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UAE WINS EURASIA BEAUTY CHAMPIONSHIP 2016

P.22

INSIDE: MAKE A DIFFERENCE | TONIA BROWNE | SUMMER PLANS

Happy Birthday America!

P.18

badminton

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CONTENTS

ARTISTS

11 Album Spotlight
12 Saif and Sound
13 Music News
28 Phototripping
29 Shutterbug ADP

FEATURES

05 Notes & Cyberchatter
18 AmCham
34 Vox Pop: Summer Plans

FOODIES

25 The Epicurean

GUIDES

09 In the Cinemas
10 Top 10 Songs in the UAE
14 What's Hot
15 What's Cool/
People Calendar

QUOTE

"One benefit of Summer was that each day we had more light to read by."

Jeannette Walls, The Glass Castle

WHAT'S INSIDE

MOVERS

04 The Ed
05 Life Hacks
36 Youth Talk
37 ARTiculate Café
38 Make A Difference
39 Being Happy/
Parental Guide

PLANETARIANS

26 Oil Spills

SOCIAL

06 Tweets for Thought
07 Trending In Youtube
08 Instafame

STORYTELLERS

06 A Thousand Faces
30 Flash Fiction Winners
32 Flash Fiction
33 Tempo Talks Books/
Librarians' Lounge
40 Empowerment
Manual: Tonia Browne
42 Time Capsule

STYLEMAKERS

20 Blueprint
22 Eurasia Beauty
Championship 2016

TECHIES

16 Game Hedz
17 Tech Talk

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THE ED



We started Tempo in 2009 out of a deep need to connect people. We see now more than ever the relevance of open dialogue, and a discourse on how to improve our world.

In each issue of Tempo we showcase the uniqueness of individuals, and celebrate those who not only talk about doing something, but actually go out and do it. We love to share stories of social engagement, artistic creativity, community giving and entrepreneurship. We are eternally inspired by people who have passion - backed by the will to make things happen.

The UAE is undoubtedly blessed by the richness of its social fabric; people of different nationalities, cultures and backgrounds coming together to make this country home. What you may not know is that Tempo's writers reflect the diversity of the stories we present - in fact we currently have more than a dozen nationalities writing for Tempo, bringing their unique perspectives and insights into the features we present.

I was recently asked about what it was that makes Tempo different, my response was that we have a community that believes in our values, and that we at Tempo always strive to "give a platform for people with big ideas' and to 'help those who help others."

Welcome to this issue of Tempo where we bring you artists like Mansoor al Obaidli who won the Eurasia Beauty Championship for the UAE, to change agents like young Abdul Muqeet, whose conservation message is being heard across the world, to givers like Fadwa Qadan, a student who spends her spare time helping others, to motivators like Tonia Browne who shows us, by example, that we can achieve anything we want.

We also take this opportunity at Tempo to say Happy Birthday America through coverage of the US's Independence Day celebrations where the American community joined others in an extravaganza of American culture, music and food. We salute AmCham Abu Dhabi for their contribution to the UAE through events and initiatives that build understanding and nurture partnership.

This Tempo we share with you more of the winning stories from the Flash Fiction competition we organized with New York University. Await the announcement of more thrilling events and competitions to come, and be sure to link to our social media pages for updates.

As temperatures notch higher and the slower summer vibe sets in, we use this time for introspection to get our house in order. This is where we go back to the drawing board and see how we can be better, bolder and more relevant. We periodically get together with Tempo readers to learn more about what you want to see in Tempo. If you have any ideas on stories, events and competitions, drop us a line - we want to hear from you.

Have a relaxing summer everyone!

Sana Bagersh
Managing Editor

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Sana Bagersh



LIFE HACKS



BY NILOFER SAFDAR | NILOFER_LIGHT@YAHOO.COM

MONEY MATTERS
ATTRACT MORE OF IT TO YOU

Have you ever experienced getting an unexpected bonus or increment? But, then later on in the month you have an unexpected expenditure for almost the same amount of money? Maybe it is house repairs or a medical bill or something else. Now is that a coincidence or is it?

Here I share with you how your mindset affects your money flow, and how you can change your mindset to receive more money.

Your Thoughts Create Your Reality

Every thought you think creates your life. What kinds of thoughts do you have about money? Read the following statements and see which of them are true for you –

-"I have to work hard for money". Is this really true? If it were true, the labourer who does the most amount of work would have the most amount of money.

-"Money doesn't grow on trees". Most people believe that it is not easy to get money, as if it were 'growing on trees'. Is this true? Do you know at least one person for whom it is easy to get money, almost without doing any work? If it is possible for them, why not for you?

"Money is the root of all evil" Is money the root of all evil or is the greed for money the cause of a lot of angst in life?

"Rich people are dishonest" Look at all the rich people you know. Are all of them really dishonest? The truth of the matter is that some people are dishonest, regardless of whether they are rich or not. And people are also honest independent of how much money they have.

"Having money is greedy" Does having money truly make you greedy? Or is the opposite true?

"Having money makes you evil" Will having money make you evil? If that were the case all people who have money would be evil. If you look around you, the media is filled with stories of individuals who donate millions to doing good in society.

"Having money stops you from being happy" Happiness is just a choice. It is not an effect of the amount of money you have. You can be happy when you don't have money. You can also be happy when you do have money.

Some more thoughts...

I can't have money and free time

I don't deserve money.

I don't have enough money.

I don't know what I'd do if I had money.

I'm no better than my parents, so I shouldn't make more than they did.

Money is not spiritual.

There is a limit to how much you can earn.

Money management is too complicated.

Are you starting to see just how insane these points of view are? These beliefs and thoughts about money are all around you. They are insidious. These are things you have heard from your parents, from your loved ones. These are conversations that people are having all around you all the time. You are bombarded with these 24/7. Pretty soon they become a fabric of your thoughts and start shaping your reality.

Most people also impose a ceiling on receiving money. They can only receive a certain amount of money. If they receive more than that they create an unexpected expenditure which will spend away the extra money.

Are ou starting to see how your inner landscape shapes your money flow? So how can you change this?

1. Identify Your Beliefs

It is important to realize that you have beliefs that are limiting your money flow. A question you can ask yourself is: What points of view do I have that are creating the lack of money in my life? Or if you would like to have a certain amount of money you can ask: What points of view do I have that are stopping me from receiving X amount of money?

2. Is it really true?

Look at each limiting belief you have about money and ask this question:

Is it really true? If it were not true, what would it be?

Example:

You ask yourself: "Is there is a limit to how much I can earn? Maybe. Is it really true that there is a limit?" Then you answer: "In this job it is true. If I were in a different job it won't be true".

So this means that it is not really true that there is a limit to how much one can earn.

3. Review every point of view

Sometimes you accept a point of view without judging it anymore. For instance,

"I'm no better than my parents, so I shouldn't make more than they did".

If you study this point of view you will see that it is no longer true for you. Take each point of view you have with money and look at it from a different angle.

4. Ask for more money to show up

Use questions to ask for more money. Some of my favourite ones are:

What would it take for X amount of money to show up?

What can I be or do different today to have more money right away?

What can I add to my life today to have more money show up right away?

What would it take to have multiple streams of income?

What would it take to make more money than I spend?

Change your mindset to change your money flow!

NOTES & CYBERCHATTER

TEMPO POLL OF THE MONTH
WHAT DOES 'EID' MEAN TO YOU?

A day to put differences aside and be thankful. — 56%

It's like a mini-vacation for me so I usually plan a trip. — 18%

Dressing up and eating out. — 21%

Sleeping-in! — 5%

On Christina and Tanya Awad

An amazing way of bringing people together and help them express themselves using art! The best part about this is, you don't have to be a professional 'artist', and everyone is welcome to take part. Keep going girls!

– Fleur Pryce



On 'Wanna Read?' Initiative

This is a great initiative to instil reading from books and not an electronic device; which is a habit among young kids! It actually makes me feel happy to know that I can volunteer and help young kids realise the importance of reading!

– Faiz al Khateeb



On INARA

INARA is humanitarian work at its best, as in war zones proper medical assistance is not available! Arwa Damon is a great inspiration for the youth.

– Mehthab Malik



On Michael Taylor

People usually tend to forget to include the refugees' right to basic education and Michael Taylor has taken an initiative to change that! Love how all of us can help by just buying a t-shirt or donating books.

– Grace Wilson



A THOUSAND FACES



BY TOMI ADETAYO | adetomi_adetayo@hotmail.com



THE PAPER BAG BOY AND MOTHER EARTH

Abdul Muqeet, also known as the "Paper Bag Boy," has risen from being an ordinary student to an extra-ordinary environmentalist. The 14-year-old boy has been a poster boy for environmental conservation, and has promoted public engagement through 180 workshops he has given around the Middle East.

Abdul Muqeet's environmental initiative has catalyzed a much larger community campaign. During the first year of his campaign, he himself created more than 7,000 paper bags from newspapers and donated them back to the community. He led workshops at schools, private companies and government entities, where he demonstrated how to make paper bags from old newspapers. As a result of his campaigning, his school and a number of companies in Abu Dhabi have started adopting plastic bags over paper bags.

The young boy's dedication has not gone unnoticed. Abdul Muqeet was one of the youngest recipients of Abu Dhabi Awards and won the accolade in 2011 for his remarkable contribution to conserve environment. The award was presented by Sheikh Mohammad Bin Zayed Al Nahyan, Crown Prince of Abu Dhabi. In 2011, Abdul Muqeet was invited to attend the United Nation's Tunza conference in Indonesia where he demonstrated his commitment for a cleaner environment through his paper bag initiative. He has also received the prestigious Princess Diana award signed by the prime minister of UK, David Cameron.

Abdul Muqeet continues to actively spread environmental awareness, especially in the UAE, India, USA and Indonesia. He shares his journey...

"My endeavor began with collection of old newspapers and then making simple shopping bags out of it. My main objective was to spread environmental awareness and educate people about the harmful effects of plastic bags. Public awareness is essential to the success of any waste management programme as people will start caring for the environment only on realizing ecological and health impacts of their day-to-day activities. Industrial pollution, environmental degradation, water scarcity, food wastage, climate change are some of the burning issues nowadays which, if not tackled, will have serious effects on the coming generations."

He explains: "Plastic wastes, as you may be aware, as one of the biggest source of pollution nowadays. We must not use it for our convenience; rather have the commitment to avoid the usage of plastic. Let us discuss some of the major harmful effects of plastic. The decomposition of plastic takes a very long time, running into hundreds of years. When we throw plastics all around, animals like camels and cows eat these plastics which choke their digestive systems ultimately leading to a painful death. Our drainage system is also blocked by accumulation of plastic wastes thus making our city dirty".

He adds: "We all should realize our duties and responsibilities towards conservation of natural resources. A small step in our day-to-day life can make a big difference for the environment. It is our sole responsibility to care for Planet Earth and make it a better place to live for the present and future generations. I would like to remind one and all that everything on earth can be recycled - but not time. So please don't waste time, act as fast as possible to save the environment."

#EverybodyCanMakeADifference
#GoGreen
#iamtehyoungenvironmentalist

TWEETS FOR THOUGHT

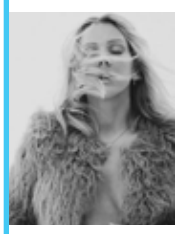
Matt McGorry
@MattMcgory



Maker of feels and procurer of LOLs. Activist and intersectional feminist.

"To love is not enough. If our love does not drive us to fight against hate and intolerance, then we do not truly know the meaning of "love"

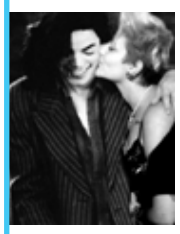
Ellie Goulding
@elliegoulding



Do you want my heart between your teeth?

"I truly think the best thing in the world is crying with laughter at my best friends being baffoons."

Paris Jackson
@ParisJackson



Official Paris Jackson Twitter Page

"Always strive to be the best you can be. Always strive to be a warrior of love."

Bruno Mars
@BrunoMars



Los Angeles, CA
brunomars.com

"Sometimes I wanna tweet a selfie of myself but I ain't trynna set the world on fire."

Ali Al Ahmed
@AliAlAhmed_



Tweets on UAE Affairs, Communications, economy, innovation & technology.

"Effort only fully releases its reward after a person refuses to quit." - Napoleon Hill

Hamad Al Hammadi
@HamadAlShurafa



Watch this space

"There is nothing so useless as doing efficiently that which should not be done at all." - Peter Drucker

Ohood Al Roumi
@OhoodAlRoumi



Minister of State for Happiness - United Arab Emirates

"Kindness and giving are true altruistic values that bring happiness and positivity."

@HebaAlSamt
Heba Al Samt



#DigitalMedia Is My Specialty. I Breath #SocialMedia. +ve Soul. Human. 80's. Sports Fanatic. President of@ SMCUAE

"It's not the weight that breaks you down, it's the way you carry it."

Do you have an insightful tweet? Tweet to us: @tempoplanet

TRENDING ON YouTube

JULY
VIRAL VIDEOS

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HERE ARE VIRAL VIDEOS SENT IN BY TEMPO READERS...



Unreal Tricks: 10,000 Dominos

Watch how 10,000 Dominos fall in perfect sync as the creators carefully orchestrate awesome tricks and techniques with each succession!



Grace VanderWaal: 12-Year-Old Ukulele Player Gets Golden Buzzer - America's Got Talent 2016

None of this young girl's friends are aware of her special talent, and on stage she goes, amazing the judges and crowd, as she plays an original song that she had written herself.



