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OF WEKAFORE**

P.10 **GIVE A DAMN** and Help Others

P.22 **Traffic Safety: It's Our Responsibility**

Fashion Matters



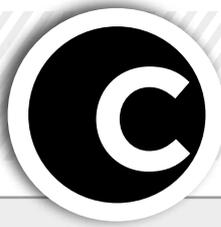
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If you can't fly, then run, if you can't run, then walk, if you can't walk, then crawl, but whatever you do, you have to keep moving forward.

- Martin Luther King Jr.

COVER PAGE PHOTOGRAPH

An exclusive preview of Wekafore's upcoming spring 2016 collection.

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At TEMPO we believe in kindness, and compassion, and generosity. We believe that if we allow it, kindness is a natural reaction, and it makes us all better people.

Giving to others makes us feel good about ourselves, and it also has the potential to make others emulate the behavior of giving. Doing good is growing as a movement, as regular folk step in all around the world to volunteer and help others.

The great thing about kindness is that it is contagious. At TEMPO we've always known that, but there are numerous studies that corroborate this. One such study was conducted by the University of California, Los Angeles, as well as the University of Cambridge and University of Plymouth in the United Kingdom. The study showed that once you adopt a 'moral elevation' where you say that you want to be a better person -this mindset makes you take opportunities that come your way to act proactively.

With that in mind, we are launching a new page called 'Give a Damn'. Through it we enjoin everyone to make a concerted effort to show more kindness, and compassion and generosity. We ask you also to share your thoughts, your needs and what inspires you.

Embrace the energy, and do give a damn.

Spread kindness and harmony.

Sana Bagersh
Managing Editor

@sanabagersh
bagersh@tempoplanet.com



Driving on our streets is a case of dodgem cars on any day, however I recently avoided a collision with a driver who cut in front of me then suddenly then slammed on the breaks to avoid hitting the car ahead of him. There's no magic formula to solve the growing problem of accidents and injuries on the road. The only way to have safer streets is for all of us (collectively) to be better drivers, and that means obeying the laws! See our spotlight on traffic safety on page 22.



There are so many people struggling in many countries, and sometimes we feel paralysed by the sheer weight of it all. But sometimes it's a little thing that make us see it differently. A photograph of a Palestinian man on the roadside carrying his young daughter while selling pens did precisely that. But what was incredible is how one person used crowd funding site Indiegogo to raise money and transform the man's life. This kind of thing not only restores our faith in humanity, but demonstrates the power of one person - to make a difference.



All the stores everywhere seem to be 'on sale' these days, but there have been some interesting comments on social media about 'inconsistencies,' shall we say, as prices are advertised but not honoured at the register. Or in a few cases, customers finding out later that some of the items in their shopping bags were scanned twice. Honest mistakes? Maybe. But, caveat emptor just the same!



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SCAN HERE:



HOW TO COLLABORATE

Collaboration is defined as the action of working with someone to produce something. For any collaboration to occur you need a creator, a mover, and a connector. A successful collaboration integrates different roles:

Connector – A connector is always looking for who they can talk to. They will talk to anyone about anything at any time. The connector never looks at how they win, lose, fit, or benefit. They look at what they can contribute. People will come to you, pay you for your service, and then tell everybody they know, how wonderful you are.

Mover – A mover is always looking for what has to be delivered. This is someone who knows what will happen in the future and knows what will have to be delivered. A mover always looks at the possibilities and asks, “What’s going to be needed next?” They are more futurists than anything else. A mover is the person who is always prepared for what has to be delivered now and in the future.

Creator – A creator is always looking for what’s possible. They are aware of the energy that must happen for something to be created and they carry the vision – as an energy that they know can come into existence. The creator lives from, “What’s possible? What choice do I have? What can I contribute?” They don’t just ask these questions, they are living them.

Foundational – If you have all three of these together and you are one who has all three, you are a foundational person. Which means you really need to create a business that other people run for you. A foundational person can stand alone and do all three. These

people should bring in a creator, a connector and a mover rather than doing it all themselves. You need to look at these and ask, “Which of these am I? And how can I expand my project with all of these?” You have to be willing to use all of these players.

What else is needed in a collaboration?

Clarity about the deal– In a collaboration it is important to be very clear. The following questions can ensure everyone is clear about the collaboration:

- What is the deal?
- What do I want delivered? (Can this person deliver? Will they deliver?)
- What do I have to deliver to get what I want?
- What am I unwilling to ask for?

In any business, you have to make be exact about the collaboration. It is important to get clear and succinct details about each person’s role:

- What does that mean?
- What is that going to look like?
- How is this going to work?
- What are you going to deliver?
- When are you going to deliver it?
- What is that going to cost?
- What do you expect of me?
- What do I have to do in order to get this done?



Nilofer Safdar is a Life Coach.
nilofer_light@yahoo.com

TEMPO POLL OF THE MONTH

HOW DO YOU FEEL ABOUT GOING BACK TO SCHOOL AFTER SEVERAL MONTHS OF RESTFUL BLISS?

Excited! Summer gets boring at some point.



No. Just no. Can I get another month of vacation?



I miss my friends, so I'd go to see them... but that's about it.



Yaaass! School is literally the best place to be



ON ABU DOGGIES: FOSTER HAVEN FOR HAPPY TAILS

Your work and mission is truly inspiring to all young people out there who want to create change but are too afraid to do so. Your passion and love for animals is heartwarming - keep it up and I hope to see Abu Doggies keep growing. Best of luck!

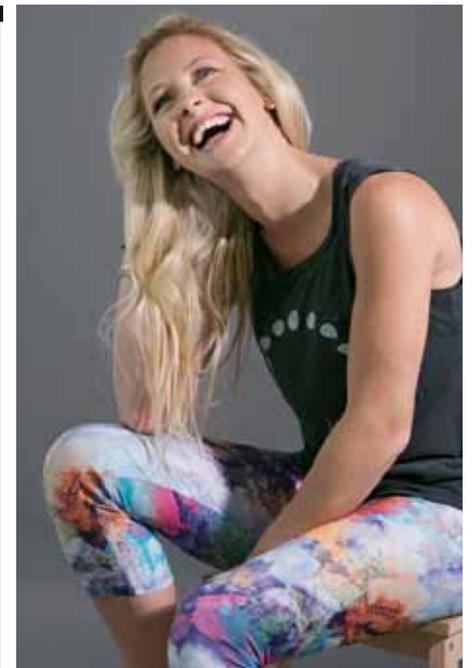
- Vanessa Clark



ON YOUTH TALK: BODY IMAGE - SHAKE IT OFF!

Thank you for your inspiring message, I think it will really encourage young people to stop comparing themselves to the idea they have of “a perfect body”. It is sad to think that so many struggle with body image issues.

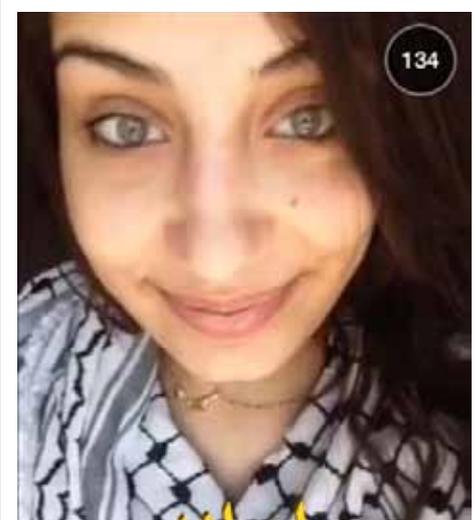
- Sara Khoury



ON REACH YOUR FITNESS GOALS WITH @HEALTHYHOFFY

Your work inspires me (and I'm sure hundreds of other readers would agree) to maintain a healthy lifestyle and to commit to it, and overall to enjoy life. Thank you for that! I hope that you continue inspiring women all around the world and keep doing what you love.

- Fatima Kattan



ON GENERATION Z: #WESTBANKLIVE

I love this story - shows how social media and technology can be beneficial, highlight the beauty of life, and enlarge people's perspective of the world. While it may cause controversy, it also gives people the opportunity to tell their own story and share it with others who can relate.

- Kevin J

quest for quirky



By KIMBERLY MOULTRIE | @Friedwanderer



PAPER CHASE

School is underway which brings to mind today's classrooms, which are equipped with the latest technology - from iPads and tablets containing lectures, videos and textbooks to video conferencing and distance learning software. So what's the future of paper? Will its use become obsolete? Wait! Don't throw out the paper yet! Here we chase up some cool alternative ideas for paper...



Girls who want to spice up their look, try creating some paper jewelry.

Classroom textbooks, create a cute bookmark.




Classroom air conditioner not working properly? Make your own paper fan and stay cool.

Keep your school supplies in your own paper basket!



Got more uses for paper? Let me know @friedwanderer.

tweets for thought



HH Sheikh Mohammed
@HSHkMohd



Official Tweets by His Highness Sheikh Mohammed bin Rashid Al Maktoum

"Innovation is what defines our status among nations and the value we add to the world around us."

Jim Chapman
@JimsTweetings



Main channel <http://youtube.com/jimchapman>

"Right then Sunday, let's do this! (By 'this' I mean 'absolutely nothing because it's Sunday!'"

Saleh Al Braik
@SalehAlBraik



"You create what you wish to see around you. You can't expect someone to come and change things for you. If you are waiting for someone to come and save you, then you are wasting your time. Take ownership of your own life. #FearlessSays

Alfie Deyes
@PointlessBlog



Do more of what makes you happy.

"You are stronger than whatever you are facing right now."

Amanda Seales
@amandaseales



My patronus is a black panther with wings! Comedian/Host/DJ/Catlady

"Your circle is sacred. Only let the people in that demonstrate they deserve to be in."

Kris Fade
@krisfade



That Radio Guy. Stupidity Always Wins. Swimwear model.

"If you were told you couldn't do it for the rest of your life, it's then you'd want to try it for the first time! #DoitallNOW

Hava
@umhxva



Law student || half youtuber and half blogger || I write things

"There is nothing wrong about realizing that you are more than what others think of you."

Lady Gaga
@ladygaga



Jazz art pop punk

"Today, do something you wouldn't usually do, and take surveys of how it makes you feel. It may surprise you!"



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



SEPTEMBER VIRAL VIDEOS

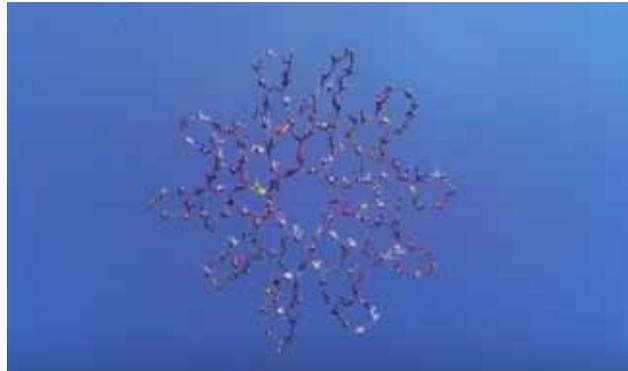
Do you have a favourite video?
Share it through Facebook or Twitter!

Viral videos sent in by Tempo readers.



Foo Fighters Rockin 1000

What do you get when 1000 Foo Fighters fans come together and perform the famous band's hit song? This amazing video right here. Watch these dedicated fans invite the Foo Fighters to their small town with this amazing invitation.



World's largest ever vertical formation

Although it looks beautiful, this formation took them 13 takes to perfect. Talk about a commitment. Enjoy this breathtaking video of 164 SkyDivers forming this gorgeous flower.



Golden Retriever meets new puppy for the first time

Indulge in the utter cuteness of this Golden Retriever and his new little friend! This adorable video shows the two dogs playfully enjoying each other's company. This is way too cute...



McFly's Tom Fletcher duet with Son

What's just as cute as dogs? Babies. Specifically, McBusted's Tom Fletcher's baby boy, Buzz. This video shows Buzz and daddy singing along to a song. Well, we know one thing, Buzz is definitely following in his talented dad's footsteps!



Baby Elephant Calf vs Birds

Okay- for real though. Elephants are cute just by themselves. But when a BABY ELEPHANT CALF is jumping and playing around with a group of birds, happy emotions are flying everywhere. This short video shows the calf happily enjoying the day playing with birds.



