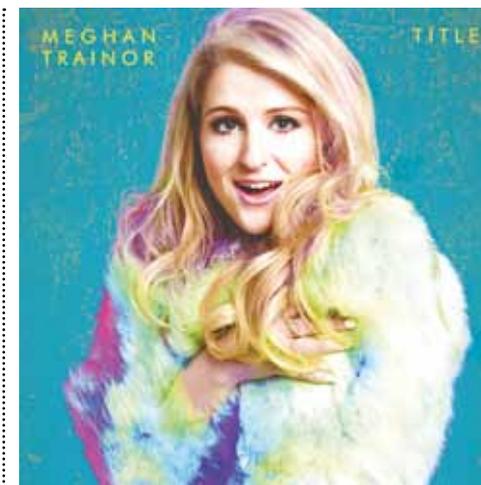


The mirror frame is made from reclaimed wood cut into strips.



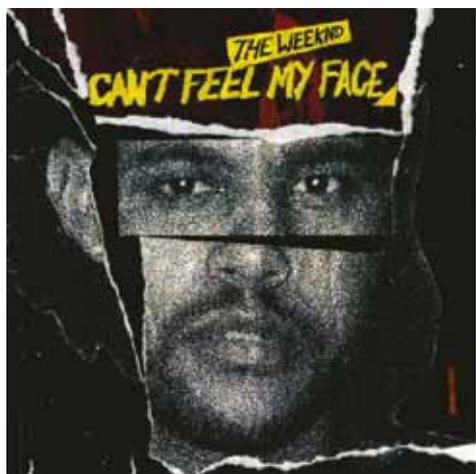
**1 FIGHT SONG**  
 > Rachel Platten

**Lyrics:** "Like how a single word can make a heart open, I might only have one match but I can make an explosion..."



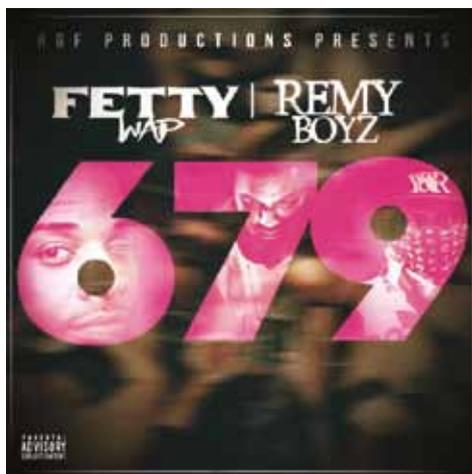
**8 LIKE I'M GONNA LOSE YOU**  
 > Meghan Trainor Feat. John Legend

**Lyrics:** "I won't take you for granted 'cause we'll never know when we'll run out of time so I'm gonna love you, like I'm gonna lose you..."



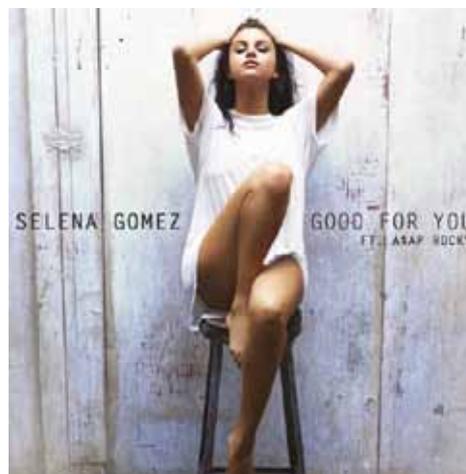
**2 CAN'T FEEL MY FACE**  
 > The Weeknd

**Lyrics:** "And I know she'll be the death of me, at least we'll both be numb, and she'll always get the best of me, the worst is yet to come..."



**4 679**  
 > Fetty Wap Feat. Remy Boyz

**Lyrics:** "Benjamins all in my pocket, I traded in my trues for some robins, he playing Batman, Fetty's gon rob him..."