"Slow Jam the News" with President Obama

As President Obama reaches the final 8 months of his presidency, he went on The Tonight Show with Jimmy Fallon and surprises the crowd once again with his sense of humour.



DIY Bubble Tea Soap Dispenser | DIY Kawaii Bubble Tea hand Soap | Recycled Crafts

Bubble tea has become very common amongst food/drink enthusiasts, and in this video you can create your very own bubble tea soap dispenser with just a few quick and easy steps.



Cat Pushes Brother into Pool

The internet can never have enough of cat videos, and we can never get enough of them. The brother is looking into the pool out of curiosity. And the other cat comes close only to have scared it's brother and pushing it into the pool.



Family Dog Saves Little Girl From a Rattlesnake

Molly's dog Haus was bitten by the snake 3 times to protect her. The family set up a gofundme page due to high medical bills of Haus's treatment, and within days the page raised over $50,000



Dubai. Here you are - Dubai 360 Video

This video of summer in Dubai, shows all the amazing attractions in Dubai that is film in a form of time lapse and in a unique way. From sunrise to sunset.



10 Amazing Science Tricks Using Liquid!

If you are a fan of scientific experiments, but don't want to get your hands dirty, then this video is definitely one to watch. It shows the simple yet fascinating ways to work with liquid while keeping it in place.



5 Crazy Inventions You Never Knew Existed

The world is moving so fast with new technology, that we may overlook some of the best inventions out there. These inventions are beneficial to us in our everyday lives, but majority of us are unaware of them. And these are just 5 of the many listed within the channel.

INSTAFAME

KNOW OF ANYONE WHO HAS COOL INSTAGRAM POSTS? SHARE THEM AT WWW.FEELYOURTEMPO.COM OR FACEBOOK: FEEL YOUR TEMPO



You will only ever have two choices love or fear, choose love..
@super_.8
Khalifa. Involved in movie making is my dream || True Gunner || Photography ||
- All photos are taken by me. kbinbkheet.wordpress.com



// travel with me thru me.: @travelsofla
@creationsofla
my name is LA. los angeles. influencer. young astronaut Giving this whole smoothie bowl thing a try today morning & it tasted like a party in my mouth with all



the toppings.
@narooun
Nouran. This profile is all about the three B's (breakfast, baking, beach) and what happens in between. www.hungryplates.blog.com



#far #away #place #no #name #city #love #nature
@petrolhead_uae
Khaled. Documenting life. Abu Dhabi.



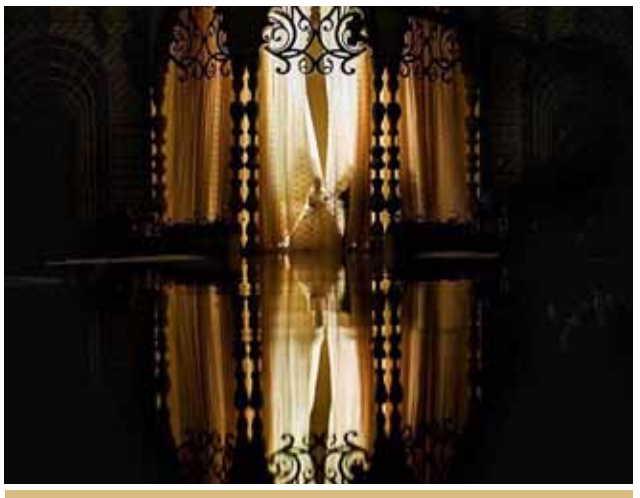
This road takes you to #jaisMountain , the tallest mountain in the #UAE . And it's about 1910 meters.
@5.baniyas
Khawla



Notes on how to not give up when you're close to the finish line.
@1924us
Christian Watson. Branding works, reclaimed wares, and journeyman. Founded in Oregon, Forging everywhere



Pausing to catch some light in the Jama Masjid.
@timtothewild
Tim Kellner. youtube.com/timtothewild



Brides from the #gcc #khaleeji #arabgulf usually walk in the ballroom on their own.
@tasneemalsultan
Tasneem Alsultan. Saudi photographer sharing stories worldwide & weddings.
www.tasneemalsultan.com



Cannot wait to share the video I created for this restaurant.
@bdiaries
Sharifa Ahmed. Blogger | Banker | Student | Creative Thinker | Content creator

IN THE CINEMAS

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



EVERYBODY WANTS SOME

GENRE: COMEDY
TEMPO PREDICTION: ★★★

A group of college baseball players navigate their way through the freedoms and responsibilities of unsupervised adulthood.

GOSSIP: The film follows no real plot, instead focusing on the meandering activities of a college baseball team in the day leading up to the first day of class.

DIRECTED BY: Richard Linklater
CAST: Blake Jenner, Tyler Hoechlin, Ryan Guzman



BAD MOMS 2

GENRE: COMEDY
TEMPO PREDICTION: ★★★★★

When three overworked and under-appreciated moms are pushed beyond their limits, they ditch their conventional responsibilities for a jolt of long overdue freedom, fun, and comedic self-indulgence.

GOSSIP: Bad moms Kristen Bell and Mila Kunis bond over being "overworked and terrified" by motherhood

DIRECTED BY: Jon Lucas, Scott Moore
CAST: Mila Kunis, Kathryn Hahn, Kristen Bell



MANHATTAN NOCTURNE

GENRE: : CRIME, DRAMA, MYSTERY
TEMPO PREDICTION: ★★★★

A seductive woman (Yvonne Strahovski) recruits a New York tabloid writer (Adrien Brody) to investigate the murder of her husband (Campbell Scott).

GOSSIP: : Based on Colin Harrison's acclaimed novel Manhattan Nocturne (a New York Times Notable Book of the Year), "Manhattan Night" tells the story of Porter Wren (Adrien Brody), a New York City tabloid writer with an appetite for scandal.

DIRECTED BY: Brian DeCubellis
CAST: Adrien Brody, Yvonne Strahovski



THE MONKEY KING 2: THE LEGEND BEGINS

GENRE: FANTASY
TEMPO PREDICTION: ★★★★

The Monkey King (Aaron Kwok) must protect a traveling monk (William Feng Shaofeng) from White Bone Spirit (Gong Li), a demon who seeks immortality.

GOSSIP: The Legend Begins is the re imagined version by Hollywood of the release The Monkey King: Havoc in Heavens Palace. The Origin and Birth Place of The Monkey King Story.

DIRECTED BY: Pou-Soi Cheng
CAST: Donnie Yen, Yun-Fat Chow, Aaron Kwok.

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tempo reviews



By ALEECE SMITH

Latest Film Reviews and Blu-Ray Releases

ALICE THROUGH THE LOOKING GLASS



Just as the 2010 film version of Alice in Wonderland combined characters and scenes from both of Lewis Carroll's Alice stories into one movie, Alice Through the Looking Glass takes on a loose retelling of the original sequel. Tim Burton didn't direct this film (though he is a producer), but James Bobin created a film that is still a whimsical romp through an elaborate fantasy world. Although it must be said that some scenes barely mask the sound stage where they were shot. (This reviewer fails to remember if that was an issue in Burton's Alice in Wonderland).

Alice Through the Looking Glass opens with a Alice Kingsleigh doing some serious swashbuckling around the world and determined to buck convention at home; just the type of person you thought the young woman from the end of Alice in Wonderland would grow to be. You know, the type of person who endeavors upon impossible things before breakfast. This movie gets role model points right off the bat.

The next ninety minutes feature Alice meeting up with old friends (even a few minutes with Absolem, voiced by the late Alan Rickman) in a visually colourful, but predictable family production that serves as a reminder to live a life worth living.

CATCH IN ON BLU-RAY: THE INVITATION



Is there a right way to grieve? The contemporary answer to this question is more likely than not, "no," especially when the person being grieved departs sooner than anyone close to them had expected.

In The Invitation, dinner party guests at a home tucked away in the Hollywood Hills gather to continue the healing process some years after the loss of one of their sons. But so many things are off about this evening that you realize the question is actually, "is there a wrong way to grieve?"

Although there are no stand-out performances, The Invitation features a good script and a well-chosen cast. Each character is just the right amount of creepy, flighty, new-agey, hedonistic, or skeptic (as needed). Each actor delivers an appropriate amount of affect into their role. And director Karyn Kusama put together a movie that balances each role well and creates a mood that enhances the story.

Don't expect this movie to change your life, but do expect a clever illustration that the personal horror of loss that occurs with a death is also part of something bigger.

TEMPO MUSIC

COMPILED BY VERA ROSALES



1 THIS GIRL
> Kungs Vs Cooking On 3 Burners

Lyrics: "Money rains from the sky above, but keep the change 'cause I've got enough..."





8 INTO YOU
> Ariana Grande

Lyrics: "All I wanna do is to fall in deep, but close ain't close enough 'til we cross the line, baby..."



2 TEARS
> Clean Bandit Feat. Louisa Johnson

Lyrics: "I get the feeling I'll never escape, I can't hide away from the shame of you..."



4 I HATE, U, I LOVE U
> Gnash Feat. Olivia O'Brien

Lyrics: "I know that I control my thoughts and I should stop reminiscing, but I learned from my dad that it's good to have feelings..."



6 BON BON
> Era Istrefi

Lyrics: "We don't hear from each other anymore, don't need you at all, when I do, you're not here anymore..."



9 TREAT YOU BETTER
> Shawn Mendes

Lyrics: "I'll stop time for you the second you say you'd like me too..."



3 TOOTHBRUSH
> DNCE

Lyrics: : "Cause I don't want this to end and there's no need to play pretend..."



5 SEND MY LOVE
> (To Your New Lover) - Adele

Lyrics: "I was too strong you were trembling, you couldn't handle the hot heat rising..."



7 JUST LIKE FIRE
> Pink

Lyrics: "And people like to laugh at you cause they are all the same, see I would rather we just go a different way than play the game..."



10 NO MONEY
> Galantis

Lyrics: "You can call me what you wanna, I ain't giving you a dollar this time I ain't gonna run away, you might knock me down, but I will get back up again..."

ALBUM SPOTLIGHT



BY VERA ROSALES | @VERAROSALES



7/27 BY FIFTH HARMONY

Just when we thought the 'Age of Girl Groups' were over (shout out to the legends of the past decades – TLC, Spice Girls, Destiny's Child and the Pussycat Dolls!) the rare music commodity is on the rise again in the form of Fifth Harmony, who are battling their male counterparts head-on. The group is making noise on the airwaves in both their homeland and worldwide, cementing their path to the hall of fame, alongside their femme predecessors.



The hits 'Worth It' and 'Work From Home' skyrocketed the five-member girl group from X-Factor alumni to international pop stardom status. Fifth Harmony has built up enough momentum for fans and music followers alike, in time for their new album "7/27" which is titled after the day that they were formed on the high-rated reality talent competition.

The quintet's recent release contains 12 tracks of pop and R&B head-boppers. The album starts with 'That's My Girl', the flagship track that delivers girl empowerment, and is followed by 'Work From Home' featuring rapper Ty Dolla $ign. The momentum is kept with 'This Life', an upbeat song about living it up and achieving the life that one deserves. 'Write On Me' is the second title single off the album, and ladies, this is "the" track you'd play while you are on the road with your boyfriend/husband. It has the right amount of groove, and an easy to sing-a-long chorus. After that joyride of a single, 'I Lied' is a likeable jewel that talks about the real kind of love women long for, while in the song 'All in My Head (Flex)' (featuring the "Trap Queen's King"), Fetty Wap catches your attention with its easy beat, guitar riffs and mature lyrics. The theme extends to the next track, 'Squeeze'.

'Gonna Get Better' delivers a message of unconditional love and is followed by 'Scared of Happy', which tackles the fear of being afraid to pursue something great. 'Not That Kinda Girl' contradicts the attitude of the previous song with its confident melody and fierce rap by the queen herself, Missy Elliot. The lovesick 'Dope' slows down the pace of the album with its pop-ish but laid back style. 'No Way', a slow-paced rhythm, closes the compilation.

There were doubts looming around this second album as Fifth Harmony had slowly become associated with a too 'mature-for-their-age' image. The album boasts melodies and beats that shroud the messaging behind some of the explicit lyrics in some of the songs. The work is commendable, however, with each girl showcasing her vocal prowess. Fifth Harmony is growing up fast - they can afford to dial it down just a bit as they have the whole world ahead of them. Meanwhile, they continue to inspire young girls.

SAIFANDSOUND

SAIF AND SOUND MEETS SILENTO

The rapper Silento brought together hot dance moves in ‘Watch Me Whip/Nae Nae’ – making it a blockbuster that won the Billboard award for the top most streaming song. DJ Saif and Sound caught up with Silento to find out how he spins his magic.





Saif: Isn’t it crazy that this one song took over the world? Did you expect this?

Silento: It is crazy! Before I was singing it a capella at school, and people told me to keep doing it. The girls said keep dancing and keep doing it over and over. So I knew it would eventually take over...

Saif: After you put out the record ‘Watch Me’ did any famous artist approach you and say ‘Silento, let’s do a song together.’

Silento: Of course! Dlow ‘Bet You Can’t Do It Like Me’, Memphis ‘Hit The Quan’, Me and Robin Thicke have a track together. Me and Rich Homie Quan got a song together.

Saif: So when can we expect any of these tracks to come out?

Silento: Soon, this summer.

Saif: Now that you’ve become famous, you can pick and choose who you want to work with. Who do you want to work with?

Silento: The biggest star in the UAE! We can remix ‘Watch Me’ in the UAE. Lets do it!

Saif: If anyone reading this interview has an idea to collaborate with you, how can they get in touch with you?