Kodaikanal Won't

Watch this inspiring video of a girl protesting against Unilever for failing to clean up their mercury and poisoning many at the Thermometer factory. And to make things even more interesting, she used none other than Nicki Minaj's hit song 'Anaconda' to cover.



Thrill seekers on Dubai Skyscraper

Dubai is known for its insanely high skyscrapers. These two "thrill seekers" filmed themselves jumping around the very top of the Burj Khalifa without ropes nor any support.



Abu Dhabi's New Robocop Car

We all know that the Dubai and Abu Dhabi police departments update their lavish police cars making their rides a little more tech-savvy. Well, the newest addition to the Abu Dhabi Police department just got a new addition!



Child Predator Social Experiment

With the advent of Social Media, things are becoming easier for everyone - even for perverts. Witness how easy it is to pick up unknowing minors in this social experiment and how you can protect yourself (or your kids) from this.





“No matter how many buildings, foundations, schools and hospitals we build, or how many bridges we raise, all these are material entities. The real spirit behind the progress is the human spirit, the able man with his intellect and capabilities.”
[@bank_anandana](#)
 I have nothing. The world is our home!



“Istanbul, Turkey”
[@dadaist34](#)
 serpilgültepe. A teacher in istanbul /Kadıköy Photos belong to me, my time



“Left or right?”#vscolors#primerolacomunidad#MexicoAlternativo#wu_mexico
[@arturorive](#)
 Arturo Orive • My upside down life



“That one time @cameron_sky took the Rockies!”#lmbinterruption#socalitycolorado#liveauthentic
[@yoriles](#)
 Riley Russill
 Albuquerque, NM | God is enough. Inspired to create.



“Buenasnoches!”
[@marielvira](#)
 Marielvira
 Mum of two. Love photography and simple things. Barcelona, iPhone only



“Sometimes it’s like the sky bleeds this city”
[@rum4life](#)
 A visual journey through time Creator of creativity * Welcome to my palette.



#WHPimperfections#perfectimperfections#doyouseeit#itsokifyoudont
[@iamtomchang](#)
 TomChang™
 #ShootingShelfies#adagetuesdays



“Wanderlust”
[@dane.isaac](#)
 Dane Isaac
 Snapchat: Dane.Isaac || Daneisaac@gmail.com



“pursue of happiness” [sic]
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NEAR 40 OUTLETS

now showing this month

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



THE TRANSPORTER REFUELED
GENRE: ACTION, CRIME, THRILLER
TEMPO PREDICTION: ★★★

IN THE SOUTH OF FRANCE, FORMER SPECIAL-OPS MERCENARY FRANK MARTIN ENTERS INTO A GAME OF CHESS WITH A FEMME-FATALE AND HER THREE SIDEKICKS WHO ARE LOOKING FOR REVENGE AGAINST A SINISTER RUSSIAN KINGPIN.

GOSSIP: ED SKREIN LEFT GAME OF THRONES (2011) FOR THIS MOVIE.

Directed By: Camille Delamarre
Cast: Ed Skrein, Ray Stevenson, Gabriella Wright



THE INTERN
GENRE: COMEDY
TEMPO PREDICTION: ★★★

70-YEAR-OLD WIDOWER BEN WHITTAKER HAS DISCOVERED THAT RETIREMENT ISN'T ALL IT'S CRACKED UP TO BE. SEIZING AN OPPORTUNITY TO GET BACK IN THE GAME, HE BECOMES A SENIOR INTERN AT AN ONLINE FASHION SITE, FOUNDED AND RUN BY JULES OSTIN.

GOSSIP: REESE WITHERSPOON WAS ORIGINALLY CAST BUT SHE DROPPED OUT AND ANNE HATHAWAY REPLACED HER.

Directed By: Nancy Meyers
Cast: Anne Hathaway, Robert De Niro, Nat Wolff



THE MAZE RUNNER: SCORCH TRIALS
GENRE: ACTION, SCI-FI, THRILLER
TEMPO PREDICTION: ★★★

AFTER HAVING ESCAPED THE MAZE, THE GLADERS NOW FACE A NEW SET OF CHALLENGES ON THE OPEN ROADS OF A DESOLATE LANDSCAPE FILLED WITH UNIMAGINABLE OBSTACLES.

GOSSIP: THE DIRECTOR WES BALL SAYS THE MOVIE WILL DIVERGE FROM THE BOOK A LITTLE BIT, BUT WILL GET BACK ON TRACK IN THE THIRD INSTALLMENT TITLED THE DEATH CURE.

Directed By: Wes Ball
Cast: Dylan O'Brien, Kaya Scodelario, Thomas Brodie-Sangster



HOTEL TRANSYLVANIA 2
GENRE: ANIMATION, COMEDY, FAMILY
TEMPO PREDICTION: ★★★

DRACULA AND HIS FRIENDS TRY TO BRING OUT THE MONSTER IN HIS HALF HUMAN, HALF VAMPIRE GRANDSON IN ORDER TO KEEP MAVIS FROM LEAVING THE HOTEL.

GOSSIP: CEE-LO GREEN DID NOT REPRISER HIS ROLE AS THE VOICE OF MURRAY THE MUMMY DUE TO HIS ARREST. INSTEAD, KEEGAN-MICHAEL KEY REPLACES HIM.

Directed By: Genndy Tartakovsky
Cast: Adam Sandler, Selena Gomez, Nick Offerman

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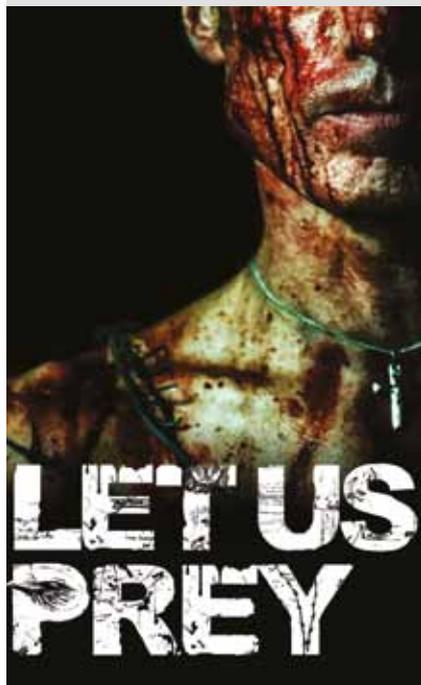
●● tempo reviews

By ALEECE SMITH

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

Follow Tempo on Twitter for more reviews.

Let Us Prey



In Let us Prey, Brian O'Malley directs a small cast of actors through some standard horror tropes to create a satisfactory movie about justice and punishment in a world wealthy with bad guys. That's probably all you need to know to determine whether you will like this movie, so reading on will only serve to give horror fans a way to lure people to see the movie with their movie-gore-loving friend.

The movie follows eight characters through the night shift at a jail in a little Scottish town. Some of those characters are real creeps. We don't get much of a chance to ponder the motivations of these creeps, but that's probably fine for a horror flick.

On the less creepy front, Polly McIntosh does a convincing job portraying a rookie cop looking out for the innocents in this world, but it's the mystery man played by Liam Cunningham who really drives the plot. This guy knows things and haunts people's thoughts with their own skeletons.

As the play on words in the title suggests, you can expect religious utterances and morality-based retribution throughout Let Us Prey. Then again, this is a horror movie and a horror movie is hardly a horror movie without morality-based retribution.

Catch it on Blu-Ray: Bessie

For those of you who enjoy narratives of the tumultuous off-stage lives of entertainers, Dee Rees directed a biopic featuring the life of American Blues singer Bessie Smith.

Starring Queen Latifah as the Empress of the Blues, Bessie tells an engaging story about humble beginnings, a star rising and then dimming. The cast plays well off each other and includes Mo'Nique as Ma Rainey, Smith's primary showbiz mentor and sometimes rival, Michael Kenneth Williams as husband Jack Gee, and Khandi Alexander as sister Viola. These actors and the rest of the ensemble deliver a believable story about the singer's complex personal relationships and the hostilities she faced as a black performer in the 1920s and 1930s.

Although the film gives even screen time to the highs and lows of Bessie Smith's life, all events seemed to be soaked in some terrible contexts. For instance, the film repeatedly drives home the point of Smith's toughness when it came to protecting herself and others, so that means we repeatedly see Smith under some kind of attack.

All in all, this movie does not make the required viewing list, but if you are looking for a movie about a woman living on her own terms and facing the cost of those choices, this could be an empowering watch.



WANT TO MAKE A MOVIE? MAKE A SMOVIE



THE SMOVIES COMPETITION SEASON 2: "The Message"

THE DEADLINE: Submissions should be received by Sep 15.

THE THEME: #SmoviesMessage

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

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

THE LENGTH: 15 seconds to 2 minutes.

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

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

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

The Smovies is a platform that supports filmmakers.

While you may start planning on the I Love UAE category which launches Sept 15, right now we are only accepting entries for "The Message" competition. See www.thesmovies.com for more details on this.

NEW YORK FILM ACADEMY

New York Film Academy presents the First Prize for the winner: 1 week scholarship Accelerated Filmmaking Program involves shooting 4 films in 5 days.

Choice of location:

New York
Disneyland, Florida
Harvard, Boston
Paris
Florence
Sydney
Queensland

Conditions: Travel, Room, and Board not included.

1 SHOOT YOUR
SHORT FILM

2 TO UPLOAD GO TO
WWW.THESMOVIES.COM

3 GET SCREENED
ON VOX CINEMAS

Competition: #SmoviesMessage

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vox cinemas

For more information, go to:

www.thesmovies.com

Connect with us!

Facebook Page and Group: The Smovies

Twitter: thesmovies

**GIVE A
DAMN!**

A page dedicated to spreading kindness, compassion and generosity. We invite you to share your stories about your social and charity causes. Email us on editorial@tempoplanet.com



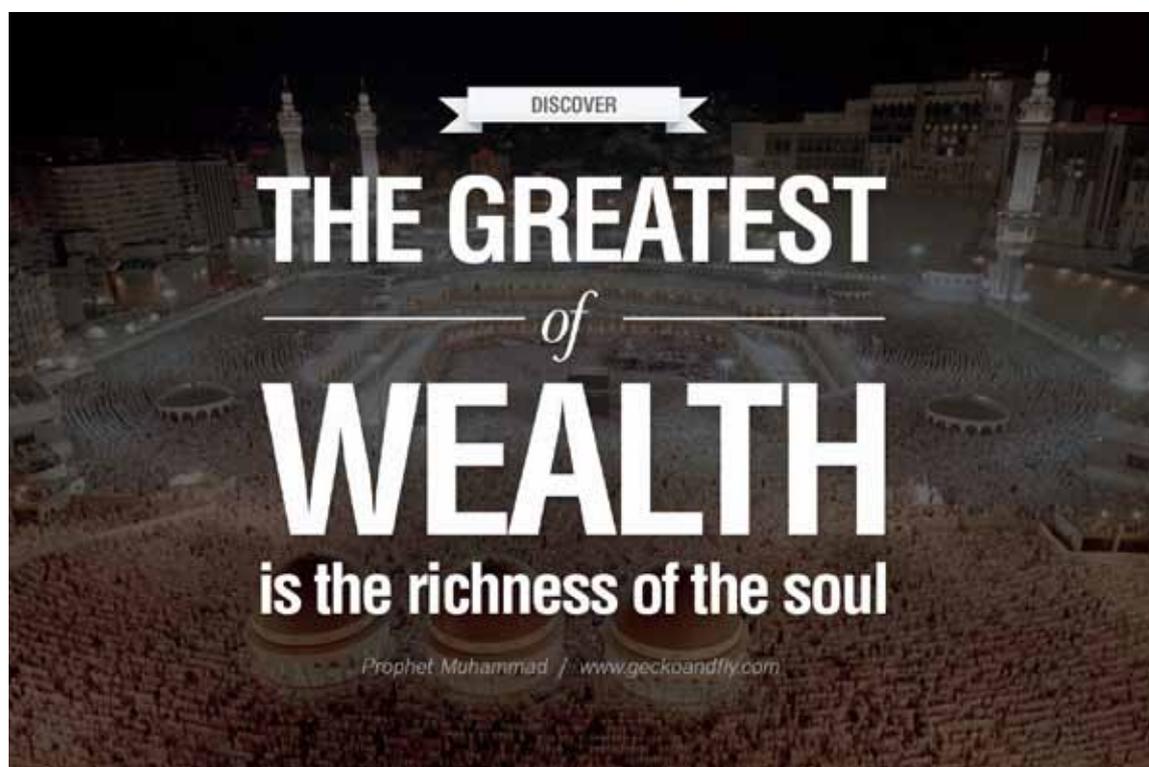
THE POWER OF THE CROWD

This photo of a Palestinian father selling pens on the roadside while holding his sleeping daughter struck a nerve with journalist Gissur Simonarson, who then posted it on the online fundraiser Indiegogo to raise money for the man. The site was flooded with a generous outpouring from all over the world, reaching USD 117,000 in just 24 hours!