**6 GOOD FOR YOU**  
 > Selena Gomez Feat. A\$AP Rocky

**Lyrics:** "I'm a marquise diamond, could even make that Tiffany jealous..."



**9 PHOTOGRAPH**  
 > Ed Sheeran

**Lyrics:** "We made these memories for ourselves, where our eyes are never closing, hearts are never broken, time's forever frozen still..."



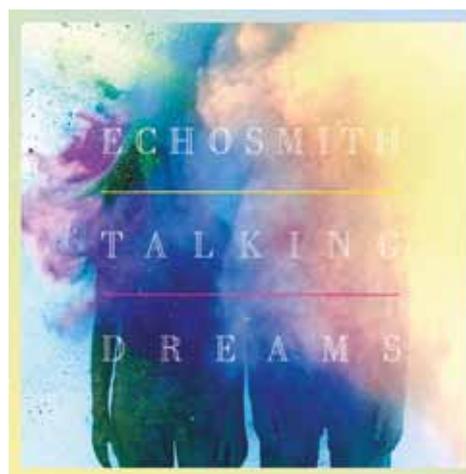
**3 DON'T BE SO HARD ON YOURSELF**  
 > Jesse Glynne

**Lyrics:** "Let's go back to simplicity, I feel like I've been missing me. Was not who I'm supposed to be, I felt this darkness over me..."



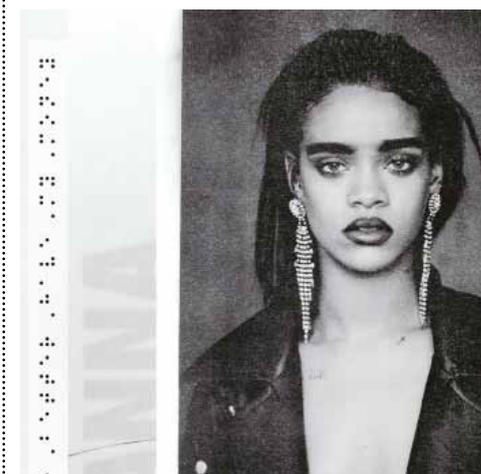
**5 MARVIN GAYE**  
 > Charlie Puth Feat. Meghan Trainor

**Lyrics:** "And when you leave me all alone, I'm like a stray without a home, I'm like a dog without a bone, I just want you for my own..."



**7 LET'S LOVE**  
 > Echosmith

**Lyrics:** "You were the girl that came with the sunrise. Long, brown hair and emerald eyes. And now, I can't think of a day without you..."



**10 B\*\*\* BETTER HAVE MY MONEY**  
 > Rihanna

**Lyrics:** "Your wife in the backseat of my brand new foreign car - don't act like you forgot, I call the shots, shots, shots..."



WITH A  
**FRESH  
NEW  
LOOK**

AND A TEAM OF  
**EXPERT MEDICAL PROFESSIONALS**

we not only strive to meet,  
but exceed all of your expectations whilst in our care

**AL NOOR HOSPITAL  
KHALIFA STREET BRANCH**



[www.alnoorhospital.com](http://www.alnoorhospital.com)

Call Center Appointments

**800 ANHCC 800 26422**

BRANDMOXIE OFFERS YOU MO'MOXIE

# AN INTEGRATED DIGITAL UNIVERSE



## DIGITAL MARKETING OFFERINGS

- . Strategy Development
- . Media Planning & Buying
- . Pay Per Click
- . Search Engine Optimization
- . Video Advertising
- . Display Advertising
- . Retargeting
- . In App/Tablet Advertising
- . In Flight Advertising
- . Content Development and Distribution

## SOCIAL MEDIA

- . Profile Management Across Platforms
- . Social Media Advertising
- . Facebook App Development

## WIFI MARKETING

- . Generates click to website
- . Video Promotion
- . App installs
- . Offer ads
- . Surveys
- . Social Media Engagement

## EMAIL / SMS MARKETING

- . Strategy Development
- . Implementing Campaigns
- . Exclusive Dashboards for Brands

Mo'Moxie integrates DIGITAL UNIVERSE



For more details Call: 02 491 8624 and ask for Mo'Moxie!

E: digital@brandmoxie.com | www.brandmoxie.com