Silento: You can follow me on Instagram and Twitter @ therealsilento, on Facebook ‘Silento’ and on YouTube ‘SilentoTV’ and ‘SilentoVevo’. Make sure you follow me and tag me in anything you want to ask me.

Saif: A lot of people want to know how did the idea of ‘Watch Me Whip’ came about.

Silento: One day I was in chemistry class singing, rapping and entertaining everybody in the hallway and I captured a 15 second video of me singing a capella and then uploaded it on Instagram. People told me to make this into a song, asked me where they can find the song and so on. So I eventually produced the song and uploaded it on Soundcloud. The first night the song got 1000 likes, the next day 10,000, then it went on to 100,000 and after that it became big! On my birthday we posted ‘Watch Me’ on Youtube. It almost has one billion plays... I have just won an award for Billboard. Its crazy to be going against Drake, Future and Wiz Khalifa, but I got that award!

Saif: A lot of people say Silento is a ‘one hit wonder’ artist. I disagree because I think you have a lot of talent. What is your response to these people?

Silento: My response is that right now I just turned 18 so I’m taking control of my situation. I don’t want to just put out anything and for people to say ‘no, this is not it!’. There should be a lot of stuff coming out as I did a lot of features in the past months.

Catch Saif and Sound on RADIO 1 (100.5fm/104.1fm) on weekdays from 7 pm onwards bringing you the latest in showbiz, movies, technology and more.

MUSIC NEWS



BY JAE FRANKLIN | @JAEFRANKLIN

MUSIC ARTIST ALERT PART 2:
GET OUT OF YOUR OWN WAY





"Work hard in silence. Let your success be your noise." Since the start of 2016, I've seen this quote all over social media. Meme lovers were quick to repost, retweet, and regram, but I wonder how many actually followed this advice. Hard work takes sacrifice, humility, collaboration and creativity. As they say, hard work trumps talent when talent doesn't work hard. I suggested 4 steps to help you raise your level of performance in last month's column. This month, I'm back with 3 more steps to keep you on top of your game.

It's time to raise your creative impulse. Here we go!

Step 1 – Determine your quality. There are so many crappy but extremely well mixed and mastered songs on the radio. Truth is, they always outshine a good but horribly mixed and mastered song. You have to listen to your music objectively to gauge its quality. Evaluate whether or not it sounds just as good as your favourite artist's music.

Here's how:

1. Pick 3 songs from 3 of your favourite music artists.
2. Play their songs and jot down what you notice about their song's mixes. Can you hear the singer's vocal nuances? Is the music dynamic or does it sit flat with no depth at all?
3. Immediately play your music. Can you hear your unique vocal nuances or does the music drown out your voice? Does the bass sound muffled?
4. Starting at 100%, compare your music's mix to your favourite artist's music mix. If your music's mix is not 80% close to your fave's music mix, make changes in your mix until your mix is comparable.
5. When you are confident, release your music and be proud.

Find more about proper mixing and mastering services here: www.tunecore.com/index/landr_instant_mastering

Step 2 – Mentorship

It's time to get some guidance folks. You need a mentor. Congrats if you've got one. Not everyone is blessed with a mentor they can meet with every month. Some of us, me included, have virtual mentors. They inspire us via the world-wide-web. Here are the benefits of having a virtual mentor:

1. Mentors honestly have nothing to lose. They've been there and done that. They will help you avoid the pitfalls they experienced.
2. Mentors will help you identify your artist mission and vision.
3. Mentors will hook you up with trusted advice. You don't have all the answers right now, but just think about this. One day you will be someone's mentor. For now, you need to learn by example. To gain access to a virtual mentor, start using the internet today.

1. Use your favourite search engine to search for thought leaders in your industry: MUSIC. They should have at least 10 years of music industry experience. Search for music managers, music producers, music artists, music promoters, or A&Rs.
2. Choose appealing 3 thought leaders and read their bios.
3. Follow them on social media to understand their habits. Read about their career updates. Interact with them. Retweet, regram, and repost their latest opinions.
4. Follow their advice. Tailor it to where you are in your journey.

Find more about music mentorship here:
http://www.musicbusinessmentoring.com/

Find out more about thought leaders here:
http://www.thoughtleaders.world/en/2015-2/global/

Step 3 – Collaboration

It's funny. I despised the word 'networking' for a long time. Now, I see networking as a way to meet cool people who are just as motivated as I am to create.
Challenge yourself to meet artists, producers, directors, promoters, agents, label execs, and even publicists.

Here's how:

1. Reach out to them by email and social media direct message.
2. Follow-up after 7 days. Even if they never respond, at least you will be on their radar. They'll soon read your emails and DMs.

You have to take initiative and start conversations. You CANNOT be involved in the music industry and avoid collaboration. It's not humanely possible. You'll eventually need a professional music video director, promoter, graphic designer, band, and more. See, I'm not just talking about working with other music artists. I'm also referring to behind-the-scenes type of people. They will help you make your dreams a reality. They'll be your biggest supporters. They'll spread the word about your projects because they are proud to be involved! Everybody wins.

Find out more about collaboration here:
https://www.bandlab.com/

Find out more about networking here:

For the rest of this year, give it your all. Work towards your dreams. People will start to notice! Stay ready so you don't have to get ready. Cheers to success!

Scan Here

WHAT'S HOT

YOUR GUIDE TO THIS MONTH'S SIZZLING EVENTS

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



HELLO KITTY LIVE FASHION AND FRIENDS

JULY 7 - JULY 9

EMIRATE-WIDE, ABU DHABI

This is the first of a series of live shows starring Hello Kitty, her family and other friends. On stage will be a live event that is being described as a 3-D full experience. Backed by an upbeat soundtrack, the show features artists from all over the world.

SCAN



DINOSAUR ZOO LIVE

JULY 7 - JULY 9

EMIRATES PALACE, ABU DHABI

This is a breathtaking tour, designed with the help of paleontologists, to depict the pre-historic era of dinosaurs. Described by The Guardian as "UK's Top Ten Dinosaur Attractions", the show will be staged by a team of skilled performers and puppeteers to deliver a fun yet educational experience.

SCAN



JAMIE RAVEN – ILLUSION SHOW

JULY 8 - JULY 9

EMIRATES PALACE, ABU DHABI

Jamie Raven, as seen on Britain's Got Talent, is a British illusionist is making Abu Dhabi his first and only stop in the Middle East. His show consists of a visual illusions, card tricks, and interactive effects. A night of non-stop entertainment, that will have you on the edge of your seat.

SCAN



MODHESH WORLD 2016

JULY 9

DUBAI WORLD TRADE CENTRE, DUBAI

One of the region's largest indoor edutainment destinations, Modhesh World, will be organizing a full programme of entertainment for children. The activities are family oriented and aim to inspire young minds.

SCAN



FOOTBALL FANFEST 2016

JULY 1 - JULY 10

SPORTS VILLAGE, DUBAI SPORTS CITY

Football Fanfest Dubai is one of the city's largest evening game-watching venues. The fan space provides large screens for the public and separately for smaller groups in private booths. The Sports Village features international restaurants, retail outlets and pop-up stores

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TEMPO ALERT!

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WHAT'S COOL

THE TALK OF THE TOWN

RAMADANIZATION

JULY 1 – JULY 9 (THE GALLERY OF LIGHT, DUBAI)

The city pays extended respect and tribute to its culture and identity. This social media exhibition consists of artists and designers with significant memories and personal experiences of Ramadan. The project will highlight common and shared experiences.





EID CONCERT

JULY 8 (AL RAHA THEATRE, ABU DHABI)

Myriam Fares, also known as "The Queen of Stage" in the Arab world, and Waleed El Shami, the famous Iraqi composer, will be hosting a concert together as part of Eid celebrations. Both artists are known for their popular hits, and catchy tunes.

FUN NATION

JULY 1 – JULY 9 (THE GALLERY OF LIGHT, DUBAI)

A month of fun gaming, cooking, sports, and fashion - all under one roof. The event will provide workshops and activities for all ages and include Nickelodeon characters such as Dora, SpongeBob, and Patrick. Activities are meant to be fun and educational.





ONE PIECE FILM: GOLD

JULY 15 (EMIRATES PALACE, ABU DHABI)

The Ramadan Night Market will be held over 10 nights in Ramadan and will feature a wide range of retailers from across the world.

SCAN

PEOPLE CALENDAR

ELLAINE FATIMA

Age: 27
Profession: Marketing Manager
Nationality: Filipina
Motto: Do it with passion or not at all
Random Funny Quote: Live life to the fullest-in moderation







PHOTOS BY: NIKITH NATH

GAME HEDZ



BY BLAKNISS | @AUDIOANIMATOR | ORIGINAL GAME HEAD FROM ATARI TO X-BOX!

E3 HIGHLIGHTS – TOO MUCH IS A GOOD THING!





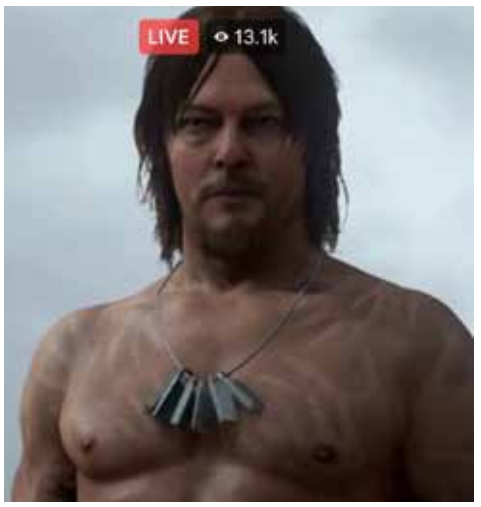
2016 E3 happened in the second week of June and it brought many good things. We followed some of the live streaming and took snapshots too! The general trend is that Playstation's press conference was the big winner, but there were bright spots all around like a grizzled and white haired Marcus Fenix making an appearance as part of the Gears of War 4 gameplay demo and trailer reveals.

Gears of War is one of Microsoft's biggest franchises and fans can be psyched that its main star may make an appearance in this new story featuring his son, JD.

Crash Bandicoot fans will be treated to a return of the wily animal, which was also featured in Uncharted 4. A real nostalgic move by PlayStation where the character features in a game called Skylanders: Imaginators, but all the older Crash games will be remastered for PS4.

For those disappointed by the unceremonious dropping of the PT game which was to feature Norman Reedus (Walking Dead), Hideo Kojima teamed up with him to create a game called Death Stranding. That came out of nowhere, but is welcome in a big way. Not much detail but Kojima is the king of survival horror, so we can expect a lot of...horror and the surviving of it.

Another PlayStation surprise was a very Last of Us game called Days Gone. This feels very much like what life could have been like in the 20 years of survival that Joel experiences between the death of his daughter and his journey with Ellie. Like the Last of Us it's an apocalyptic setting with a zombie horde as the enemy. It looks



very cool and action packed, if not a bit too close to The Last of Us.

Kratos returns for a God of War reprise. Also very little detail but it's shaping up to be an origin story that could be about the anti-hero's childhood, or his life as an older man with a, get this, son. We know he did have a wife and child, who he killed unintentionally in one of his murderous rages. This could be the kinder, gentler Kratos.

A huge announcement was the PS VR kit to be released later this year with a slew of games. PlayStation is really outdoing the competition on all



fronts. VR titles include Star Wars and Resident Evil. Oh, Resident Evil 7 is set for a January 2017 release.

There's an upcoming Halo game and well, too many other great titles to mention, but if I have to there's Dishonoured 2 and a real cheer maker, The Last Guardian, which is finally being released later this year and of course Horizon Zero Dawn, which had a tasty gameplay demo.

What were your highlights? Whatever they are, this upcoming crop of games and the solid jump into VR is going to reduce productivity to mind numbing levels. Oh yea.

TECH TALK

BY RUJMAN ISHTIAQ

WINDOWS 10 – NOT SO FREE ANYMORE

The upgrade offer that allowed users to download the full version of Windows 10 for free is finally coming to an end on July 29, 2016. The offer stands till the exact date and any upgrades completed before this date will be free of cost and valid until the device lasts.

Other than getting 300 million users to install Windows 10, this offer had other goals as well. One of the long term goals being to help shut down Windows 7 in a complete and proper way before its extended support commitment ends on January 14, 2020. Windows 10 has also succeeded in cutting down the devices that run on Windows 8 and 8.1 almost in half over the past year and by the end of 2017, it is predicted that the Windows 8.1 users will be in just thousands. There are still a lot of Windows 7 PCs out there and there's not much evidence that they would download the new upgrade. That's why the offer had a one year limit and after the due date, anyone who wants Windows 10 has to pay for the upgrade.



YOUNOW – #TRENDINGNOW



With over 100 million user sessions a month and more than 50,000 hours of new original video content, YouNow is a great way to discover talented broadcasters, watch live streams and video chat live with people from around the world. The live streaming network website and app has now been officially launched in the Middle East and allows influencers and broadcasters to engage with their audiences while offering them revenue. The content is created every day by a highly-engaged community of young creators.

What makes YouNow unique from other broadcast websites such as YouTube is its unique 'tipping system'. This system acts as a means of income and revenue for the users who broadcast. The audience can either tip the broadcaster to show appreciation and can also tip for extra features in the chat room such as top comment or even being featured as guest with one of the broadcasters. Major media companies such as Buzzfeed and MTV and brands such as Coca-Cola and Starbucks also use YouNow to live stream content to target a 13-25 demographic.