HELP YEMEN! EMIRATES RED CRESCENT ISSUES AN APPEAL

If you want to help alleviate the pain of the Yemeni people, this is your chance. The Emirates Red Crescent has launched a donation campaign that includes a telethon to raise funds to help 10 million Yemeni citizens affected by the current crisis. The telethon takes place on September 4 on several TV stations and through 200 sites across the country that are ready to collect cash and material donations, including 171 in Abu Dhabi city, 47 in BaniYas, 45 in Al Ain, 11 in Dubai, 19 in Sharjah, 12 in Fujairah, 6 in Ras al-Khaimah, 3 in Umm al-Qaiwain and 2 in Ajman. Donations can also be sent to the campaign's bank accounts in Abu Dhabi Islamic Bank, Dubai Islamic Bank, Sharjah Islamic Bank, as well as via text messages, ERC website and social media accounts.



INTERN LOOKING FOR A JOB

On Tempo's radar is a young Arab man who's graduated from university and is looking for work. He is fluent in English and Arabic, and knows a bit of everything: design, social media, event management, sound engineering etc. This young man has had a bit of a rough time, and Tempo recommends him. If you're interested in interviewing him drop us a line and we'll connect you to him.



A TEMPO FAVOURITE:

The capacity for compassion is not exclusive to humans, see how this dog tries to revive fish out of water.





BY JAE FRANKLIN | @jaefranklin

MUSIC STREAMING: ANGHAMI VERSUS APPLE MUSIC

I have an iPhone and it's my lifeline - part personal assistant, part diary, and part radio. Yep, my iPhone is my personal jukebox. Whether I'm shopping in Waitrose or in route to a Rooftop Rhythms event, I convert my iPhone into a handheld radio. I no longer tolerate redundant car insurance commercials because my phone plays only what I want to hear whenever I want to hear it. After all, we all want access to our favourite music - anytime, any place.

Commercial radio is a great way to hear a variety of music, but most times the songs I want to hear aren't playing on Radio1UAE or Virgin Radio. They are actually right at my fingertips.

Ever heard of 'music streaming'? By now, you've probably heard the term mentioned by Apple CEO Tim Cook or pop star Taylor Swift. The growing global interest in music streaming has increased tremendously in the past 5 years. With over 70% of the UAE population using mobile phones this year, mobile streaming will become more popular than ever. With music streaming, companies can grow their market share, artists can gain more exposure and additional earnings, and customers can play the entire Coldplay catalogue offline and uninterrupted at 4:00 am. In a way, everybody wins. Music streaming for consumers is simple. All you need is a mobile phone, a data plan, and a pair of earbuds or headphones.

iPhone perks are plentiful and Apple Music is one of them. iPhone owners now have access to the newest music streaming service in the Middle East. Although Apple Music is not available for Android, Windows Phone, or BlackBerry, the service has

benefits like single and family plans, a sleek UI, and curated playlists. So let's dive in.

After testing Apple Music for a week, I have to admit that I'm impressed, but slightly disappointed. The Middle East did not get Beats 1, which is Apple Music's 24/7 radio station. Instead, what you'll see as you log into your free 3-month membership account are featured radio stations like "The Mix Tape," "Charting Now," and "Pop Hits," which play songs from different genres. After sifting through the music search feature, I'm pleased with the range of music that popped up after my searches for Arabic and indie music. The interface is really easy to navigate. But I was curious about Anghami and how it compared to Apple Music. I downloaded Anghami a few weeks ago and I could not believe what happened.

I fell in love with Anghami. The service is dynamic and, apparently, over 13 million users agree. With 9 million international tracks, I won't be at a loss for discovering cool music. Through a partnership with MBC, Anghami has exclusive Arabic content, covering shows like X Factor, The Voice, and Arab Idol. Anghami knows their audience and that's the beauty of their service. The app is available on most platforms from Android, Windows Phone, BlackBerry, and iOS. Quality is also a priority for Anghami. Their curated, high-quality music playlists are targeted to every MENA country with a focus on the differences in Arabic music. They span the gamut from pop, jazz, urban, electronic house, chill-out and more. The company also guarantees that customers will use less data than any other competing service. You won't have to worry about exceeding your mobile data plan.

So which service is best for the MENA region? For the MENA region, Anghami's service is the best. It's affordable, with FREE accounts always available. Cross-platform accessibility, offline streaming options, and a planned roll out of cool features like exclusive music video clips by October 2015 are undeniably superior. Anghami has positioned itself to take on any competitor including Apple Music.



BY VERA ROSALES | @verarosaes

"BADLANDS" ARTIST - HALSEY



What do you get when you mix feminist angst, vividly metaphoric lines, dark yet uplifting synthetic beats and a hypnotic voice that you know will be an addiction to human (maybe even alien) ears? Ashley Nicolette Frangipane better known as the indie pop artist, Halsey, breaks ground with her recently released studio album, 'Badlands'.

A New Jersey native with an 'empire state of mind', Halsey is no beginner in music, having been brought up with a background playing various string instruments such as the violin, cello and acoustic guitar. Strongly influenced by her parents' taste in music (her father and mother into early 90's hip-hop and pop respectively), her work encompasses the genres in her very own style and delivery.

The album consists of 16 tracks, each one complimenting the theme that Halsey set during its promotions this past summer - and indeed it takes on a journey to and in the self-titled 'Badlands'.

Kicking off with hits like 'Castle', 'Hold Me Down' and "New Americana", she emerges as a heroine in pursuit of domination, acknowledging her weaknesses that will eventually be the reasons of how she will get on top. The start of the album gives off a feeling of empowerment and demonstration, asking listeners to stand up, and fight

against the fears that stop them from being whom they truly are.

From a hyped introduction, the tone quickly transitions to mellow but transcendent songs such as, 'Drive', 'Hurricane', 'Roman Holiday' and 'Ghost' (being my personal favourite), sending messages of reckless but understanding love whether it pertains to a significant other or someone's family or circle of friends. The album then takes a turn to self-actualization, from the chilling 'Control' to the last single, 'I Walk the Line', giving a chance for the listener to reflect once the final piece is followed by absolute silence - unless you have the album 'on repeat', then you will be taking the amazing trip all over again.

Halsey successfully sends us to her world in over an hour of smartly written lyrics and easy to 'head bang' to beats, rhythm and melody. 'Badlands' is a phenomenal representation of the singer's poetic and no holds barred nature - bold and honest, through and through. The songs were ideally placed in an order that gave just progression that eventually led to a clear conclusion, sticking to the theme in such a consistent matter it was almost entrancing. Entrancing? Yes. Yet you are fully aware of what's going on during the whole album experience.

Frangipane was the driver, and I was in the passenger seat of a top down vintage convertible, cruising along a deserted highway to who knows where. And I was so glad that I took the ride.

Listen to my personal favourite off the album, 'Badland's here: <https://soundcloud.com/halseymusic/halsey-ghost>



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COMEDY FRIDAY

4 SEPTEMBER

AL RAHA THEATRE, ABU DHABI

The comedy act will see leading comedians from across the Middle East and USA. The main act is Eddie Griffin, American actor and comedian, best known for his roles in movies like Scary Movie 3, and Norbit. The other US-based comedian is Wil Sylvince, who has frequent comedic performances on Comedy Central and Showtime. Born in Egypt and raised in California, Ahmed Ahmed, a regular performer at Comedy Story in Hollywood, The Laugh Factory, and Comedy Cellar, also performs during the show. Comedian Mo Amer, originally Palestinian but born in Kuwait and raised in Texas, reveals his entire life in hilarious stories.



Scan Here ➤



MUMMENSCHANZ, MUSICIANS OF SILENCE

4 - 5 SEPTEMBER

EMIRATES PALACE, ABU DHABI

The celebrated Swiss mask theatre troupe performs in a surreal mask and prop-oriented style of movement. In the surreal, wordless universe of Mummenschanz, everyday objects become fantastical characters, and abstract forms and ordinary shapes interact to reveal timeless truths about human connections and relationships. The troupe creates a playful and uniquely memorable experience through inventive use of forms, shadow and light and creative manipulation of sculptural, expressive masks. The result is visually stunning and transcends cultural barriers.



Scan Here ➤



ABU DHABI INTERNATIONAL HUNTING AND EQUESTRIAN EXHIBITION 2015

9 - 12 SEPTEMBER

ABU DHABI NATIONAL EXHIBITION CENTRE, ABU DHABI

The Abu Dhabi International Hunting and Equestrian Exhibition (ADIHEX) will be held under the patronage of HH Sheikh Hamdan Bin Zayed Al Nahyan, the Ruler's Representative in the Western Region, and Chairman of the Emirates Falconers' Club. The event which has grown year upon year, features a camel auction, saluki beauty contest, art and photography competitions as well as traditional hunting and equestrian activities.



Scan Here ➤



THE DIGITAL EDUCATION SHOW MIDDLE EAST 2015

15-16 SEPTEMBER | DUBAI WORLD

TRADE CENTRE

The Digital Education Show consists of a conference and an exhibition. The conference aims to bring together education professionals (primary, secondary and higher) from around the region to discuss the current trends and future possibilities of education. The exhibition brings visitors face-to-face with education services and products and the clients who offer them.



Scan Here ➤



ART SOUK

ONGOING UNTIL 30 SEPTEMBER

ETIHAD MODERN ART GALLERY, ABU DHABI

The Souk offers visitors the opportunity to expand their collection of art. Visitors can enjoy various styles, techniques, and media that bridge the traditional and contemporary. The exhibition features works by artists from all over the globe like Greek artist Yiannis Roussakis, French painter Karine Roche, Arab-Cuban artist Khaled Al Najjad, and Kim Robertson's exploration of the Japanese aesthetic pieces.



Scan Here ➤



'Blue Silence' Art Exhibition
September 1 - September 21

Romanian-French artist Mioara will be showcasing her uniquely large and vibrant paintings in 'Blue Silence' opening September 1st.

iFilmmaking Workshop

September 15

6:30-9:30

Learn to set up your device, gear and apps, video composition, audio recording and video editing and finally share them through your mobile phones and tablets.

This course is for reporters, editors, content makers, filmmakers, retail staff, communication professionals, journalism educators and web producers.

For more info and RSVP visit the facebook. [com/theSpaceAD](https://www.facebook.com/theSpaceAD)

Opera Metropolitan

September 19

6:30pm

An evening listening to some of the greatest singers of our time and marveling at the sumptuous decorum and costumes from this century's most spectacular Opera House - New York's Metropolitan Opera.



TheSpaceAD



ALICE IN WONDERLAND

18-19 SEPTEMBER | EMIRATES PALACE AUDITORIUM, ABU DHABI

Written in 1865 by author Lewis Carroll, the original has since had a series of various interpretations and remakes and Alice in Wonderland on Ice is no different. Alongside great national theatre traditions, the shows are enhanced with video technology and top professional figure ice skaters. This is a breathtaking performance that unites the majestic worlds of theatre and figure skating.

Info: <https://abudhabievents.ae/en/Pages/alice-in-wonderland.aspx>



WORLD CLASSICAL MUSIC SERIES PRESENTS FRENCH WIND QUINTET

10 SEPTEMBER | THE ONE & ONLY ROYAL MIRAGE, DUBAI

This will be a mesmerizing night of music with five musicians playing chamber music at The One and Only Royal Mirage. The French Wind Quintet comprises Philippe Bernold on flute, Olivier Doise on oboe, Patrick Messina on clarinet, Julien Hardy on bassoon and Herve Joulain on the horn. Formed just over a year ago, the French Wind Quintet have performed all over Europe. They are coming to Dubai for the very first time.

Info: <http://dcc.ae/event/french-wind-quintet/>

people calendar

Kays Al Amar

NATIONALITY: Russian

AGE: 23

PROFESSION: Pharmacist and Medical Rep

MOTTO: Nothing is ever what we expect

QUOTE: When life gives you lemons, start making lemonade.



3-5 September



9-30 September



23-26 September

Angeli Castillo

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IOS GAMES - FALLOUT SHELTER

In the buildup to Fallout 4 (due November 10 this year) we've been given iOS joint Fallout Shelter to chew on for a while.

In this smaller cousin to the console game, you play the unseen overseer of a fallout shelter and must build a shelter from scratch and attract, maintain and protect residents therein. It can be addictive or demanding depending on how you look at it. You build the shelter room by room using soda caps as currency and must add living quarters, power generation, water purification and more based on the size and population of your shelter.

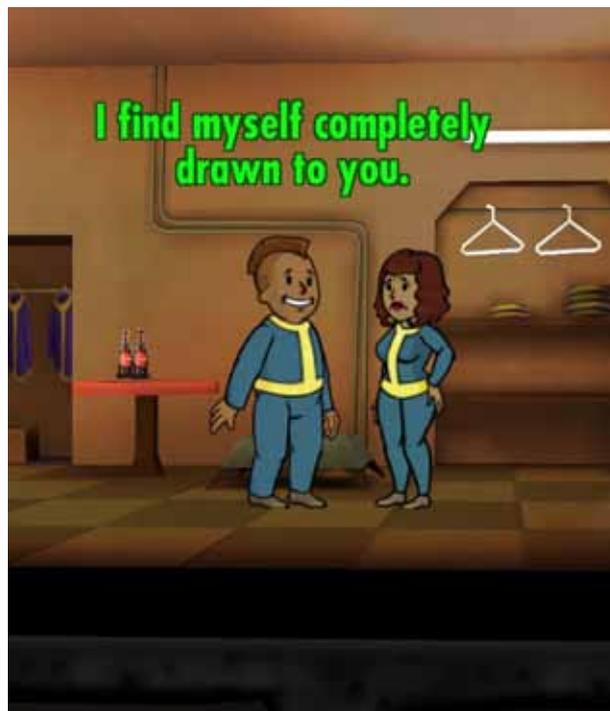


THE GOOD

It can be fun. You run the shelter almost like an ant farm, each resident has their own combination of skills that suit a role from working in power generation to having kids - ya, having kids. That's the way you get more residents - that and they turn up at your door - as do raiders and bandits.

Enter weapons and outfits. These can upgrade special skills that make a resident more effective at certain jobs. You get more weapons and outfits (and caps) through achievements, and sending out explorers into the wasteland.

It's a cute game that forces you to think about resources and how to manage them best, your residents have funny conversations depending on their personal and communal morale. Hunger, a dead resident or radiation illness means low morale - health and productivity means happiness. It can keep you occupied for hours - and that's the bad.



THE BAD

After a while you might just ask yourself, 'why am I doing this?'. The shelter needs constant attention and the balance of power, water, residents etc needs constant management - I tried maintaining a status quo but that doesn't work. You have to keep building and monitoring rooms and residents - I added up to 70 residents and then the population started to explode. But that's part of the challenge. Still I lost interest cause...well I have life. That and there's no real point but to have a shelter. So if that's your thing, this is your game. But if you need more than achievements and maybe a little narrative and story - it's a negatory.



GAMES 15

Stay tuned, 'cause Games 15 is coming up this month - the 10th to the 12th to be exact. We're hoping to talk to folks and meet some of you gaming fans! According to the press, "The ESL ESEA Pro League Invitational will centre around first person shooter game Counter-Strike: Global Offensive, with...\$250,000 (Dhs 918,000) [to be won]....Famous gamers scheduled to attend include Joe Miller, Lauren "Pansy" Scott and Leigh "Deman" Smith." It promises to be the region's biggest and best yet.



GADGETS GALORE



HP 23ZW ALL-IN-ONE PC

Have you been holding out for the All-in-One that inspires everyone in your family, then this streamlined PC could be the one. It comes Pre-loaded with Windows 10 Home 64, AMD Beema A6-6210 quad-core (1.8Ghz, 2MB L2 Cache) processor, 4GB-8GB DDR3L-1600 SODIMM RAM, 23" diagonal FHD WLED-backlit (1920 x 1080) Display, AMD Integrated Graphic, 500GB - 2TB Hard Disk Drive Integrated Sound, DTS Audio, SuperMulti DVD Burner, HP Wireless 802.11 b/g/n 1x1 M.2 NIC, HP 3-in-1 Media Card Reader, HDMI Out, 2 USB 3.0 and a choice of USB/Wireless Keyboard and Optical mouse. It's another good All-in-One PC with an affordable price.



ASUS XONAR U7 ECHELON EDITION

Are you audio geeky and not happy with your computer's built-in sound quality, Asus's Compact 7.1 USB sound card features the military-inspired digital camouflage that retains the high audio quality of the award-winning Xonar U7. It is unique to the Echelon range. Xonar U7 Echelon Edition stylish looks stand out loud and proud, but ASUS engineers have crammed the device full of features. It sees the precise locations of in-game sounds and enhance critical sounds to pinpoint the enemy instantly with Sonic Radar, gains complete control over loads of sound technologies with NEW Sonic Studio Pro technology, fast adjustments in the heat of gaming action with independent mic and audio volume controls True 7.1-channel HD (192kHz/24-bit) surround sound from a compact USB-powered device, hear the smallest sound details clearly thanks to the powerful integrated headphone amplifier Enjoy one-click surround-sound brilliance with Dolby® Home Theater V4.



ASUS TRANSFORMER BOOK FLIP TP300

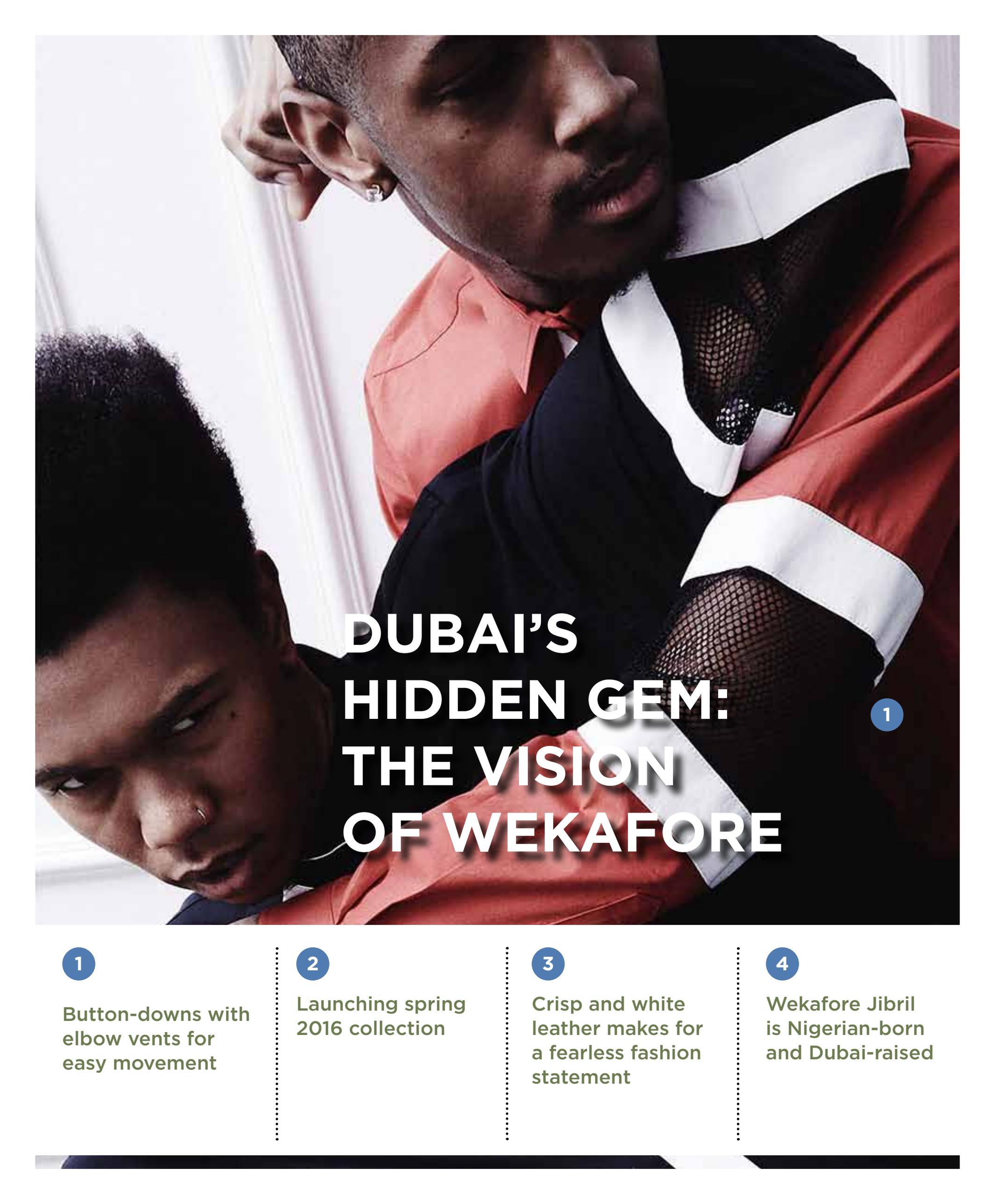
Have you ever wondered if you get a convertible 13 inch Ultrabook with hardware that stands most of the right boxes and starts at as little as AED 1599? The Asus Transformer Book Flip TP300 is the answer. It has Intel Core i3 Processor, Intel HD Graphics, 13.3 Inches full HD LED Display, 4GB RAM, 500GB Hard Disk Drive, Preloaded with Windows 8 and can be upgraded to Windows 10 for free, HD Web Camera, 2-in-1 card reader (SD/SDHC), Integrated 802.11ac or 802.11 b/g/gn Wi-Fi & Bluetooth 4.0 combo, 1 x combo Audio jack, 2 x USB 3.0 ports, 1 x USB 2.0 port, 1 x HDMI Out, Asus Sonic Built-in Speakers and Microphone. It is rather a good 2-in-1 device with an attractive price, Carrefour is giving away The Entertainer & Internet Security worth AED 5000 for free with Asus 2-in-1 TP300.

BITS AND BYTES



FIRST CYBER FLASHING' CASE

BBC: Police are investigating a "new" crime of cyber-flashing after a commuter received an indecent image on her phone as she travelled to work. Ms. Crighton-Smith, 34, who was travelling on a train in south London, told the BBC's Victoria Derbyshire programme: "I had Airdrop switched on because I had been using it previously to send photos to another iPhone user - and a picture appeared on the screen of a man, which I was quite shocked by." So, I declined the image, instinctively, and another image appeared, at which [point] I realised someone nearby must be sending them, and that concerned me. I felt violated, it was a very unpleasant thing to have forced upon my screen and reported it to the British Transport Police (BTP). Supt Gill Murray said this particular crime was new to his force and urged people to report any other incidents.



DUBAI'S HIDDEN GEM: THE VISION OF WEKAFORE

1

1

Button-downs with elbow vents for easy movement

2

Launching spring 2016 collection

3

Crisp and white leather makes for a fearless fashion statement

4

Wekafore Jibril is Nigerian-born and Dubai-raised



Wekafore Jibril is in the middle of learning Spanish. The 20-year-old designer is prepping a big move to Bilbao, where he'll soon be starting design school. In the meantime, he's putting the finishing touches on a look book for his made-in-UAE clothing line Wekafore —and naturally, learning to conjugate verbs in Castilian.