NIKON COOLPIX B700

The exceptional Nikon COOLPIX B700 camera, with its DSLR-style design and a PSAM mode dial, is being released this July. The camera has cutting-edge Vibration Reduction technology that can be used to capture beautiful 20.2 megapixel RAW images, 4K Ultra High Definition (UHD) videos with stereo sound or 5 FPS high-speed sequences in almost any light.

It is also compatible with smart phones and tablets through a new "SnapBridge" app that combines built-in Wi-Fi, NFC and Bluetooth Low Energy (BLE) technology for instant photo sharing and editing on your phone and any other websites you want. The app also allows you to control your camera remotely. The COOLPIX B700's 3.0-inch 921,000-dot Vari-angle LCD makes it easy to compose your shots or view a video recording. Lastly, the camera runs on an EN-EL23 battery that charges quickly, delivering up to 420 shots per charge (included with the camera) and it also comes with a second battery that can be a fully-charged back up at all times.



A CELEBRATION OF AMERICA'S INDEPENDENCE!



H.E. Sheikh Nahyan Bin Mubarak Al Nahyan,
U.A.E. Minister of Culture and Knowledge Development



Barbara A. Leaf, U.S. Ambassador to the U.A.E.

An extravaganza marking the 240th anniversary of the USA's Declaration of Independence was organized by AmCham Abu Dhabi.

The event, which also highlighted US Memorial Day, was attended by over 500 business leaders, government officials, military officers and the greater American community.

HE Sheikh Nahayan Mabarak Al Nahayan said, "Thank you for asking me to celebrate with you both Independence Day and Memorial Day, events as inseparable as the friendship between the United Arab Emirates and the United States of America. American residents in the U.A.E. contribute to this special relationship. Your daily strengthen the business, cultural, scientific, healthcare and energy sectors of our country. Your knowledge, talent and energy have profoundly affected our worldview. At this

ABU DHABI MARKS THE 4TH OF JULY

HAPPY BIRTHDAY AMERICA!



global crossroads, our ability to be successful hosts to other people from every other nation in the world has benefitted from a certain optimism, openness, understanding, friendliness, daring, and concern for each person as a unique individual. All of these characteristics are distinctly American. We always have good reason to celebrate your Independence Day."

American Ambassador Barbara A. Leaf said, "I am so proud to be with you here to reflect upon the 240th year since the founding of the United States of America, and to pay tribute to the American heroes who have safeguarded our country and the ideals for which we stand." She also highlighted the key role that AmCham Abu Dhabi members play in the UAE business community, noting "AmCham Abu Dhabi has been at the forefront of making it possible for U.S. companies to succeed in the UAE."











BLUE PRINT

PHOTOGRAPHY BY NIKITH NATH INSTAGRAM: @NSQUAREDSTUDIOS



FAIZA ASIF

AGE: 28
PROFESSION: Model
NATIONALITY: Pakistan

FASHION STATEMENT: Dress elegant and classy! "In order to be irreplaceable one must always be different," says Coco Chanel

PERSONAL STYLE: Fashion says 'me too,' style says 'only me'. Style is what suits you more than what suits others.

FAVOURITE RECENT PURCHASE: I'm a shopaholic with a craze for shoes, (which would substantiate my fashion purchase for the last month :P Christian Louboutin polka dot pumps, with Vintage printed dress with cap sleeves by Chanel.

FAVOURITE STORE? Yas Mall, Marina Mall, Al Wahda Mall (the extension in specific) are the malls I prefer for shopping. Good fashion stores like Harvey Nichols, Debenhams and Sephora are the biggest reasons.

DOES THE UAE HAVE STYLE?
A big YES!!! The combination of different nationalities has set the trend for people presenting fashion in a different way. Instead of sticking to one style they choose to carry fusion of styles.

FASHION VIEW:
Fashion is an art of personal self-expression, not an excuse to be charismatic. I abide by the saying "It is better to fail in originality than to succeed in imitation."









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FASHIONABLY FABULOUS

The Eurasian Beauty Championship in action in Azerbaijan.

THE UAE WINS 1ST PLACE AT THE EURASIA BEAUTY CHAMPIONSHIP 2016



Dr. Mansoor Al Obeidli - UAE National Director, Milena Summer - Model, Livia Rideg - Make up & Hair Stylist, Yasmin Hussain



Model - Milena Summer of UAE Team on the ramp.

While most women don't think twice about how they put their make up on in the morning, there are experts around the world who take the art of beauty very seriously. Indeed, some take part in international beauty competitions such as the Eurasia Beauty Championship of Hairdressing Art and Make Up which is organized every year by the World Beauty Congress in Azerbaijan. At the last competition, held in Azerbaijan, the UAE emerged as first place winner.

The UAE was represented by the Dr Mansoor Al Obeidli, who is also the National Director of World Beauty Congress, and his teammate for the UAE's representation, Livia Redeg. The event is an international competition that is attended by stylists, makeup artists and hairdressers from European and Asian countries. This past competition drew 18 contenders from nine countries, who vied for three categories: "Ladies Fashion Hairstyle," "Women's Trendy Makeup" and "Women's Fashion Image." The challenge was to achieve the right balance between fashion 'evening hairstyle' and 'avant garde' style. The UAE managed to beat the record of the last year's winner, Azerbaijan, accumulating 94 points to Azerbaijan's 88.

"I am happy that our UAE Contestant Livia Rideg believed in me and in her talent, and that we brought home the champion's trophy for the UAE people," said Obaidli. "I would like to thank everyone for the support the UAE team has received, and for helping us to win Eurasia Fashion Look 2016 championship in Baku. Winning in our debut attempt in Azerbaijan was no ordinary feat; I am so thankful for and humbled. I would like to dedicate this win to the generous rulers of my country, the UAE for the courage, education and humility they have instilled in us by being living examples of how to be extraordinary and to achieve greatness through hard work, passion and dedication".

Livia Redeg, who represented the UAE for this year's competition said: It was an amazing experience being in a competition. When I saw my model performing on the stage, I was filled with tears of happiness".

Obaidli is optimistic that this is just the beginning. "I am already looking forward to the next World Beauty Championship event coming up soon. I hope to have more talented people join my team to add more jewels to the UAE's crown".



Make Up mainly consists of Kryolan products. The eye make up was a double cut crease with a glitter crease, strong contours on the face, bold lips and the make up is with a touch of Arabic style. Main colour used is gold, including browns, blacks and deep red on the lips.



Model - Milena Summer , Dr. Mansoor Al Obeidli - UAE National Director, Livia Rideg - Make up & Hair Stylist



UAE bags the top spot while Russia and Kazakhstan came in second and third place respectively.

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THE EPICUREAN



BY LANA NASEER | INSTAGRAM: @14N4N

GLUTEN: HOW REALLY AWARE ARE YOU?



I wasn't aware of gluten disorders until I met a lady named Muza Al Mazrouei. I used to always accept the few catering orders that came to my shop for gluten free cakes thinking all I had to do was make sure our appliances were thoroughly cleaned and that we were using gluten-free flour. But I learned more, after a chat with Muza who told me about herself and her experience with gluten-free food. Here's her account in her own words...

"I am also an entrepreneur who manages the first gluten free bakery in UAE. Firin Bakery opened its door in April, 2015. I let go of my three masters' degrees and my doctorate to focus on helping the community in gluten free freshly baked items.

"Gluten is a kind of protein that can be found in some grain products like wheat, barley and rye. In the baking world, it affects the elasticity of dough, which is a by-product of grounding grains, which in turn affects the chewiness of the baked products.

"A person with wheat allergy, celiac disease, non-celiac sensitivity may feel different symptoms, from mild to life-threatening. Nausea and vomiting, indigestion, irritation of the mouth and throat, constipation, stomach pain, failure to thrive in infants, delayed puberty in adolescence and difficulty in breathing are some of these symptoms.

"It is very important to prepare food in a gluten-free kitchen. Cross contamination is one of the causes why people with allergy to gluten still suffer even though they think they are careful in choosing their food. There should be a separate cooking and baking tools for gluten-free foods. If possible, there should be a separate preparation space that is exclusive for gluten-free ingredients. A gluten-free kitchen is a space where all the ingredients that are being used to prepare and make foods are exclusively gluten-free.

"One can determine if an item is truly gluten free by looking at the ingredients used, and by asking if the kitchen used in preparing the item is exclusively gluten-free kitchen.

"Awareness is being spread and educating customers is one of the reason behind the sudden increase in knowledge regarding gluten allergy, its symptoms and how to prevent it.



I became aware by reading a lot and exploring medical websites. I joined Chicago University's social accounts because they have Celiac department that educates people about the disease."



For tips on living a gluten-free lifestyle, check out the link below:

http://www.glutenfreeliving.com/gluten-free-lifestyle/

THE PLANETARIANS

By Prekshaa Veeraragavan

OIL SPILLS



The oil industry contributes greatly to the global GDP, but sometimes accidents happen! We've all heard about catastrophic oil spills that can cause huge losses to the economy while severely damaging the environment. Here's a primer on what it is, and how it happens.

What are oil spills?

An oil spill refers to the accidental release of petroleum into the environment. When oil spills on land, the effect is usually localized, and thus, it can be cleaned up rather easily. In contrast, marine oil spills may result in oil pollution over large areas and present serious environmental hazards. In addition, oil spills can sometime occur on ice (e.g. in the Arctic regions). Oil spills often trigger images of gigantic oil tankers malfunctioning and releasing their dense, black contents into the sea! While it is true that majority of marine oil spills occur during transportation by tankers and faulty pipelines (about 70 percent), neglect during offshore drilling and production activities also contribute significantly. Oil spills in the water can also be caused by natural seepage. As tectonic plates shift, oil can be released from reserves trapped deep beneath the ocean floor. Natural seepage is sometimes accelerated through human activity such as drilling.

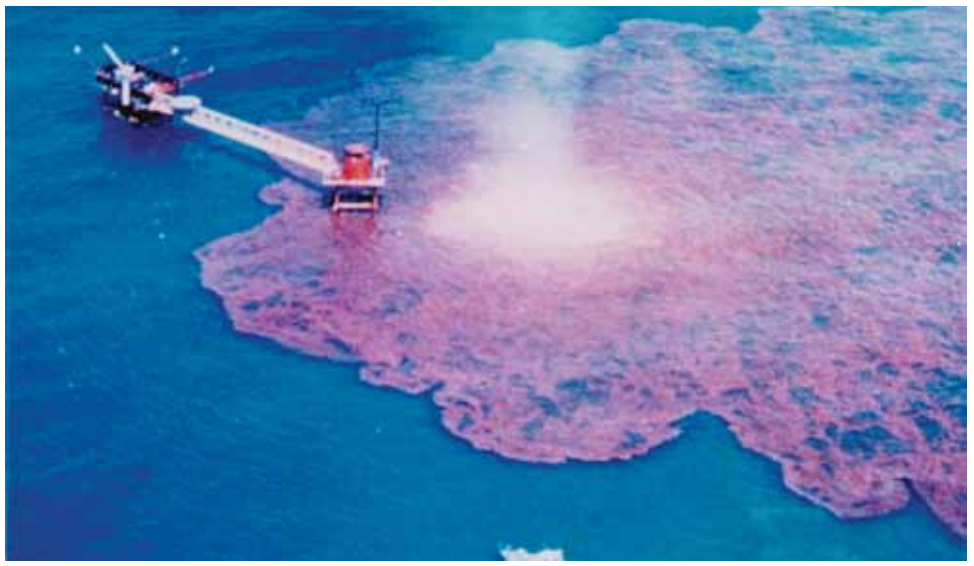
Land-based oil spills may not be as visually dramatic as those of a marine accident, but can be just as harmful to land and coastal areas! Most engines, such as those used in automobiles, run on petroleum-based fuel and lubricants. These substances are slowly released during operation, accumulating on roads or in the ground, where they can poison the surrounding soil. After it rains, these pollutants can end up in local wells and reservoirs, streams and rivers, and ultimately in the ocean. On land, storage tanks and pipes may be damaged by natural disasters such as hurricanes, earthquakes, or tornadoes, or simple wear caused by time. The damage can result in leaks of different sizes. Such oil spills can be especially disastrous if a pipeline is damaged, often due to structural failure or excessive pressure, because of the high volume of oil these lines can release.

Why are oil spills dangerous?

We've all heard stories about the 'dangers of the sea', like sharks, whales, squids, etc. But, have we considered the threats we pose to them?
Large and catastrophic oil spills which release over 30,000 tons of oil are relatively rare events, and their frequency has decreased considerably in recent times, thanks to technology. But, when such episodes occur, they cause irreparable ecological damage primarily for sea birds and mammals, and result in long-term environmental disturbances, which adversely affect fisheries and marine culture.
The improper disposal of used motor oil can worsen runoff and pollution. Dumping used oil in a drain is illegal in many places because drains often run directly to nearby rivers, lakes, or other bodies of water, and eventually into the sea. These waterways can quickly become polluted, killing fish and other wildlife.

The Outcome

Ecosystems have high natural variability and are subject to ever-changing environmental phenomena such as storms, climatic anomalies (e.g. El Niño) as well as anthropogenic pressures. Organisms have varying degrees of natural resilience to these pressures on their habitats. This natural variability means it is unlikely that exact pre-spill conditions will be reached. It makes determining the point of recovery following an oil spill, and the time it will take, difficult to predict. Marshes and sediments in Prince William Sound in Alaska retained oil from the massive oil spill of the Exxon Valdez in 1989 for many years, affecting the development of fish embryos on the bottom. After ten years, pockets of oil remained in these marshes, and mussels, clams, ducks and sea otters showed evidence of harm in some localized areas.