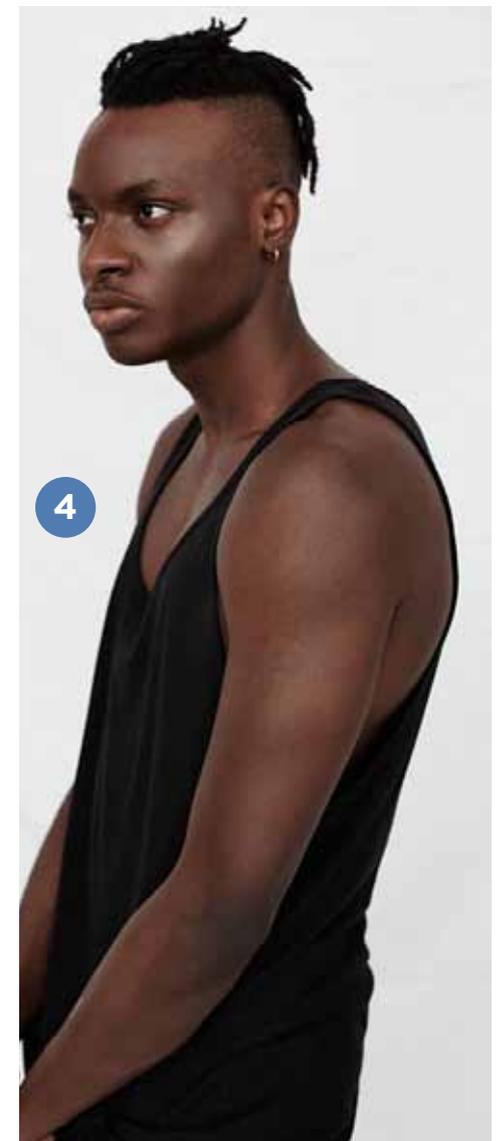
▲ Classic denim pieces round out Wekafore's third collection



3



2



4

"I make clothes for people who are young at heart," Jibril said. True to target, each garment is designed with an active lifestyle in mind: one button-down shirt, for instance, has been re-envisioned with mesh vents at the elbows. Another has a hidden-button placket and a built-in tie bar.

Over recent seasons, the brand has become ever more artful, introducing innovative cuts, silhouettes, and materials - and occasionally, even a piece for the ladies. "As I evolve, the brand evolves, too," Jibril told us.

It wasn't long ago that you could only find Wekafore's wares at one of their random pop-up events, but today you can visit the brand's website and even try it on at the Luxury Arcade in Abu Dhabi.

With only 2 years under its belt, it's exciting to postulate the future of the brand. Either way, Jibril hopes

to grow without fanning the hype machine that animates so much of the menswear industry today: "The Internet is so big and the world is so small. Time will tell which brands have substance and which do not."

<https://instagram.com/wekaforedubai/>
<http://www.wekafore.com/shop/>

SAMANTHA MCNIFF

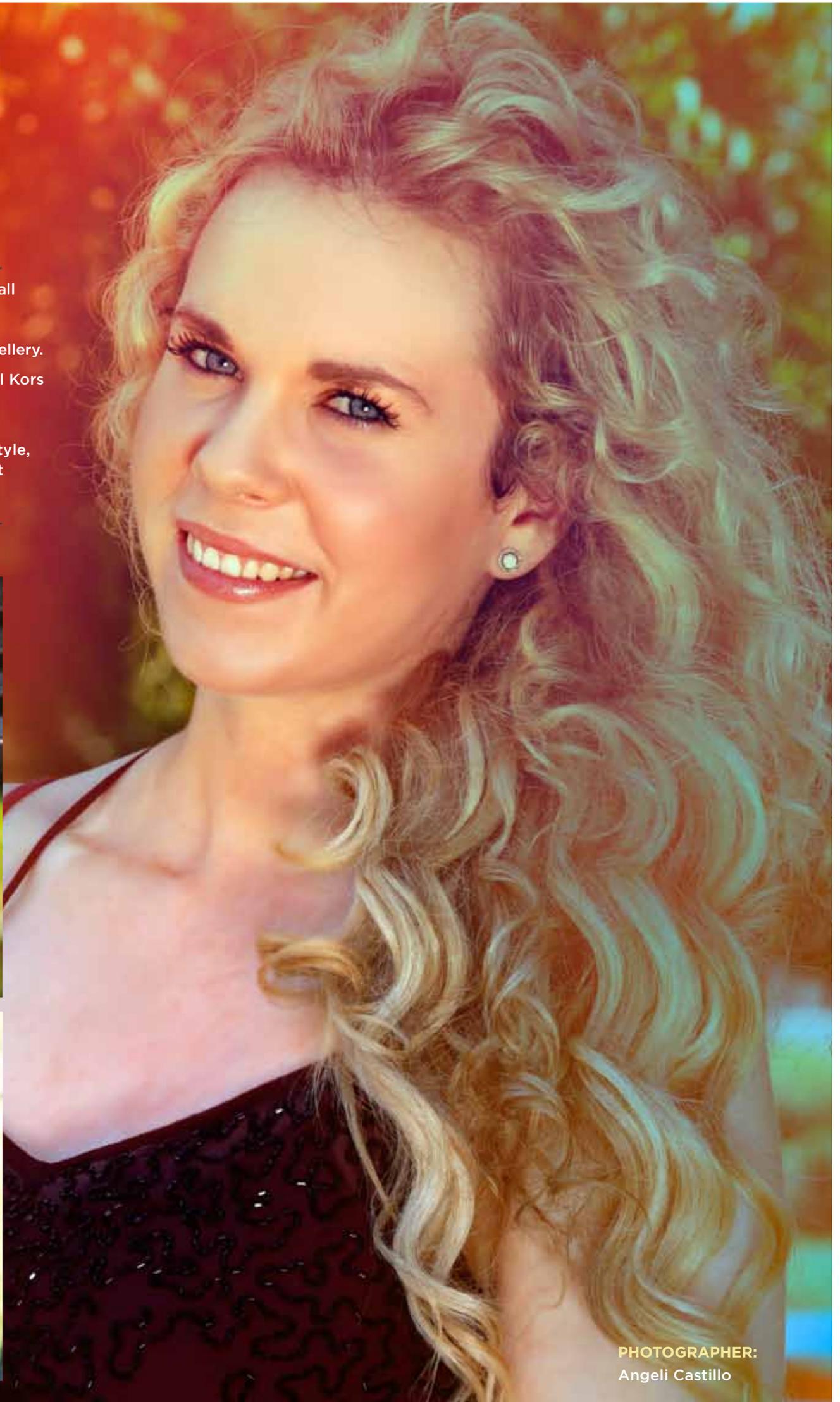
AGE: 23
PROFESSION: Beauty Therapist
NATIONALITY: UK

FASHION STATEMENT: Simplicity is the keynote of all true elegance.

MY STYLE: Classy and elegant, fragrance is my jewellery.

MY FAVOURITE BUY OF THE PAST MONTH: Michael Kors Handbag, looks good with anything I wear

MY TAKE ON STYLE HERE: The UAE is a very multicultural population. Everyone has their own style, and personally I know what I would wear, and what wouldn't look good on me.



PHOTOGRAPHER:
Angeli Castillo

SHOP AND WIN

July 20 - September 5



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

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

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



www.marinamall.ae



●● traffic in the UAE

FACING UP ON FACEBOOK: MAKING THE ROADS SAFE



All of us spend so much time on the road, and yet how safe do we feel? Think of how many deaths and injuries can be avoided if all of us were more attentive to traffic rules? Not only would there be fewer casualties, but the overall quality of life would go up as stress levels go down. There would be lower rates of blood pressure, happier people, and greater productivity all around. TEMPO enjoined people via social media to join forces and spread good driver behavior. Here's some of the online banter, edited for brevity...

- V.B.** Ohhhh I'm soooo with you!
- N.M.** I was thinking of this today!
- M.H.** May I share this on my official page?
- K.P.** Total agreement! We need to act now!
- R.H.** Well said
- A.R.** Spot on! I just spent a week here. I do lots of crazy sports and other things which are deemed dangerous but I must say I am never as scared as I am when I step into one of the city's taxis.
- E.A.** Agree! Awareness is important!
- R.E.** Nobody with any common sense would disagree. You nailed it.
- D.S.** You know, I now living in Los Angeles with HUGE amounts of traffic BUT I am so much more relaxed driving here despite this. UAE driving is very stressful and incredibly aggravating as folks are so disrespectful and careless in their driving style. Here in Cali, we fear the traffic police as it's a big fine, insurance rates go up and if you're really lucky, a fun ride to the cop-shop.
- N.H.** I wish I could have video set up at the front of my car - the amount of video footage I could offer up and give to the police to get these ego drivers some discipline and a hefty fine.
- N.M.** That would be great! These streets make you fear for your life!
- T.M.** Yes on our way back after a month in Europe today and inevitably the return trip reminds us were back... because of the terrible driving habits.



TRAFFIC SAFETY CAMPAIGN FOR SCHOOLS

A timely road safety campaign has been launched by the Ministry of Interior prior to the start of the new academic year. The campaign promotes greater vigilance on the road and the importance of adherence to traffic laws. It also stresses the need for greater awareness among drivers, students, bus drivers and other student transport vehicles. The campaign rolls out across traditional and social media.

●● vox pop

WHAT ANNOYS YOU THE MOST ABOUT DRIVING HERE?



CRESIE DOMINGO
36
Filipina
Sound Effects Animator

It's really dangerous for those of us as who drive in the correct way. People are driving fast and for most it's not safe at all as they're rushing everywhere. If people are drive fast they can't drive defensively and that's when accidents happen. I think each person should manage their own personal time, and learn how much time they need to reach their destination.



WASEEM EID
30
Palestine
Business Development Manager

It annoys me when people use the emergency road and the emergency exits - it's really dangerous. I am also annoyed when people flash their lights because they want to just get past you and they keep using the headlights again and again and again. So yeah, that's what really annoys me.



RAY HADDAD
31
Lebanese
Filmmaker

It bugs me when people tailgate... Another thing that really annoys me about driving in the UAE is when you are indicating and you don't move.



PETER FLYNN
65
Australia
Producer

The one big thing that seems to be different here than any other country is that there's little less courtesy - and that's a big deal!

The UAE's Top 5 Traffic Troubled Roads

Infographic by: Yasmin Farook

Sheikh Zayed Road E11

Rush Hours: 7am-9am, 5pm-7pm



Khaleej Al Arabi Street

Rush Hours: 7am-9am



Jebel Ali Free Zone

Rush Hours: 7am-9am, 5pm-8pm



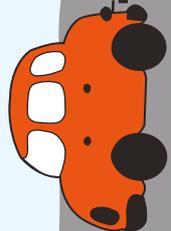
Al Barsha

Rush Hours: 7am-9am, 5pm-8pm



Satwa Road

Rush Hours: Throughout the day



The UAE has seen people from all over the world move here to live. The population growth is one of the reasons why traffic has become congested.

Tempo reviewed traffic patterns and identified peak hours during which you can find alternative routes.

References:

<http://gulfnews.com>

<https://www.adpolice.gov.ae>

<http://www.dubaihow.com>

<http://www.emirates247.com>

TEMPO'S TOP 10 TRAFFIC RULES

Don't tailgate

Do use your indicator light.

Don't cut in front of cars.

Do wear seatbelts.

Don't drive on the shoulder.

Do park correctly.

Don't speed.

Do respect pedestrians.

Don't do double U-turns.

Do buckle up your kids in the back.

Back to School



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16 JUNE - 23 SEPTEMBER

Ramadan - Summer - Back to school - Eid Al Adha

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Dalma Mall

BY PREKSHAA VEERARAGAVAN

SAVING MANGROVES: BALANCING OUR ECOSYSTEM

We all hear about mangroves, and how they've been a part of our ecosystem for ages. We also hear about how they are disappearing faster than ever! TEMPO offers you a primer on the root of the mangroves issue, and what we can all do to save them.

THE ISSUE

At the intersection of land and sea, mangrove forests support a wealth of life, from starfish to people, and may be more important to the health of the planet than we ever realized. However, we are losing them at an alarming rate. We must work quickly to ensure that we protect our planet from human activities that destroy mangroves.

UNDERSTANDING MANGROVES

Mangrove forests grow on tropical coasts with soft soils. Mangroves and coral reefs share a symbiotic relationship - the reef protects the coast where the mangroves grow from being eroded by the sea, and the forest traps sediments washed from the land that would otherwise smother the reef. Mangroves are a valuable ecological and economic resource - they are important nursery grounds and breeding sites for birds, fish, crustaceans, shell- fish, reptiles and mammals. They are also a renewable source of wood and serve accumulation sites for sediments, contaminants, carbon and nutrients; and offer protection against coastal erosion.