SOLUTIONS

Needless to say, oil spills must be cleaned up as quickly as possible to prevent further damage to the environment!

However, remedial actions after oil spills are sometimes controversial. Some of the possible 'solutions' such as aggressive cleaning with large, heavy equipment may cause more harm than good.

How do we know if the oil spill has been completely cleaned up?

It is generally accepted that recovery is reached when a community of plants and animals characteristic of that habitat are established and functioning normally.

How are oceans decontaminated after an oil spill?

Efforts to clean up an oil spill at sea are difficult and taxing. The only readily available solution is physically gathering the oil, and removing it from an area using vacuums and skimmers (a hovercraft, or other vessel that has little or no displacement at speed. Skimmers float across the top of the slick contained within the boom and suck or scoop the oil into storage tanks on nearby vessels or on the shore)
Wildlife is cleaned and moved as soon as possible.

Sometimes, dispersants are used to break up the oil and speed up its natural biodegradation. Dispersants reduce the surface tension that prevents the oil and water from mixing (since they are immiscible liquids). Small droplets of oil are formed, which promote rapid dilution of the oil by water movements. This also increases the surface area of the oil, thus, increasing the exposure to natural evaporation and bacterial action.

However, dispersants are not appropriate for all oils and all locations. Successful dispersion of oil through the water column can affect marine organisms like deep-water corals and sea grass. It can also cause oil to be temporarily accumulated by sub-tidal seafood.

Why not let nature look after itself?

If the oil is left alone, it will eventually begin to break down by natural means. This may be a little time consuming, but, by not interfering, the region has more chances of full recovery.
If there is no possibility of the oil reaching, and consequently polluting, coastal areas or marine industries, it is best to allow it to disperse by natural means. The combination of wind, sunlight, current, and wave action will rapidly disperse and evaporate most oils.

To speed up the process, biological agents can be introduced to hasten biodegradation. Most components of oil washed up along a shoreline can be broken down by bacteria and other microorganisms into harmless substances such as fatty acids and carbon dioxide. This action is called biodegradation.
To make it even faster, fertilizing nutrients, like nitrogen and phosphorus, which stimulate growth of the microorganisms are introduced.

Need help cleaning up an oil spill at sea?

Why not look up the ' Little Black Book of Oil Spill Clean up Contractors'?
There's even an international directory of oil spill clean-up contractors!
The little black book spans 140 pages, and lists contract details of over 1,000 contractors in 50 countries!

We've all heard that 'Prevention is better than cure'. So, how do we prevent an oil spill?

Companies like shell have developed technology that can help avert an oil spill, especially in regions like Alaska and the arctic.

A stitch in time save nine. Equipment must be periodically inspected for deterioration and leaks. On boat, all fuel lines and hoses must be in good condition and seals and connections – tight. All the damaged parts must be replaced with new fittings.

PHOTOTRIPPING

By Shahid Saeed

SUMMER OUTDOOR PORTRAITS

It is always a challenge to take outdoor portraits during hot summers. While a shaded location can give some relief, it is very hard for your subject to stand in the bright sun. A large diffuser can help cut down light and shadows to mitigate the effect of hard light on your subject. In outdoor photography you can also get a haze in the background that is caused by humidity. One way to deal with this problem is to expose according to the background light and to overpower sunlight by using high power flashes. This way you can keep the details in the background and properly expose your subject within the frame. Reflectors help create beautiful soft light that can enhance your portrait.
I took these photos at Al Aqah Beach in Fujairah.

MODEL: Solomiia Kropelnytska
DRESSES: GULAAL
MAKEUP: Ellaine Fatima
Camera: Canon EOS 5D Mark III
Lens: 24-105mm f/4L IS USM
F-stop: 5.6
ISO: 50
Shutter Speed: 1/125 seconds











SHUTTERBUG By Abu Dhabi Photographers

PHOTO CHALLENGE: LONG EXPOSURE – NIGHT







NOTE: ADP has asked our member Vlada Gorbonova to produce night photography using long exposure. She has accepted the challenge and delivered some beautiful long exposure shots.

ABOUT: Abu Dhabi Photographers is a group of photography enthusiasts who meet regularly to capture beautiful shots and to share knowledge and experiences. The group is managed by BrandMoxie.





FLASH FICTION

THE STORY AND THE PERFORMANCE

A COMPETITION ORGANIZED BY BRANDMOXIE AND NYU ABU DHABI

JAEWON YOO

To celebrate the year of reading, BrandMoxie, together with the NYUAD's Literature and Creative Writing program and The Writing Program, held a Flash Fiction Reading and Writing Competition. The competition involved a dramatic reading and awards ceremony at BrandMoxie's office at twofour54, Park Rotana Complex. Tempo supported the competition, and is proud to present the second and third placers as a continuation of last month's feature. We chatted with the two winners and present their stories to you.



Age: 19
University: New York University Abu Dhabi
Nationality: South Korea

TEMPO: Tell us something about yourself and your passion for writing.

Jaewon: I'm a traveler, a writer, a singer, and an athlete. I have years of experience with essays and articles, but I have never written fiction before. "Eternal Separation" is my first fictional piece.

TEMPO: How were you able to come up with your piece? What inspired you to write it?

Jaewon: Last year, while reading a book about quantum mechanics, I came across the information that a pair of photons created by a union of an electron and an anti-electron moves and disappears in the same manner and direction, no matter how far apart the photons are from each other. I was very intrigued by this phenomenon, and was inspired to personify this pair of photons and write about their relationship.

TEMPO: What do you do to overcome a "writing slump"?

Jaewon: I overcome a writing slump by taking a break to do things that I enjoy but do not require much thinking, like singing and playing sports. Sometimes it is better to get your mind off of the work, because otherwise the pressure will continue to stress you out. After a while, a sparkling idea will naturally come to you.



TEMPO: Finally, what's your message to aspiring writers out there?

I am a novice myself, so I don't have that much experience or insight, but all I can say is that the more you write, the better you get. Five traits that each writer should have are: Confidence, patience, creativity, time management, and diligence. I feel like many people around me are afraid of writing because they don't consider themselves as "writers". But your skills and imagination will be stationary unless you go through trial and error and discover your own interest and style of writing. An advice I would give is to just write.



RASHA SHRAIM



Name: Rasha Shraim
Age: 21
University: New York University Abu Dhabi
Nationality: Lebanese

TEMPO: How and when did you first learn of your love and passion for writing? Was it something you really studied intensively or just a hobby? How long have you been writing stories?

Rasha: I only started writing in my freshman year of college (four years ago). I took a writing class to improve my English writing skills (since English is my second language) and I had the option to write a fiction piece for my final assignment so I wrote a short story based on actual events from my life. I realized that somehow in writing fiction I was being more honest and open about my life, ideas, and opinions. From then onwards, when I could not talk about something, I wrote about it.





TEMPO: How were you able to come up with your piece? What inspired you to write it?

Rasha: Cement was based on a strange dream I had. It is not based on any true events. But I thought I could write my dream into a story that relates to some aspects of society that I have seen in my home country (Lebanon).

TEMPO: How do you overcome a "writing slump"?

Rasha: When there is no deadline, I will leave the piece for a few days and come back to it at a later time. The distance usually helps me start up again. When there is a deadline, I sometimes open a new document on my laptop and just type out whatever comes to mind. Often, I find it very difficult to type out a sentence that I have not already edited and reviewed in my mind but sometimes, when you hit a block, that is exactly what you need to do. A lot of that draft will be put away or trashed but you will likely somehow, somewhere write a sentence that gets your actual writing going again.

TEMPO: Finally, what's your message to aspiring writers out there?

Rasha: Five traits that I could share to aspiring writers are that they should be patient, be open to criticisms, know how to balance being attached to your piece and your style and detached enough to continue improving it , have courage to share your writing with others, and don't be afraid to stick to what makes your writing yours.

Since I'm an aspiring writer myself, I will borrow Stephen King's words of wisdom, "You learn best by reading a lot and writing a lot, and the most valuable lessons of all are the ones you teach yourself."

FLASH FICTION

FLASH FICTION IS A STYLE OF LITERATURE CHARACTERIZED BY BREVITY;
WITH THE STANDARD BEING A STORY OF UNDER 1000 WORDS.
SEND US YOUR STORIES TO: editorial@tempoplanet.com

ETERNAL SEPARATION

BY: JAEWON YOO

I cannot estimate the time that has passed since we parted. All the time in the world is not enough to convey our time of separation. You know, time is truly a fascinating concept.

Even the greatest and strongest beings are helpless against it. Profound love, breathtaking works of art, and the sun above –everything can be fallen into oblivion by the absolute ability of time. My ceaseless longing for you seems to be, in comparison, worthless as a fistful of sand. However, it is also true that we have not yet surrendered to him. I intend to endure with all my might before time comes to swallow our fate.

In the human world, overwhelmingly poignant sentiments can be found in romantic relationships, but it would not be wise to place us under that category. We, who were born simultaneously and disunited immediately, are siblings, lovers, and one body separated into two. Ever since I drew my first breath, all I did was move forward, always looking straight ahead. I have never made a detour despite the tough roads, and I have never feared the collision even if I hit mountains and stones. The vague belief that I will see you again was the only string I have held on to.

Indeed, I am aware that you and I are connected by an unbreakable bond. When someone twists my left arm, you will also feel pain in your left arm. When I fall down without an apparent reason, I sense that there was a banana peel on your way, or that you are walking on a slippery road. I'm guessing that you have also realized that a change one goes through influences the other. Scientists have long been studying this mystery of our race, but they failed to uncover it.

It was only last month that I found out that you are in a place that I cannot reach, even if I travel for more than eight years. You have almost reached the star Sirius, whereas I am flying the Saadiyat Island. The mesmerizing emerald waves of the Arabian Gulf are laid out in front of me. If I am not fortunate enough to be reflected off the waves, the deep sea will devour me and leave me with no exit. I guess you would be in a similar situation, since the star Sirius is a white dwarf with massive gravity. The end may be coming, for real.

The waves are approaching in the speed of light. Seagulls are hovering above me and the sounds of the boat horn and waves are getting bigger. This view, the pier painted with colorful sunset, is bringing me to tears. Like a pearl stuck inside a shell, we will be locked in the white dwarf for god-knows-how long. But do not let go of your hopes. And don't forget. We are, as a matter of fact, immortal. Until I see you again, good bye, my better half.

*An electron and anti-electron join and create a pair of photons (particles of light). This pair manifests miraculous phenomena, and its behaviors are studied in quantum mechanics.

CEMENT

BY: RASHA SHRAIM

When you're poor, people feel entitled to make judgments about your reproductive choices. Why have children if you can't afford them? Haram, she's only thinking of herself. But I doubt anyone knows my story. It's easy to judge from a distance when you have nothing to lose – Astaghfirullah.

I wandered the crowded city for days on end. I learned my lesson quickly. When people saw me with my three children – thin, pale, and in ragged clothes – they judged me. I could see the contempt in their eyes. Sometimes, the twins would leave my side and wander off for a few minutes. Those who saw me with only my baby in my arms, their eyes were softer. When it was only me and my baby, they were kinder. Astaghfirullah. I never begged. I wasn't used to asking for pity. I walked every day, from shop to shop, until my feet bled. All I wanted was a job- any job- I would have been happy cleaning toilets. Alhamdullilah. I had no place to leave my baby, because we had no home.

On the edge of the city, there was an abandoned construction site neighboured by a hill of sand and rubble. To my twins, it was a castle. Bless children's hearts. They lived through their imagination. It made it easier to sleep on the cold concrete. The city noises muffled the grumbling of emptiness.

When people saw me only with my baby in my arms, their hearts were softer. You can sweep the flour off the floor and clean the oven. Do you know how to do that? You need to be here at 5 a.m. Okay, you can bring the baby as long as you do your work. The twins stayed in their castle whenever I went to the bakery. She is tender and always cold, like her mother, God bless her soul. He is adventurous and his favourite dinner is knafa.

He must have aged a thousand years that day. Astaghfirullah, God forgive me and maybe someday I'll forgive myself. My daughter slept in the only sunny spot in her castle while her brother chased ladybugs. At the construction site, a block of cement hung loosely from a rusty metal rod catching sun. She couldn't have even screamed. The cement blanket covers her cold body forever now.

Astaghfirullah.

I walk the city everyday until my feet bleed. Someday, I'll find her sleeping in a sunny spot under a kind, empty sky. I'll watch her play with her other half and tickle her baby sister. Someday he'll smile again. Every night he comes back covered in black grease. I wish it looked more out of place on his skin but it suits his eyes. He hates adventures now and spends most of his time hiding his broken heart under broken cars. Astaghfirullah.

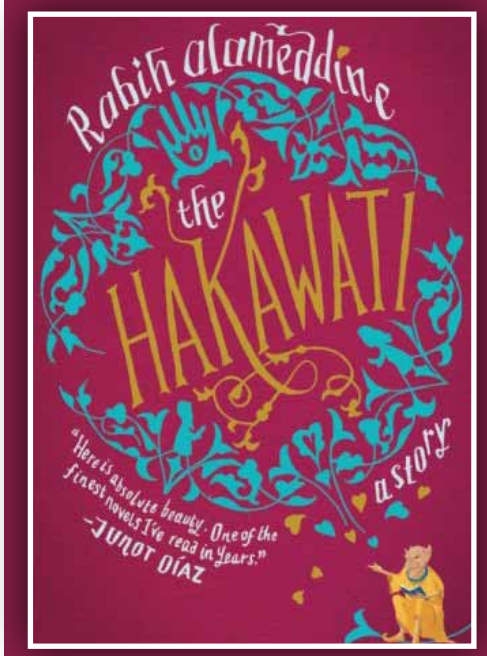
I miss you, sis. Forgive me. You know... I was bringing the ladybugs to you. Tell mama you're in a better place now – how could you? I can feel you in my heart. I'm sorry we left you there. I hope you're always warm now. Sometimes mama looks at my eyes and I think she sees you. Please forgive me. Sometimes I think about you and my stomach hurts. I can't cry but my stomach hurts so much. Astaghfirullah

TEMPO TALKS BOOKS



BY SANA ASHRAF | @SANAALIKESPIE

THE HAKAWATI BY RABIH ALAMEDDINE



By nature, a storyteller is a plagiarist. Everything one comes across – each incident, book, novel, life episode, story, person, news clip – is a coffee bean that will be crushed, ground up, mixed with a touch of cardamom, sometimes a tiny pinch of salt, boiled thrice with sugar, and served as a piping-hot tale."

If you want to know a culture, listen to its stories. This is exactly how Alameddine invites us to Lebanese culture and to the Middle East as a whole.

This novel is a contemporary gem about stories, and about the essence of the hakawati. A hakawati is the Arabic word for story-teller. For thousands of years, the Middle East flourished with hakawatis. They retold stories, folktales and fables, many making a living out of the art, with sometimes hundreds of people circling around them for months to listen to their narratives.

The beautiful narrative of this story compels one to say that Alameddine himself is an incredible hakawati. By intertwining three major plots, he centres the main plot on Osama who waits by his father's deathbed during Lebanon's civil war. Through Osama's grandfather, who happens to be a hakawati, we find ourselves traveling to many familiar tales and legends –some religious, some mythical– about training pigeons, jinns, great poets such as Abu Nu'as and Al Mutanabi, and even contemporary artists like Um Kalthoom.

It begins with "listen", which emphasizes Alameddine's role as a hakawati. This novel is a door that opens up many doors and many stories which are waiting to be told. Time passes quickly. Every character seems to know a great deal of stories, with some stories lasting a few pages, and some as short as a few paragraphs. It feels rather like the stories are speaking about themselves, each major plot connected by some invisible string to the fabric of folklore.

One of the plots centres around Fatima, a slave who is fearless, strong, and survives by her wit. Through her we discover many adventures, and many truths behind current legends. For one, we find out why the 'evil eye' (common in the Middle East and North Africa) is associated with a blue palm and an eye in the middle. We find many stories through her adventures that make so much sense of our current time through themes like romance, revenge, action, friendship and family.

Through these tales we see exactly why stories are distinctive of each culture, for if one wants to learn about people, they must learn about their literature. This novel is not only about Lebanon, it is about the Middle East as a whole. If culture could speak, it could sound a little like this.

LIBRARIANS LOUNGE

BY VANESSA MIDDLETON

SUMMER: THE PERFECT TIME TO VISIT YOUR COMMUNITY LIBRARY

Summer is the perfect time to enjoy and explore your local libraries. Abu Dhabi has a wide array of libraries that serve children and adults. If you want your children to read during the summer but also want to watch the budget at home, visit your library and check out a few books each week.

Find a quiet, comfortable place to read, study, or work on a project at any of the libraries scattered throughout Abu Dhabi. Most offer computers or free Wi-Fi so you can bring your device (laptop, mobile, tablet etc) and set up your mini office and work in peace.

Usually there is a membership application to complete and minimal deposit in case books/ materials are lost or unreturned. Each branch has special materials that are unique to it, and some branches offer databases to assist with your information needs.

For students, the learning/ study spaces are priceless. If you need a place away from office and home to get work done, the library is the place



for you. For those with higher level research needs, some universities and libraries have special programmes that accommodate community users with advanced research services. Contact local universities and ask if they have a community borrower programme. Some, especially in Dubai, have a library network that the community is encouraged to tap into for their research, leisure and learning space needs.

Al-Nahyan Library

Hours: Sunday-Thursday 8 am-10 pm; Saturday 10 am –8 pm

Telephone: +971 2 657 6034; +971 2 657 6058

Location: Nahyan Camp, Muroor Street, Opposite Bus Station, National Library Campus, 4th Floor.

Email:alnahyan-library@tcaabudhabi.ae

Khalifa Park Library

Opening hours: Sunday - Thursday from 8 am-8 pm, Saturday 4 pm-8 pm

Telephone: +971 2 657 6330; +971 2 651 5480;+971 2 657 6358

Location: Khalifa Park

Email: national-library@tcaabudhabi.ae

Mazyad Mall Library

Hours: Sunday – Thursday 9 am – 9 pm , Saturday 4 pm-9 pm

Telephone: +971 2 651 5424 , +971 2 697 6422

Location: Mazyad Mall, Mohammed Bin Zayed City, ground floor, opposite Al Jaber Exchange

Email: MBinZayed-Library@tcaabudhabi.ae

Al Bahia Library

Hours: Sunday – Thursday 8 am – 8 pm, Saturday 4 pm-8 pm

Telephone: +971 2 657 6120

Location: Al Bahia Park- Al Bahia Area

Email: national-library@tcaabudhabi.ae

Al Marfaa Library

Hours: Sunday – Thursday 8 am – 4 pm

Telephone: +971 2 657 6015; +971 2 657 6047; +971 2 657 6014

Location: Al Marfaa City

Email: national-library@tcaabudhabi.ae

Al Marfaa Library

Hours: Sunday – Thursday 8 am – 4 pm

Telephone: +971 2 657 6015; +971 2 657 6047; +971 2 657 6014

Location: Al Marfaa City

Email: national-library@tcaabudhabi.ae

VOX POP

WHAT ARE YOUR PLANS FOR SUMMER?

A CHAT WITH THE STUDENTS...

NORAN HASHEM

AGE: 22. NATIONALITY: EGYPTIAN
SCHOOL + YEAR: SENIOR MASS COMMUNICATION STUDENT AT ABU DHABI UNIVERSITY



Traveling is the best way to spend your summer. I have been to Egypt only. I think the only difference between the summers here and there is that in Egypt I get to spend the whole time with my family but here I spend it with my friends. It is better with both friends and family. I enjoy it with friends because you always have exciting stuff to do. I enjoy it with my family also because it's the only time the whole family comes together as I don't live in the same country with them. I think Abu Dhabi is a perfect city for the summer except that the weather is terrible but other than that it is fine.

MALEEHA A IDDRIS

AGE: 22. NATIONALITY: GHANAIAN
SCHOOL + YEAR: SENIOR YEAR AT THE UNIVERSITY OF SHARJAH



Summer is much hotter here. In summer I like sleeping, spending time with friends and family, and shopping. My advice for others is Yas Water Park and the movies. I wish there was a major music and food festival in summer.

RUJMAN ISHTIAQ

AGE: 20. NATIONALITY: PAKISTANI.
SCHOOL + YEAR: 4TH YEAR AT THE UNIVERSITY OF SHARJAH



Let's say my 'dream summer' is to back pack through Europe. The weather is just perfect and you have a lot of time on your hands. It is so hot in Abu Dhabi, and you get sunburnt easily. Back in my country, after a harsh summer, we have a rainy season (July + August) or 'monsoon.' It would be awesome if that happened here as well. Summer is meant for spending time with family and having fun with friends. The usual eating out, sleeping and watching movies, and eating ice cream, obviously.

IVANA JESMIN

AGE: 21. NATIONALITY: BANGLADESHI
SCHOOL + YEAR: 4TH YEAR AT THE UNIVERSITY OF SHARJAH



In summer I enjoy hanging out with friends, sleeping in. You go out with family and have food and spend time with them, which is not usually possible during the year. I wish there was a food festival or any sort of festival during summer as there is not much going on.

TALAL ALTAHER.

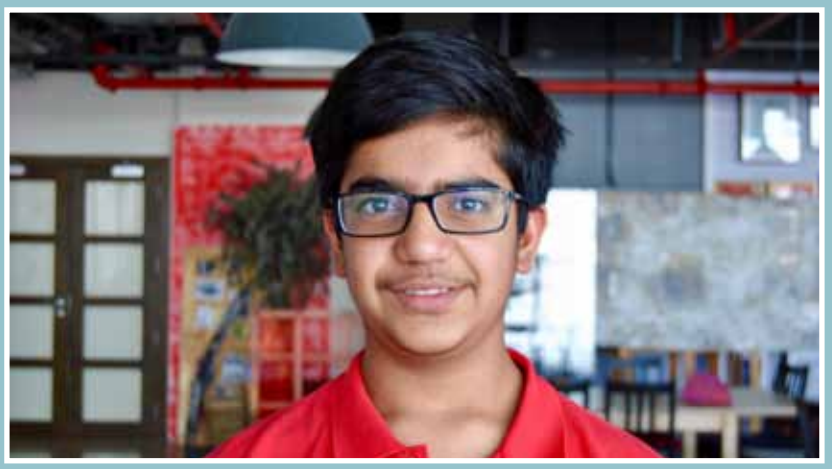
AGE: 17. NATIONALITY: PALESTINIAN
SCHOOL + YEAR: ACS ABU DHABI CLASS OF 2017



The heat gets pretty bad here but the nightlife is really fun. You have to balance your time; you can't neglect your family but it is always nice to spend time with your friends - that way you get the best of both worlds. In summer I like getting as busy as possible: going out and about the city, to the beach, and filling up my day with as many activities as possible so that my summer feels fulfilling.

YAJAT DUA

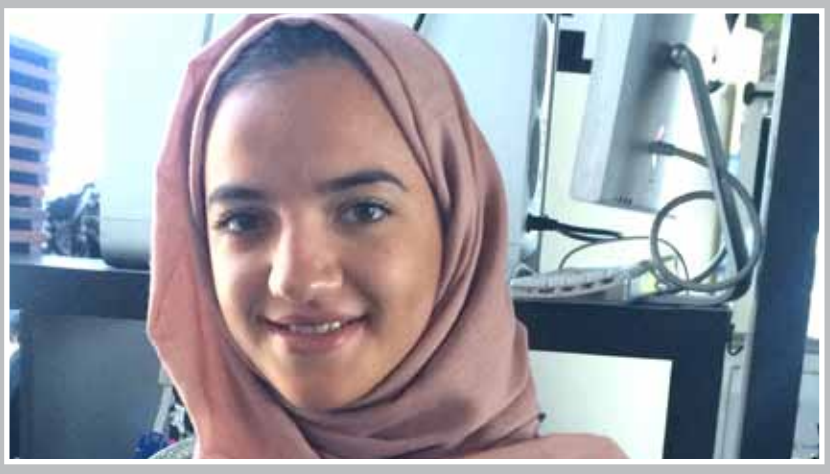
AGE: 15 NATIONALITY: AUSTRALIAN
SCHOOL + YEAR: ACS – GRADE 10



Summer in Abu Dhabi is much hotter since it is a desert, but still there are a lot of activities in the capital. I like going out with friends or family in the summer and spending time together. The beaches are really nice and I enjoy the events going on around the city. Picnics at the beach or at a park are always fun; I love going for a swim or just going out with friends and family.

SAMERA KHALED

AGE: 21. NATIONALITY: PALESTINIAN
SCHOOL + YEAR: 4TH YEAR AT THE
UNIVERSITY OF SHARJAH, COLLEGE OF FINE ARTS AND DESIGN



Abu Dhabi is a place I am linked to so even if I am out of the country I will keep getting news and asking about what's happening. If I am here I would want to spend time with my friends and family, because I am in the dorms most of the time. I like gathering with my friends and staying out most of the time, going to new places and catching up with old friends.



YOUTH TALK



BY: IVANA JESMIN | WWW.FACEBOOK.COM/EVVANAH

DARE TO FAIL!

Staying up late and working on an assignment that is due in a couple of hours is possibly the best time for a college student to contemplate life. It is at that point that every effort put into the semester seems pretty useless, and you have a legitimate fear that you are going to fail the course! That was pretty much my life every semester! But as I advanced in my courses, I felt it more. From trying to build up my cv to maintaining my GPA; everything seemed to be getting out of control. I was stretched, being a full-time student, part of the editorial committee of the college magazine and - not to forget- trying to spend time with family.

The fear of failure kept me going all these years. I was always worried of failing my courses, failing to live up to my expectations, failing to live up to my parents' expectations...in short, failure became my worst fear.

The fact that I didn't meet my own expectations made me upset. Failure led me to forget everything I have achieved, and made me feel like I was not going anywhere in my career. It made me rethink what it meant to give my best.