DEFINING THE PROBLEM

Over the past 50 years, approximately one-third of the world's mangrove forests have been lost. There are some natural threats

to mangroves, such as frost and hurricanes, but the majority of mangrove decline is human induced. Habitat destruction and pollution are among the numerous threats mangroves face. Climate change is another factor that could seriously impact mangrove forests. As temperatures warm and the sea rises, mangroves will be forced landward out of their current habitats. Slow growing species may not be able to keep up with these changes. Over the next 25 years, unrestricted clear felling, aquaculture, and over - exploitation of fisheries will be the greatest threats, with lesser problems being hydrology, pollution and global warming. Loss of biodiversity is, and will continue to be, a severe problem as even pristine mangroves are species-poor compared with other tropical ecosystems.

WHY WE SHOULD SAVE MANGROVES:

The mangroves help sustain the lives of several species - from corals to birds to humans! Their symbiotic relationship implies that it is near impossible for corals to survive without the aid of the mangroves. Nature, as always, is interlinked. With the disappearance, of one species comes the extinction of another. Mangroves also serve as important habitat for several types of fishes and is an important staging and wintering area for migratory birds such as shorebirds, gulls and terns. In addition to their scenic beauty, mangroves can also be used to desalinate the water because they can sustain themselves in salt-rich ocean water where most forms of flora perish.

HOW DOES THIS AFFECT THE UAE?

In the UAE about 2,930 hectares are covered with mangroves of the *Avicennia marina* species. Just like many other parts of the world, we also face pressures to produce enough food to meet the demands of an ever-growing population, just as the quick climb to urbanization and industrial development have taken their toll on our environment. Another activity that has contributed to the rapid decline of this habitat is the oil pollution. Mangroves in the UAE are plentiful, and are home to some indigenous, endangered species as well.



FINDING A SOLUTION

Here, in the UAE, we have taken matters into our own hands. With the leadership strongly committed to environment and wildlife protection and conservation, many programmes and projects were conducted by various environmental agencies to protect and develop mangroves.

In this context, the Environmental Research and Wildlife Development Agency (ERWDA) has implemented a number of programmes. Indeed, a large-scale mangrove development project along the coastal zones of Abu Dhabi was launched in coordination with Jodco.

A team of experts from ERWDA and from International Society for Mangrove Ecosystems (ISMES) successfully completed a survey in Abu Dhabi and decided to establish an intertidal nursery to provide stock for

doing plantation in suitable areas. The objectives were to help increase biological resources, beautify Abu Dhabi's landscape, enhance the existing ecosystem and save freshwater resources by utilising salt water. Mangroves are being managed through more general legislation relating to the environment, fisheries, coasts and wetlands. There has been a drive to incorporate this knowledge into management efforts combined with a move to establish integrated strategies to manage both the direct industry uses of coastal resources and their impact on the broader environment.

Can you help as an individual? You bet! Get acquainted with the mangroves near your area, and:

1. Be vigilant towards activities taking place in your surroundings and keep an open eye to note destruction in mangrove forests.
2. Complain to the local authorities in case you observe any violation.
3. Join organizations aimed at conserving mangroves.
4. Strive to create awareness among as many people as possible.

We must realize in time that each species is, related to and, dependent on others, and that the disappearance of one will lead to the extinction of others. If we don't do anything it will be a matter of time before humans realize they are unable to survive on an empty environment.





BOUILLABAISSE: FROM BONES TO RICHES



Tetou restaurant in the Cote D'Azur, "the King of Bouillabaisse," is a place to see and be seen. As I sip on my verred'eau, sans gaz, I look around and wonder how a poor man's soup created from the leftover bones of a fishermen's catch has evolved into a delicacy with status that you actually look forward to spending all your money on.

Bouillabaisse originated in the southern coastal city of Marseilles and as the apocryphal story goes, Venus served it to her husband Vulcan to lull him to sleep, while she consorted with her lover, Mars. Many Greek food writers have claimed that it was the Greeks, from Asia Minor, who founded Marseilles in about 600 B.C. brought with them a fish soup called Kakavia, which was the basis to the future bouillabaisse. Though there are several mentions in the culinary writings of the ancient Greeks of boiled fish in various ways and a fish stew, we can never be truly sure that such a soup was "brought" to the Western Mediterranean. There are also other write-ups on fish stew in fifteenth century Italian cook books as well as in seventeenth century French cookbooks, stating that their specific recipe is the precursor of bouillabaisse. But since boiling fish is such a straightforward and obvious process, it's not that easy to pinpoint one location as the origin.

So what's the secret that lies behind its exquisite taste? Well it's definitely not the fish, because all fish stews and soups have fish but it's the connection, the beautiful unique chemistry between the saffron, fennel seeds and orange zest in the fish broth. Yes orange zest! It's similar to getting a good dose of sunshine in your bowl. The soup has been termed the "magical synthesis" by

famous Provençal food writer Jean Noel Escudier or even soup of gold, souped'or, by famous French epicure Curnonsky. Funnily enough, though there's no indication of any magic in the word "Bouillabaisse; when you break down the word to bouillon abaisse; it simply means to reduce by evaporation.

The broth is the foundation from which the soup is built and it's prepared from the bones of the whole fish as they're being cooked, which are then filleted. Bouillabaisse shouldn't be made for less than eight people, because it calls for a great variety of fish and you would need that many people to get the bare minimum amount of fish.

According to chef Julia Child, who lived in Marseilles, "to me the telling flavour of bouillabaisse comes from two things: the Provençal soup base — garlic, onions, tomatoes, olive oil, fennel, saffron, thyme, bay, and usually a bit of dried orange peel — and, of course, the fish — lean (non-oily), firm-fleshed, soft-fleshed, gelatinous, and shellfish." The broth is boiled at such a high temperature at first so the olive oil binds and doesn't create a separate layer on top.

In Tetou, they use Mediterranean fish such as rascasse 'scorpionfish', daurade 'seabream', St. Pierre 'John Dory', Roujet 'red snapper' and lobster. The meal is served in two parts starting with grilled, round pieces of bread 'croustons' with spicy rouille perfectly spread on top and placed at the bottom of your shallow soup bowl; its vibrant orange color striking against the crisp whiteness. Rouille is a mayonnaise made from garlic, olive oil, saffron and cayenne pepper or chilli peppers. It's one of my favourite items on the menu and I pile a few croustons on my plate with heaps of rouille. The first bowl of soup is like a tease, taste run for your taste-buds, to be enjoyed on its own with the rouille, which melts in the broth and lends it a spicy kick.



THE CHIA CRAZE IS UPON US...

The Chia Co states "Chia is the highest combined plant source of Omega 3, fibre and protein and is packed with vitamins, minerals and antioxidants."

Salvia Hispanica, native to Mexico and Guatemala— commonly known as Chia — is a flowering plant that belongs to the mint family. These black or white seeds are extremely tiny measuring only 1mm. One of their amazing properties is that they can soak up to 12 times their weight in liquid which is why they are fabulous to use in smoothies and puddings as they thicken the base liquid by developing a gel-like coating. The seeds themselves have a very light nutty taste making them perfect to use as a thickening agent, with no impact on flavouring.

One of the reasons I adore these seeds is that they are whole grain, gluten-free and absolutely loaded with nutrients; for example:



- Fibre: 11 grams
- Protein: 4 grams
- Fat: 9 grams (5 of which are Omega-3's)
- Calcium: 18% RDA
- Manganese: 30% RDA
- Magnesium: 30% RDA
- Phosphorus: 27% RDA
- They also have a decent amount of Zinc, Niacin (B3), Potassium, Thiamine (B1) & Vitamin B2
- 137 Calories with 1 gram of digestible carbohydrate

*Per 1oz (28g) Chia seeds.
www.authoritynutrition.com

The health benefits of incorporating these seeds into your diet include: boosting energy, stabilizing blood sugar, aiding digestion and lowering cholesterol. I first started using Chia Seeds two years ago, and found that when I added the seeds to my diet, they kept me feeling fuller for longer and discouraged me from over snacking during the day.

For such a tiny seed, Chia Seeds are truly amazing, extremely versatile and easy to incorporate into your daily eating regime. The seeds can be added to bread, porridge, yoghurt, smoothies and soup, as well as sprinkled over salads or eaten on their own. The seeds are available to buy at The Organic Store in Nation Towers and Masdar City, Holland & Barrett (in Dalma Mall) and the Organic/Gluten free aisles of Lulu's.

I have detailed below one of my own, favourite Chia Seed recipes.

PROTEIN POWER BREAKFAST:

½ tin of Organic Coconut Milk (you can also use almond or rice milk — reduce the amount of liquid as coconut milk has a thicker consistency).

10g Chia Seeds

Add to a bowl and stir well.

To the bowl add:

8-10 Organic Raspberries

10g Organic Cocoa Nibs.

10g Pumpkin Seeds

10 Almonds, skin on

Light drizzle of honey or maple syrup.

Stir and leave in the fridge for 10 minutes to allow the Chia Seeds to swell and thicken the coconut milk. Then, devour...

Chia Seed & Berry Smoothie

1 ½ Cups Pure Apple Juice

1 cup Mixed Berries fresh or frozen

1 tablespoon Chia Seeds.

Allow the Chia Seeds to soak in the apple juice for 10 minutes or overnight in the fridge. Blend all the ingredients together until Smooth. Then Slurp!

Additional Recipes can be found on www.chiaseedsrecipes.com



More Reasons To Visit Bawabat Al Sharq Mall



بوابة الشرق مول Bawabat Al Sharq mall



MODELING PHOTOGRAPHY

Photographing models takes skill. There are some techniques that can be applied to produce stunning shots. Be mindful of how the hair frames the face. You can also play with shadow to create a stronger jawline. For the body, you could have the arm raised away from the torso so that the waist doesn't appear to have visual extenders. Knowing how to pose the model is half the battle; the photographer can correct the rest by applying little techniques.

Photographer: Molly Magee

Model: Cassandra McClure

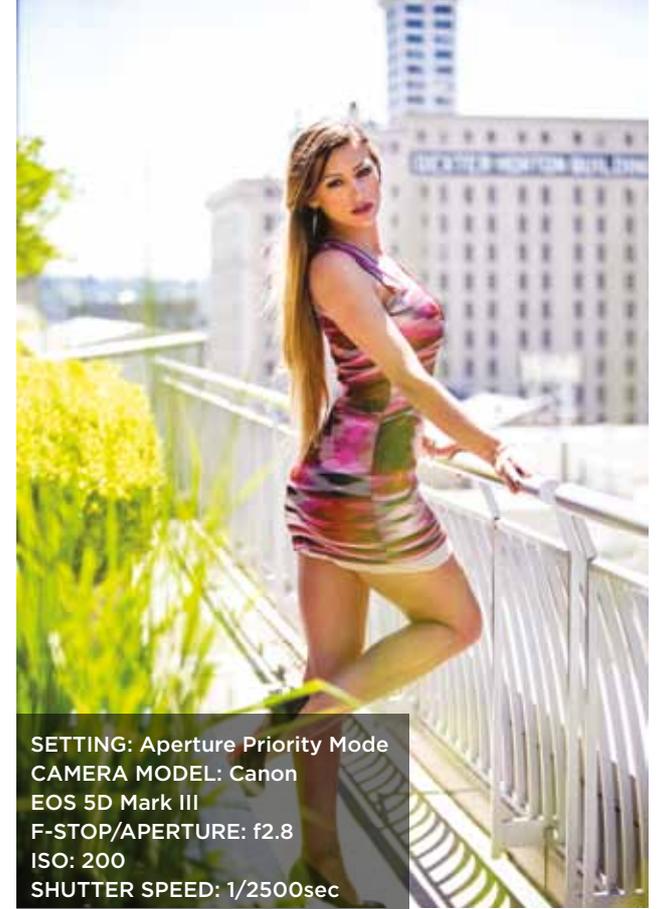
Location: Downtown Seattle, WA



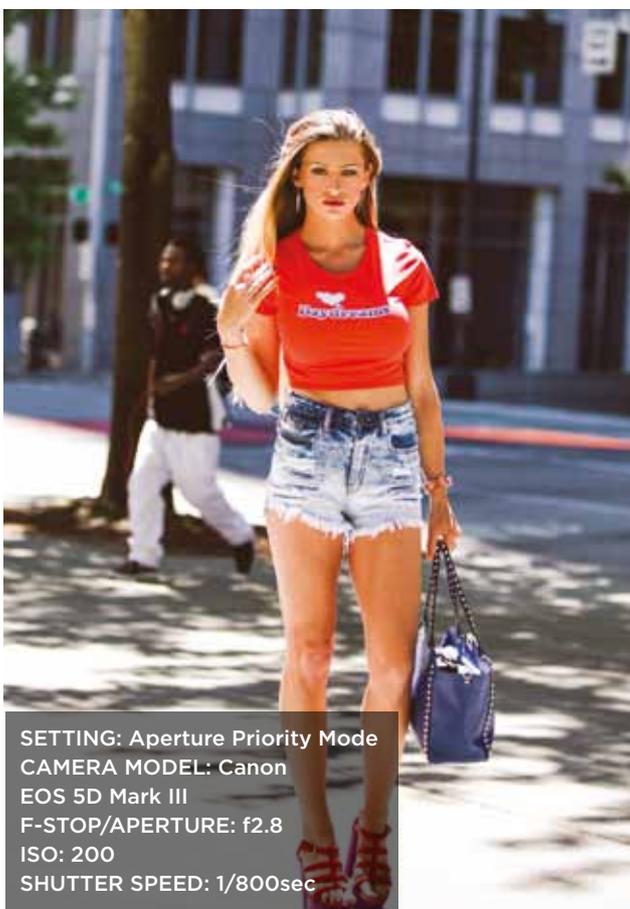
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CAMERA MODEL: Canon
EOS 5D Mark II
F-STOP/APERTURE: f1.8
ISO: 320
SHUTTER SPEED: 1/1600sec