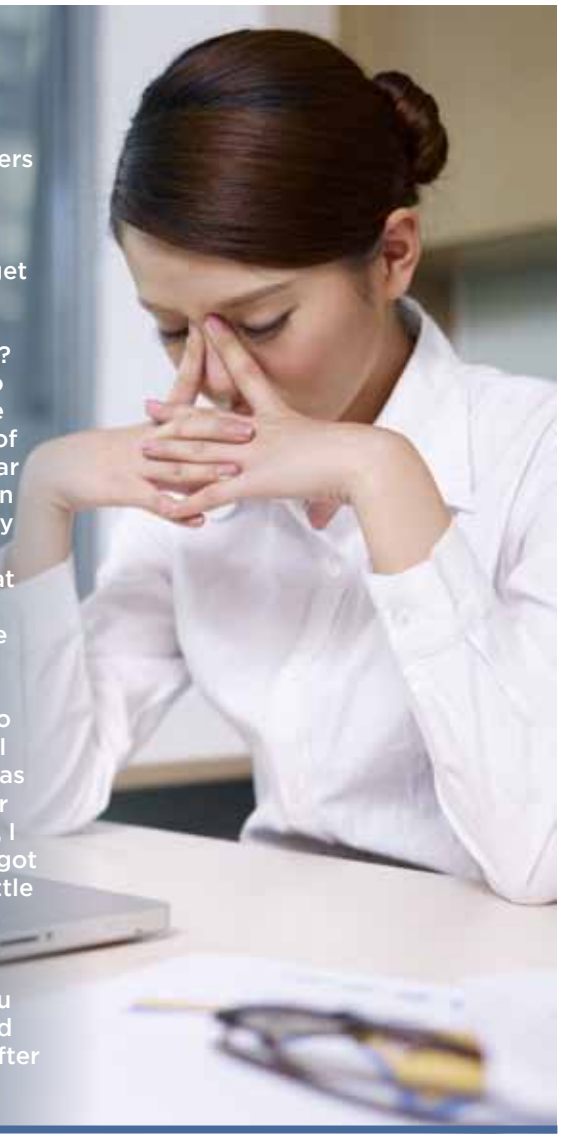
Just because things didn't go my way (many situations were beyond my control), didn't necessarily mean I was not going anywhere. I realized also that failing is definitely not a bad thing!

In Ellen DeGeneres' words, "It's failure that gives you the proper perspective on success." This basically means that if you don't fail, how will you learn? And if you don't learn, how will you succeed? Here is a fun fact: did you know that Bill Gates dropped out of Harvard and started a business with his Microsoft co-founder Paul Allen – and it actually failed? But later on, he worked harder and came up with a better and more refined idea that created a global empire called Microsoft.

We should also accept the fact that we are all humans and just because someone in our social circle or an acquaintance is succeeding in something doesn't mean that we are not 'good enough'. Growing up in a world where everything is happening instantly might make you feel like you are lagging behind, and that's OK. But comparing yourself to others and getting depressed? That's not good. If you want to be successful in your life, you should learn from your failures and work on how to get better instead.

So how does one cope with failure? First of all, when we fail we tend to think we are the only ones who are failing. According to Forbes, 90% of start-ups fail! Just because you hear of people's successes doesn't mean that everything is running smoothly for them! Secondly, when we talk about our failures we focus on what we didn't get. How about we talk about the learning we got from the experience?

I see now that I have been trying to avoid failure in so many ways that I had convinced myself that there was just one way to succeed. Whenever things didn't go the way I planned, I blamed myself completely and forgot that I actually did my best. I had little appreciation for my efforts and I focused only on negatives.
Now I know that it is important to push yourself to work hard, but you should also appreciate yourself and be okay about making mistakes. After all, nobody is perfect.



DON'T YOU WISH IT WAS THAT EASY?

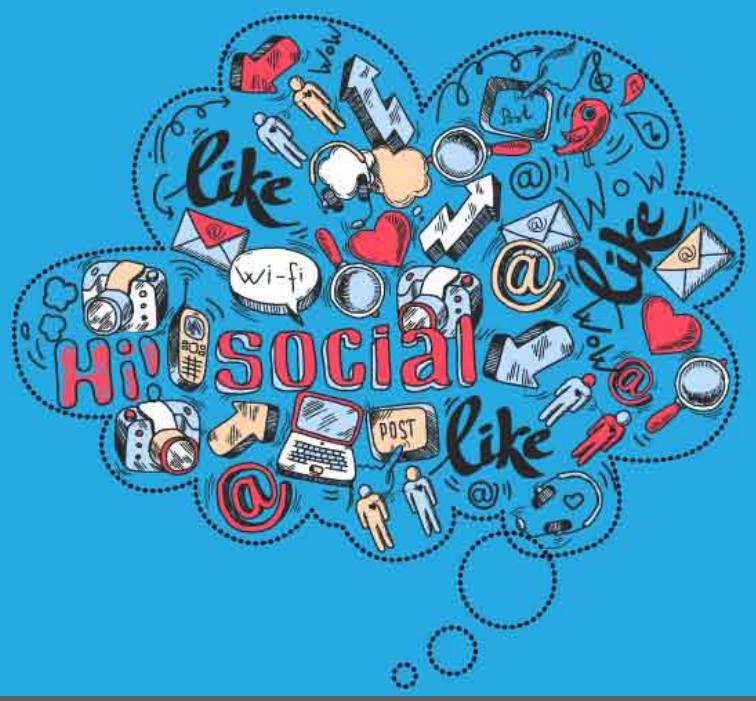
brand moxie
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I'm eating a #shawarma

This is how I eat shawarma

My skills include eating a shawarma

Here's my shawarma eating experience



I like eating a shawarma

Here's a classic pic of the shawarma I ate

Here's my recipe for a shawarma

This is where I'm eating a shawarma

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ARTICULATE CAFE

BY DORIAN "PAUL D" ROGERS | @PAULDTHERIPY



CAPTURING POETRY ON CAM: MOHAMMED TARIQ ANIS

PHOTO CREDITS: Mahmoud Darwiche

I sat down over coffee with poet and videographer, Mohammed Tariq Anis, to discuss his growth as a performance poet and his passion for capturing UAE's spoken word scene on camera.

Dorian: How you got involved as a videographer and poet?

Mohammed: I was told from a very young age that I had a knack for expounding upon things and a weird extensive appreciation for details. In plain English, that meant I talked too much, but it also meant that I liked telling stories and that I appreciated how they were told. My involvement in videography began when my dad gifted me his camera; I liked what I filmed. As for poetry, I think, in a manner of speaking, everyone's a poet. It's simply a matter of choosing how far you want to be vocal about empathy and how eager you are in refining that.

Dorian: You are UAE-born but draw your lineage from Egypt. How has your Egyptian identity impacted your perspective on life?

Mohammed: This is a bit tricky for me to answer. Egypt is a wealth of unappreciated intellectual and historical heritage that I feel blessed to say that I can relate to, one way or the other. Egyptian teachers, politicians, thinkers, scientists; they're everywhere. The man who composed the UAE's national anthem was Mohammed Abdel Wahab, who is a national treasure in Egypt as a musical artist. I'm in love with that, but in a circle of other Egyptians, I tend to stand out as the odd one. I've been a very confused sponge for different cultures, Arabic and non-Arabic. You will never be able to tell where I am from, unless I put a great deal of effort in speaking my country's dialect, and even then, I'd sound weird. I don't think being an Egyptian has ever influenced my way of thinking, but it has undoubtedly drawn some rather interesting stereotypes and presumptions about me from other people.

Dorian: You were the first videographer for Rooftop Rhythms. Years later, you are now the most improved poet for the 2015-2016 season. Were you always a writer?

Mohammed: I had an unquenchable thirst to speak 'the adult's language' when I was a child. My father, having crisscrossed Europe, lived in Sudan and wrote for prestigious papers here in the UAE and was the motivation of it all. I fell in love with language, and subsequently fell in love with writing. I started writing when I was twelve.

Dorian: What made you take the leap from capturing artists behind the camera to being a performer in front of the camera?

Mohammed: It made sense to me. I am an unpublished writer who is yet to realize a dream of having a book; I know I can tell a story well and not just with a camera. Why not give it a shot?

Dorian: To what would you attribute your significant growth as a performance artist?

Mohammed: The right dosage of stage freights, the unconditional love of the audience, and the honest feedback from my peers.

Dorian: You have recently started to create professional videos for artists like Sara Al Souqi, me and others. Why?

Mohammed: I was inspired by Derrick Brown's "A Finger Two Dots Then Me", which won the Cannes Festival. It gave me a whole perspective on what poetry could truly become. I never thought I'd get to shoot something in that scale until I heard Sara's piece a second time over at the Fairmont. It simply didn't feel fair that something so profound remained largely inaccessible. It had to be done. Sara took it a step further by introducing it to the Mosquers Film Festival over at Canada Edmonton. The feedback was overwhelmingly fulfilling. It was a niche, I realized, that was worth pursuing.

Dorian: Over the past few years, you have been the top archivist of the local poetry and spoken word scene in the UAE. How has the scene evolved since you first started coming to shows five years ago?

Mohammed: That is a very profound and humbling notion; I didn't realize I was even wearing that mantle. The Spoken Word scene is the closest thing I have seen to a cultural renaissance, comparing from what it was to what it has become. Personally, I feel privileged to have been a part of it; it has allowed to see myself in ways I never thought possible.

Dorian: How have you changed as a poet over the past few years?

Mohammed: What I can say is that I have a better perspective on the spoken word scene; in my humble opinion that there are two categories performers tend to lean towards, one more than the other. One is showmanship, the other is poetry. I think I have accomplished in improving as the former, and while I'd say there's still room for more - I need to focus on improving the poetry itself.

Dorian: Recently, you have mentioned that you would like to pursue cinematography and videography full-time. Is there a market for that in the UAE?

Mohammed: Despite the challenges, which include financial limitations, I'm utterly convinced that there is.

Dorian: Where do you see yourself five years from now? 10 years?

Mohammed: I'd like to travel while I still have whatever measure of health I have left and, perhaps, volunteer in humanitarian groups. Whatever it is, it won't be here and it will certainly be outside the scope of one's career path. I don't see myself staying in one place. I don't think God enriched this planet with its cultures and natural treasures expecting us to stay in one corner.

Dorian: I agree. I don't see myself staying around for the check. Can you handle it?

Mohammed: *Blank stare*

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SPREADING BENEVOLENCE: FADWA QADAN AND MAKE A DIFFERENCE



Fadwa Qadan, a 16 year old Jordanian from Al Yasmina School, was tired of seeing sad people around her. So she launched her own "Make a Difference" campaign to spread happiness around her.

TEMPO: What is "Make a Difference" Fadwa?

Fadwa: Make a Difference, or M.A.D is part of my long term goal. The aim is to raise awareness about making a difference through the smallest actions. I believe the smallest action can sometimes lead to a big change in person's life. I started in 2014 to show that we are all the same and that no matter how old we are and what role we play within our society that equal respect needs to be given. So for Valentine's I brought roses for security guards within my community and sweets for children. The next day I posted a video on the event and I had an amazing reaction. So I decided, if I could as one individual make these people happy and create a change within their lives, imagine what we could do if we all come together to make a difference.

TEMPO: What happened next?

Fadwa: As more information came out about what I was trying to do, people became more interested in wanting to get involved and they all gave back with little gestures. I rounded up donations in the form of toys and over 300 books coming from different individuals and delivered them to Special Education schools.

TEMPO: Which philanthropists inspire you?

Fadwa: Hands down Martin Luther King Jr. What I personally love is how far he went to make the change he wanted, how he had to break many "unjust laws" to aspire his dream. This man went beyond limits, that's what I love and look up to.

TEMPO: So what are you planning next?

Fadwa: I will be hosting three new events this year 2016-2017. I'm not going to say anything about what they are, simply because plans do change here and there, and a lot of planning usually needs to go into these projects. I will let people know when the time comes through my social media.

TEMPO: How can people make a "Make a Difference" in this world?

Fadwa: Everything always starts small, then it just evolves. It all might take time to get something going. It might require a lot of effort and patience to spread awareness, but everything is often worth the wait if you work hard.



Left to right: me and Judy
This was taken before our journey to delivering all the toys to the Special Education schools. Judy had been my biggest support and hero ever since the age of 5 when she had taken the role of being my first grade teacher and I consider her as a second mother. I couldn't have gone far without her.



Left to right: My mom, me, and my dad
This was taken on the day of the delivery of donations moments before going on our way. My dad hadn't come with us due to the fact he needed to be at work, so it was me, my mom and Judy

Contact:
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BEING HAPPY!



BY DENISE SCHNITZER | @DENISESCHNITZER

FIND AN ADVENTURE AND A SMILE!

As the late Muhammad Ali said, "Don't count the days; make the days count." Most people are about as happy as they make up their minds to be.

Some people wake up and growl at the prospects of their day...that indicates directly how their day will go. Then there are some who greet the day with smiles, gratitude and curiosity - that is scientifically a more healthy approach. I choose to open my eyes, throw off the covers, and jump into the day.

When you approach each new day with anticipation, have winning thoughts and expect good outcomes, your brain acts accordingly. Professor Shimon Edelman, Department of Psychology at Cornell University, believes that the brain "values positive outcomes." Our brains want us to be happy. Happiness is knowing that you don't have to be perfect; you just need to be yourself. Scientific research proves, "positive, happy people are more likely to perform better at their jobs and are less likely to be unemployed," according to Napoleon Hill and Thomas C. Corley.

I have witnessed this myself: Teaching morning yoga classes, I am fortunate to share smiles, asanas (poses), and philosophies with my students. I can see how, after a few minutes, their bodies and thoughts are more at ease, and the connection to the exercises is internalized. Even newbies to yoga are smiling at the end of the hour. Many people and much research confirm that morning exercise stimulates happy hormones. Happy hormones generally refer to endorphins, serotonin, dopamine, and oxytocin. Technically, some of these are neurotransmitters and not hormones, but we needn't bother ourselves with those scientific details. I'm leaving out adrenaline (also called epinephrine) which stimulates a fight-or-flight response. Adrenaline doesn't make us happy, just highly excitable!

After elevating your heart-rate, stretching and moving for at least an hour, you feel energized and ready to seize the day. Conversely, if the stress hormone cortisol kicks in, then your day will likely turn out differently. Even lifting the small muscles on the east and west corners of your mouth will initiate a good outcome.

I recently introduced a new exercise programme to my regimen. At Yas Marina Circuit, some people ride bicycles and run around the race track; I joined a group who run up and down the stairs of the stands. In between the sprints, jumps and crisscrosses, we did lunges, jumping rope, sit-ups and planks, sets of push-ups and partner squats. I felt happy and energized afterwards and slept like a baby. My mantra expanded from "never limit myself" to include "never give up." This will help me in future trekking adventures. Try something new, shake up your fitness goals, push yourself and your muscles.

The element of surprise is another great way to increase one's happy factor. I was treated to morning tea by a friend. The joy of her friendship makes me happy, and when she added a special treat, I gasped in delight. On the tray, in a lovely china dish, she had caviar alongside the fruit, cheese and crackers. That added another element of happiness, to be sure. Chatting over tea and delicacies makes this expat very happy. Spending quality time with friends raises the happiness quotient. As global citizens, it is very important to nurture friendships and take advantage of all opportunities to explore the city and be together.

One more Muhammad Ali quote that made me smile: "I'm so fast, I can play ping-pong by myself!" He taught us many ways to be happy and confident. If you don't take yourself too seriously, you'll find joys in the smallest things.
Exercises, boat rides, yoga classes, tea parties, and good friends all increase the serotonin hormone, so go out, have FUN and remember to live happy.

PARENTAL GUIDE



BY HEATHER LONG VANDEVOORDE, PH.D. | @HVDVOORDE



Lately my girls make me laugh. For the right reasons, too. They say and do things to be funny and they succeed. I am delighted to report that my daughters have a terrific sense of humour. But, then I wonder, how did that happen? I worked hard to teach them morals and values, respect and discipline, but I never gave humour lessons. How did that slip through the cracks?

Of course our children absorb the humour we exhibit, we lead by example. But should we not be giving a stronger emphasis on tickling the funny bone in our parenting roles. Everything else we teach is so dry and serious: chores, homework, stand up straight, be kind to others, eat your veggies, blah, blah, blech. After all, ask any parent and they will tell you the one thing they want most is for their kids to grow up and be happy. Should we not insert some, "how to be a stand-up comic" types of lessons? Here are a few good ones:

- Everyone should know a couple of commonly-accepted, non-offensive jokes to insert into conversation or break the ice. Why did the chicken really cross the road?
- Laugh at yourself without putting yourself down. Do not use this method too frequently or others will question your self-confidence, but a few well-placed zingers can spice up a conversation. "I thought that remark accusing me of having amnesia was uncalled for. I just wish I could remember who said it." ~ former U.S. President Ronald Reagan.
- Look for comedy in everyday life. Have competitions with your kids to see who can find the most non-offensive things to giggle about during the day. Start with all those curious-baby-animals-get-into-awkward-situations videos.
- Find humor in stressful situations. Kids stressed about exams? How about writing some puns? Examinations – the only way to know something at least for a few days.

According to MD Junction, laughing has been shown to improve your immune system by helping your body produce more infection fighting materials and lower the amount of stress hormones in your body.

Aside from that it has also been shown to relax your muscles and lower your blood pressure, making it a great way to keep your heart healthy and lower your chances of having a heart attack or stroke.

Another benefit of having a good sense of humour is that laughing is good for your brain. According to a study by the University of London of Neurology good jokes can activate the part of the brain that is important for learning and comprehending. Simply by listening to new jokes we are working those muscles and that may improve our brain in other ways.

While I am thrilled and proud of my daughters' humour, I wish I had emphasized the importance of it when they were younger. As a parent, I am always slipping on banana peels...

MOTIVATIONAL KICKSTART: EMPOWERMENT AUTHOR TONIA BROWNE

Often we endeavor to shape our lives, but don't know which directions will open up for us. Tonia Browne, a teacher and school administrator, threw herself into motivational writing, and has become a published empowerment author providing valuable insight that helps others.

By rising to her calling she has become a great example of her own teachings, She shares her uplifting story with Tempo...

"Luckily right now I can say I am one happy lady. So much seems to be happening for me and I am really enjoying the opportunity to write. I will always consider myself a teacher though, as I have been teaching for over twenty years and was an Assistant Head for seven. It is a great profession. I've been in Abu Dhabi for eighteen years. I love it. I am also a Heal Your Life coach and have a range of supporting therapies to help people make changes in their lives and to reach their goals.

"When I was in my late teens I wrote a lot of poetry but I did not really write again until more recently. Writing to support others is something new and fun for me. My first published chapter, in a multi-author book, was last year. I have published four more chapters since then, and hopefully more to follow. I am presently writing my own book. My mum thinks this is all great, as she still remembers my school calling her in to discuss my learning issues. They wanted her to seriously consider what to do with me, as they didn't think I would get any academic qualifications or become a fluent reader. I don't think either of us can really believe how life turned out. I became an Assistant Head and I am now also an author. That's my main impetus for writing, to share the message to never give up on yourself or to stop believing in the unexpected.

"I love the creative process. You create something but it also creates something in you. The process of drafting and redrafting helps sharpen your perception of things and quite often you get a-ha moments yourself that you had not realised until the moment of writing. When you get into the right zone you don't write the book, it kind of writes you!

"My chapter in The Empowerment Manual: 4 Steps to the Party: Participating in the Party of Life is about the art of manifestation. It's hard to change your life if you are stuck in the mindset that life doesn't work for you. That's what our writing is all about. The chapters are full of uplifting and inspiring stories and also coaching and supporting strategies to help you find your way forward, especially if you feel stuck.



I am a trained Heal Your Life Coach and Business Trainer and through this connection I was invited by Lisa Hardwick to write a chapter for her publishing company, Visionary Insight Press. I really liked the idea of writing for an organization with a philosophy of supporting their authors and publishing messages to help others. I can't praise them enough. The rest as they say is history.

"I'm excited to say I am in the book Manifesting Modern Miracles. I will also be in the next multi-author book Wisdom from the Wild Heart which is dedicated to my father. Both books are by Visionary Insight Press. I have also just written my own book called Spiritual Seas which is about the sea providing opportunities for spiritual and personal growth. It is a combination of my diving adventures, spiritual insights and practical strategies for riding the waves of life. I plan to release my book later this year.

"One minute I was an Assistant Head teaching children and then the next I was writing self-help books for adults. Yet most people were extremely congratulatory and I have had some lovely responses to my chapters. One particular feedback meant a lot to me. A reader had a family member read my chapter Rag Doll Blues in the VIP multi-author book Whispers of the Heart, as they had a dyslexic child. She said it had given the family and herself hope and inspiration. I can't think of any better praise or purpose for writing than that."


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TRÉVON DYSON AKA SHARISE AKA TRÉ

Age: 30 | Profession: Teacher/Makeup Artist (Beat by Tre Makeup Artistry) | Nationality: USA
Motto: "To whom much is given, much is required."

Your most valued possession?

My most valued possession is my family. To me they mean everything.

Where can we find you hanging out most?

LOL, probably in a food court and if not there at a makeup store.

One thing you cannot live without?

Sadly, currently my iPhone. LOL don't judge me. It keeps me organized. It's an extension of my brain when it comes to writing down notes and whatnots.

Four other things you need for your survival?

Food. Makeup. Macbook. INTERNET!!!!! LOL

Car you would like to own?

I'm real easy going. I want a custom colour Jeep Wrangler, LOL.

Typical day in your life?

I get up and do my job as a teacher. I go to a client or I am practicing on myself or researching makeup. I end the night on Snapchat with my family, specifically my oldest nephew. I love him LOL. Funny kid at 2 years old.

Where you see yourself in 10 years?

With two or three businesses and relaxing on a private beach with a mojito. Mojito is a must LOL.

Your idea of peace?

Peace is so complex, but on a smaller scale, peace for me is time for me to just sit in silence and reflect.

Goal in life?

To touch lives. I am not seeking to be famous, but I do seek to simply touch lives. To leave a legacy to make my family and my children (that I will one day have) proud.

An item you keep buying (even though you have plenty of it)?

LOL, that would be makeup. LOL, personally I feel you can't ever have enough but sensibly right now I have enough but I can not stop buying it.

A random act of kindness you performed recently?

I often bring care packages to the cleaning staff at my job and phone credits for them to call their families bc family for me is so important.

Three things that you can improve on tomorrow?

To just do. When you're tired or even thinking you can put it of, just do it. It's taught me that you need to fail to succeed so embrace it. Speak more positivity and feed yourself and not be too hard on yourself.

Anyone in your life deserve a big old thank you?

My mom. My mom made a lot of sacrifices for things that I wanted to do when I was younger which have all been a stepping stone to where I am now.

Have you found your purpose yet?

I would like to say that I have. I love making people feel beautiful and boosting their confidence and makeup allows me to do that. However I am always evolving so maybe I haven't but for now, I think I have.

The craziest thing you've ever done?

LOL, I am not sure about this one. I am such a planner.

Your earliest memory?

My earliest memories are summers in Louisiana with my cousins. Simply playing outdoors all day long and having to be forced to come outside. There is something about being outside that is just so freeing. Breathing in fresh air is amazing!

If your life was a book, what would it be called?

LOL if it were a book, it would be called "Be patient, God is not through with me yet." A movie, LOL I am not sure.

If given a chance to change your name, would you?

I wouldn't change my name. I love and hate that people mistake me for a man if not having met me LOL. It adds to the uniqueness and the mystery of who I am.

How social are you? (Facebook/ Twitter/ Tumblr etc)

That I am. I've 3 Instagram and 3 Facebook pages, business of course. (Insta: @Trevon.Dyson, @CuratedByTre, @MaryKayByTre / FB: Beat By Tre Makeup, Curated By Tre, Mary Kay By Tre) I'm very selective about who I let into my personal space/page so I pretty much know the majority of my friends.

To look absolutely fabulous, how would you dress?

Heels and some makeup. Sometimes I throw on a wig depending on how I am feeling. LOL mostly tho I just need some heels and makeup.

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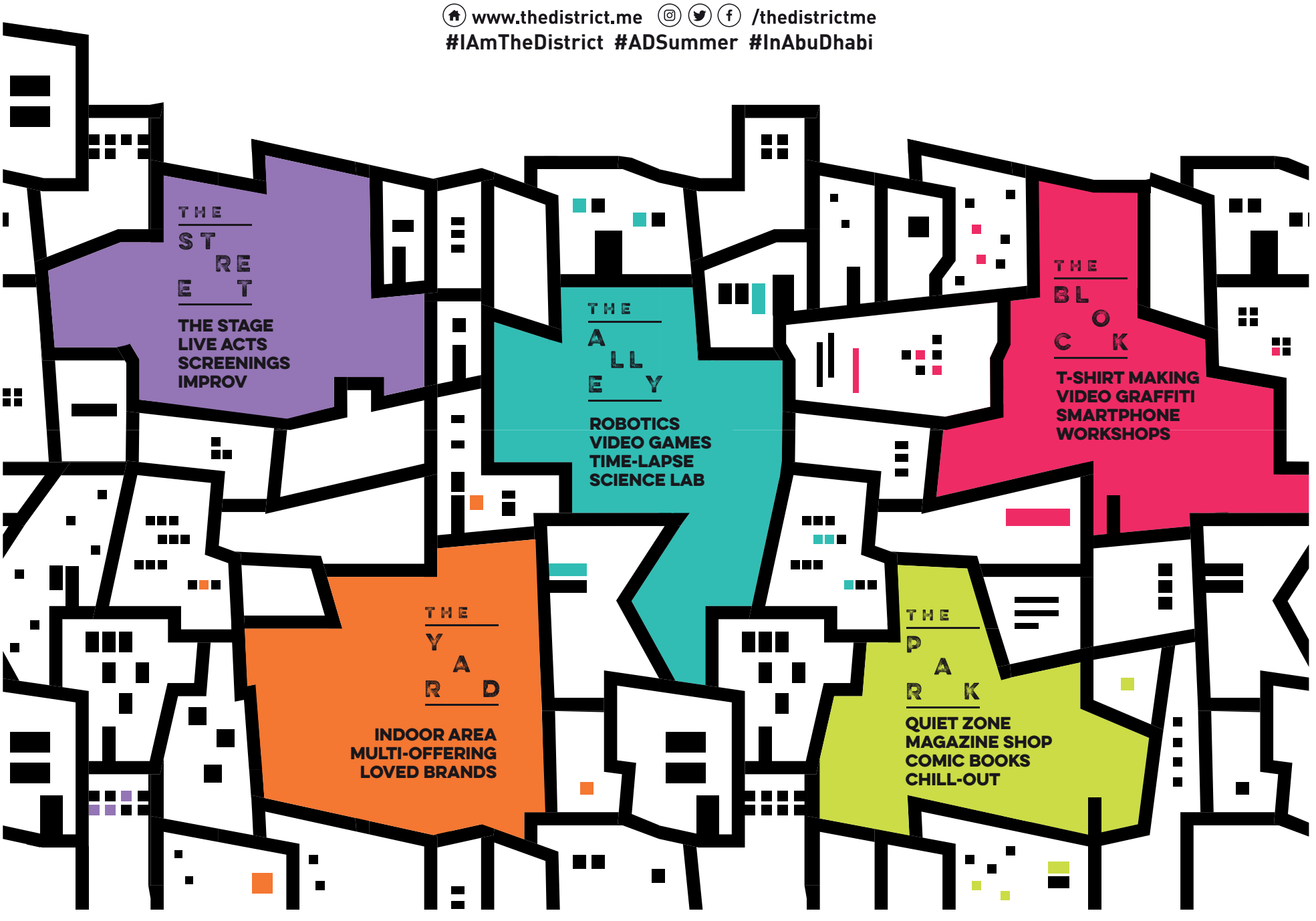
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