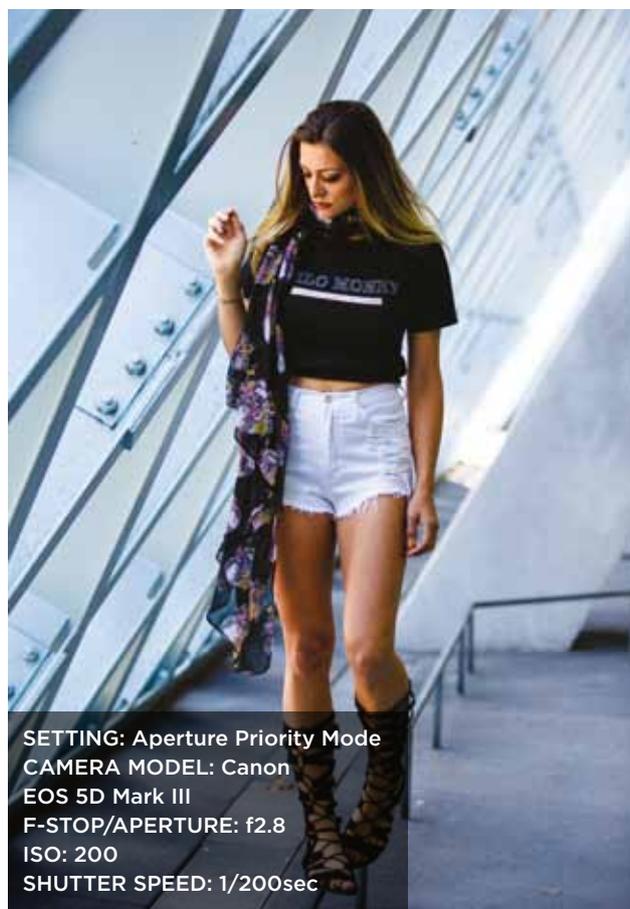
SETTING: Aperture Priority Mode
CAMERA MODEL: Canon
EOS 5D Mark III
F-STOP/APERTURE: f2.8
ISO: 200
SHUTTER SPEED: 1/2000sec



SETTING: Aperture Priority Mode
CAMERA MODEL: Canon
EOS 5D Mark III
F-STOP/APERTURE: f2.8
ISO: 200
SHUTTER SPEED: 1/2500sec



SETTING: Aperture Priority Mode
CAMERA MODEL: Canon
EOS 5D Mark III
F-STOP/APERTURE: f2.8
ISO: 200
SHUTTER SPEED: 1/800sec



SETTING: Aperture Priority Mode
CAMERA MODEL: Canon
EOS 5D Mark III
F-STOP/APERTURE: f2.8
ISO: 200
SHUTTER SPEED: 1/200sec



SETTING: Aperture Priority Mode
CAMERA MODEL: Canon
EOS 5D Mark II
F-STOP/APERTURE: f1.8
ISO: 320
SHUTTER SPEED: 1/4000sec

PHOTO CHALLENGE: HOT, HUMID AND HAZY CITYSCAPE

The challenge given was to capture Abu Dhabi cityscapes. Members produced some beautiful photos of the Abu Dhabi Breakwater that showed even at the peak of heat and humidity, life still goes on!

ADP is again hosting the 500px Global Photo Walk in Abu Dhabi on September 26. This is your chance to get out, meet fellow photographers in your community who share your passion, learn from each other and of course - capture some inspiring images. The theme of this year's walk is "Explore with Friends." Grab your friends and see what makes your city special! Shine a light on hidden gems, on your favourite photo spots, and on everyday life in your community. There's no need to be a pro to attend! Grab whatever camera you have (DSLR, mobile phone, point-and-shoot) and join in the fun! #500pxGPW15

To RSVP please visit our Facebook page: <https://www.facebook.com/groups/adp.uae/>

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.



BARREN DESERTS TO LANDS OF ICE:

THE ADVENTURES OF AISHA AL AMEER

BY NEIL BIE



Traversing unknown terrains; conquering extreme weather; braving new heights. Aisha Al Ameer shatters the stereotype of an Emirati woman by partaking on bold adventures most people think that only men can achieve. She takes some time off from her adventures to talk to TEMPO...

“I am an ambitious Emirati from Abu Dhabi who has decided to pursue the life of a champion! I strongly believe that ‘champions are made from something they have deep inside them: a desire, a dream and a vision’. One of my goals in life is to make people value themselves, their abilities and uniqueness, and help them to follow and fulfill their dreams. My passion has guided me into different fields such as aviation, tourism, leadership, languages and communication.

“It was always a dream for me to travel around the world, explore new cultures, meet new people and be an ambassador of my country, carrying the Emirati Flag everywhere. It is a passion to explore the unknown and experience different challenges in life to widen my horizon, grow and feel the blessings that we have in life. Travelling has taught me to be more tolerant and open, and to also improve my ability to adapt. My adventures started at a very young



age with family, as we used to do local trips, then it grew with my visits to other parts of the world with my friends.

“I choose adventures where I can mentally and physically challenge myself, learn new skills, and motivate myself to do better. I love adventures which help me to discover the hidden side of myself, discover the leader inside me, test my willpower and use the skills that I have never used!

“Companionship in any adventure is very important factor for it to be successful. Sometimes I go with friends and in adventures like the Arctic Challenge I joined a new group of people, who have now become my new friends, to share different experiences.

“I have visited many places over the last few years, and I had adventures with friends, such as hiking islands in Germany and raising the UAE flag at Niagara Falls, Canada. In 2015 I decided to go for a different experience and joined the Arctic Challenge last April with Mountain High. I am planning another challenge to Antarctica later this year in November.

“Each place has its own characteristics, which mostly relate to the nature of the place and the activities you plan to do. So far, the trip to the Arctic was very special because of its nature and weather. Going from yellow sandy desert to white desert is a real challenge! The environment is completely different: the snow, the ice and 24 by 7 sunlight! In this

adventure I’ve learned and practiced new skills such as dogsledding, snowmobile safari and ice carving. I also consider the physical preparation for this trip as a challenge.

“When I shared my experiences with family and friends they were fascinated by the beauty of the Arctic and they were proud of me. My family fully supports my decision to follow my dreams and live my passion through these challenges. The most common comment I heard from people was ‘Aisha! I’m proud of you!’ Each adventure has its own taste, my trip to the Arctic expanded my horizon and gave me a wider vision about our wonderful planet and the



beauty of the white desert and of the cold. It helps me to better understand myself, extend my ambitions, become more tolerant in general and increase my readiness to accept things and adopt new environments.

“I believe that it is important to be yourself, to follow your dreams, to inspire others, and to always leave a positive impact

wherever you go on whoever you meet. Always remember that your life is your message to the world, and you can decide how to live it. I want to thank those who supported me in my journey. My role model is His Highness Mohammed bin Rashid Al Maktoum who said ‘Every challenge is an opportunity for learning, a chance to test our capabilities and knowledge.’”



Inspirational phrases by Sheikh Mohammed bin Rashid that Aisha lives by:

“Every single achievement you make, every single life you change and every single skill you acquire brings you one step closer to becoming a better leader.”

“Impossible is a word used by some people who fear to dream big”

“Every leader should have a passion in life that adds depth, uniqueness and style to his leadership”

“We have moved beyond the phase of empowering women. Indeed, we are empowering society itself through its women”

“It is our job to provide an environment that unlocks women’s potential. Given that, I am confident that women will perform nothing short of miracles.”

Connect with Aisha via FB Aisha AlAmeer or Twitter: AishaAlAmeer



WE HAVE ALWAYS LIVED IN THE CASTLE

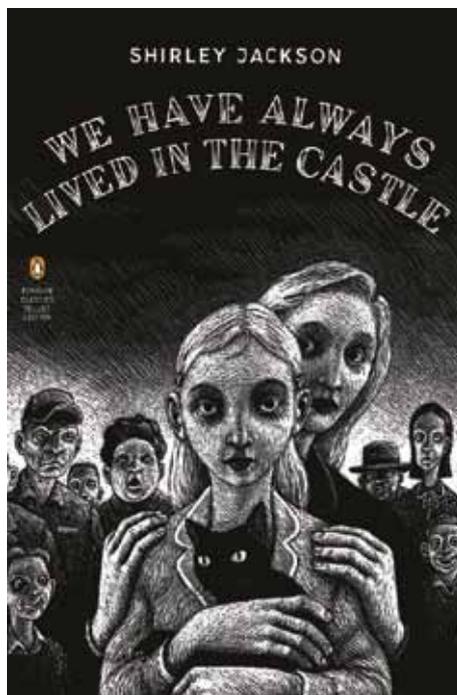
BY SHIRLEY JACKSON

This book will make you question your own morals for taking sides with the narrator.

Author Shirley Jackson never disappoints, and with her gripping book 'We Have Always Lived in the Castle' she relates the mystery of the Blackwood family through Mary Katherine, an eighteen year-old trapped in her own sinister worldliness view on life. The rich snobbish family, despised by nearby villagers, is poisoned by arsenic in their food. Only three survive: Mary Katherine, her agoraphobic sister Constance who finds her own peace by cooking in the kitchen, and their crippled Uncle Julian who's left obsessing about the murder everyday six years later. They live a strict life cursed with a routine that remains shut off from the outside world, until their life is toppled with an unexpected arrival.

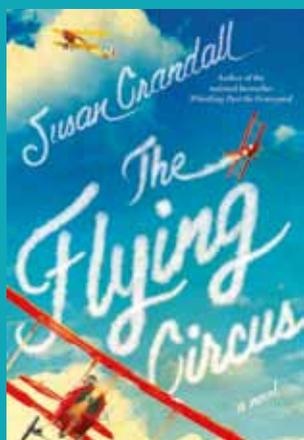
Merricat Blackwood's words creep on you as you decide to pause reading to drink a cup of tea. The characterization is bizarre; unethical yet polite, evil yet hauntingly persuasive. She's convincing in her views which are devoid of sugar-coating, and this allows the story to increase in its level of creepiness with every page. Her views towards the villagers is understandable, as they bully her every time she visits to buy groceries.

Like all of Shirley Jackson's books, this story is written with a style that consumes your thinking. It shows



the greatness of writing and the simplicity of story-telling. It's a horror story without monsters. The only monsters that are there are formed in the reader's mind – as you question your own moral standing, as though the uninvited guest is the story itself. The horror happens when the creepiness grows on you.

"I would have liked to come into the grocery some morning and see them all, even the Elberts and the children, lying there crying with the pain of dying. I would help myself to groceries, I thought, stepping over their bodies, taking whatever I fancied from the shelves, and go home, with perhaps a kick for Mrs. Donell while she lay there. I was never sorry when I had thoughts like this; I only wished they would come true."



THE FLYING CIRCUS

BY SUSAN CRANDALL

A breathtaking saga of a fugitive accused of murder, a long-retired emotional pilot, and a girl who escapes her family. The trio has an exciting adventure while running off from state to state and getting into trouble! Will they make it through when they face gangsters and wild races?

BACK TO SCHOOL READS FOR EDUCATORS

Take a page from these books! As the school season begins, we present a collection of classic books which inspire and motivate educators. The list is compiled by besteducationdegrees.com. Tell us about your favourite books, and those you would recommend for educators, parents and literacy cultivators.

50 BEST BOOKS for teachers

presented by
besteducationdegrees.com

- 1 THE FIRST-YEAR TEACHER'S SURVIVAL GUIDE**
Ready-To-Use Strategies, Tools & Activities for Meeting the Challenges of Each School Day
by Julia G. Thompson
- 2 TEACHING WITH FIRE**
Poetry That Sustains the Courage to Teach
by Tom Vander Ark, Parker J. Palmer, and Sam M. Intrator
- 3 THE FIRST DAYS OF SCHOOL**
How to Be an Effective Teacher
by Harry K. Wong
- 4 GROWING MINDS**
by Herbert R. Kohl
- 5 THE TEACHER'S BOOK OF WIT**
Quips, Quotes & Anecdotes to Make Learning More Fun
by Mark Ortman
- 6 FRED JONES TOOLS FOR TEACHING**
Discipline, Instruction, Motivation
by Patrick Jones
- 7 THE COURAGE TO TEACH**
Exploring the Inner Landscape of a Teacher's Life
by Parker J. Palmer
- 8 EDUCATING ESME**
Diary of a Teacher's First Year
by Esmé Raji Codell
- 9 SCHOOL**
The Story of American Public Education
by Sarah Mondale
- 10 THE SUBSTITUTE TEACHER'S ORGANIZER**
A Comprehensive Resource to Make Every Teaching Assignment a Success, Grades K-6
by Jane Herbst

Check out the rest of the top 50 here:





THE THICK WALLET AT BUS 54

BY NOELLE DENISSE M. DUMPIT

When I hopped into Bus 54, there were no longer empty seats. I decided to stand between the ladies' and men's section, just beside the door. I wanted to be close to the window so if passengers came, I'd have something to lean on. Of course, I also wanted to look outside and watch the city scenery.

Aside from the fact that bus rides are cheaper than riding a taxi or buying my own car, they help me reflect about my life and the things I am going through. I see people walking in different directions, or just sitting on a bench probably waiting for bus. Life seems to be easy, simple and fast from this perspective. It's the favourite part of my daily routine.

I am so busy that I usually skip lunch. I reach home starving and exhausted. No matter how hard my job is, I keep on doing it so I can send money to my family - and to my mother who has cancer.

I was thinking about my bills when my thoughts that day were interrupted by a woman sitting in front me. She started to frantically search her bag. She took out her cosmetics, her wallet, her journals and pens and other personal things. She said she was looking for her phone. Another passenger called her number and the woman was relieved to find her phone in her pocket. There were giggles and laughter in the bus, and then the woman got off at the next station with some other passengers.

A man sitting beside me noticed that the woman had left her wallet. I heard him whisper to his companion that the wallet was thick and that it must be full of money. I looked at it and saw that he was right.

"Let's get the wallet." The man behind me whispered again to his friend.

"But it may have her ID and other important cards."

"Yes, and it might also have a large amount of money. Besides she can get a new card."

"That would be a hassle for her."
"So? She shouldn't be absent minded." They agreed that they would pick up the wallet casually as they were leaving. But before they could react, I grabbed the wallet and exited the bus at the next stop. I went to a bus waiting area and opened the wallet. I was nervous. The same thoughts that passed the men's minds went through mine. With a wallet this thick, it must had to have a lot of money. It was almost the end of the month and the woman must have received her salary. It would surely help my mother's medication, I thought. But the woman may have her own responsibilities and bills to pay, I argued with myself. She would also have her own problems and important things to spend her money on. I brushed away the thought of stealing from her.

When I opened the wallet to look for contact information, I noticed that there were only a few bills and some coins. What made it thick were the photographs of her family and some letters from them. It turned out that the woman was not as rich as we all thought. But to her the real treasures were her loved ones and memories.

I was happy to find her identification card in her wallet. I called the number and delivered her wallet. She thanked me for being honest, especially since it was valuable.

Deep inside me, I thanked her for teaching me the real meaning of wealth.

ZAYED UNIVERSITY'S AL KHARAREEF STORYTELLING CLUB

was created to enrich the legacy of the Emirati storytelling tradition and contribute to the revival of this important cultural heritage within the United Arab Emirates.

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

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



جامعة زايد
ZAYED UNIVERSITY

UM AL HEALAN

BY: SULTANA ABDULLA HASAN ABDULQADER AL ZBEIDI



"Beautiful Mahra had become blind for no reason."

(ILLUSTRATOR) Reem Naser
Mohamed Mataar Abu Nemr
Al Mazrouei

Um Al Healan lived with her three daughters, Mahra, Salma and Alya, who she never let leave the house. Um Al Healan had evil eyes. Whenever she saw someone she didn't like, their lives would become a living hell.

One morning, a famous rich woman came to the house and asked Mahra to marry her son Essa. Um Al Healan was very happy. As they started preparing for the wedding, Mahra became even more beautiful. Finally, the day arrived. Um Al Healan was sad to lose her daughter but she was happy that Mahra was marrying such a great guy.

The door opened and Mahra appeared. Her mum was shocked by her beauty and couldn't believe Mahra was her daughter. "Look at her beautiful eyes. My daughter your eyes are beautiful!" she said.

The next morning, Mahra woke up, shouting, "Essa! Turn on the lights. I can't see anything." But the lights were on. Essa took Mahra to the

doctor. Sadly, Beautiful Mahra had become blind for no reason.

Years passed and Mahra became a mother to three children. Abdallah, Maayed, Amina were beautiful just like her. One morning, when she was preparing breakfast for her children, Mahra heard a knock at the door. It was her sister Alya in tears. Um Al Healan was sick and had asked to see Mahra. When they arrived at the house, she saw her mum was very ill.

The next morning, Mahra woke up and could not believe what was happening. She called Essa and in a happy voice shouted, "Your kandora is black and your shoes are brown. Am I right?"

Confused, Essa asked, "Yes, you are right. Mahra, can you see?"

Mahra put on her abaya and went to see her mum, but sadly Um Al Healan had died. Mahra started crying because she realized that it was her mum who had made her blind. When she died, her evil eye had died as well and all the bad things that had happened were gone.



GLIDING ON ICE WITH MARIA TAIFOUR

BY SANJANA MAHAJAN

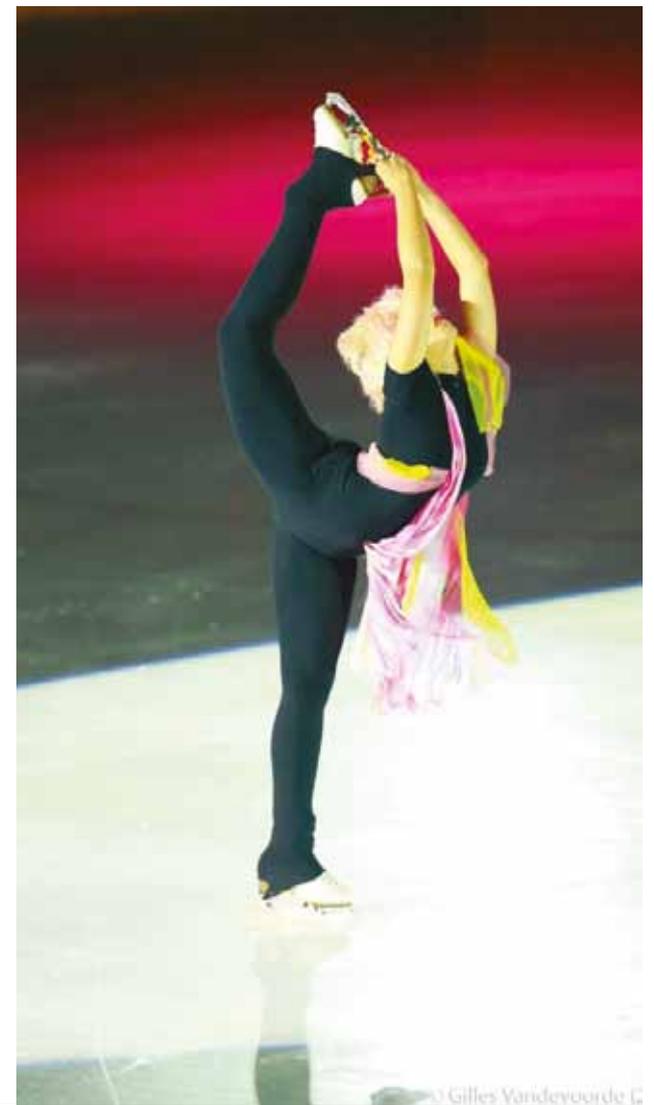
As the metal blades hit the ice, Maria Taifour is in her zone. Most students look forward to heading back home during school breaks, but Maria relishes her visits to the ice rink. There she gets to challenge herself through layback spins, axel jumps, and toe loops. She talks to TEMPO about her journey as a figure skater...



BOWING IN MY "ARTISTIC PROGRAM" AT THE DESERT OPEN FIGURE SKATING CHAMPIONSHIP (2014).



A TEAM PICTURE AFTER THE 2014 SHOW.



PERFORMING A BIELLMANN SPIRAL WHILE PLAYING THE ROLE OF PINK (THE MUSIC ARTIST) IN THE 2013 SHOW.

TEMPO: How did you get into figure skating?

Maria: It's been 10 years. For the first few years, I used to just go to the ice rink and skate only for fun, but then I realized that I was taking it for granted. Skating then became a priority for me and I started practicing 5-6 times a week, including mornings before school. Waking up at 4:30am seemed like torture at the time, but I realize now that it was this that helped me to develop the discipline, dedication and motivation that I have today.

TEMPO: Who is your role model?

Maria: My ultimate role model is Sasha Cohen, and I admire her because I feel like she goes beyond just technical talent. She doesn't just skate, she performs, and so you can truly see her emotion come out during a performance. This element, in my opinion, is lacking greatly in the new skating generation.

TEMPO: What kind of skating shows do you do?

Maria: Every December, my team puts on a show with a specific theme. We've done everything from fairytales, to Oscar-winning movies, to cartoons and music artists. We perform in things like two-person camel costumes, inflated sumo suits, bulky panda heads, and even costumes that light up. The past show had a superhero theme, so the skaters represented various superheroes and super villains, such as the Incredible Hulk, Batman, Catwoman, etc.

TEMPO: What else do you do besides skating?

Maria: I enjoy acting, dancing, and visual art just as much as I love skating. I also like singing, but I keep that in the shower. There's something about

the performing arts that kind of takes you away from reality, and it's a really great feeling.

TEMPO: What's a day in the life of Maria Taifour like?

Maria: I would wake up and have a nice breakfast, and go the gym and pool for about 90 minutes or so. Then I go to the ice rink and practice for about two hours and then I do some yoga or Pilates. Lastly, I would hang out with my friends during the evening or just go home and catch up on Orange is the New Black or Community.

TEMPO: Tell me something that people don't know about figure skating.

Maria: I get very frustrated when people say that figure skating "isn't a real sport". Figure skating is one of the most difficult activities anyone could ever pursue. I mean, you're balancing your entire bodyweight on a metal blade on ice, for God's sake!

TEMPO: How does your family react to your skating?

Maria: On my second time on the ice, I managed to start skating really fast ("really fast" for an eight year old). So I called my mom over from the bleachers so she could watch me. Of course, I wasn't looking straight ahead when I was skating, and so I slammed into rink's barrier and ended up with two huge bruises on my knees.

TEMPO: What's next for you?

Maria: I used to want to go to the Olympics. That was the ultimate dream. But now I've come to realize that I actually don't want to do that. I love figure skating, but the professional skating is very harsh one. Nevertheless, I would like to

continue to figure skate while in university - provided I have the opportunity and time. I know that I will never stop skating, and I don't need any medal to keep me motivated.

TEMPO: What advice would you give to people pursuing figure skating?

Maria: If you love being the on ice, keep doing it. If your parents force you to practice, stop. You should want to do something because you find happiness in it, not because someone else is telling you to do it.



1ST PLACE AT THE ANNUAL DUBAI CHAMPIONSHIP (2014).



THE COMPLETE INNOVATION PROCESS (PART ONE OF TWO)

How do you make the innovation process simpler, more efficient and more successful? I explain it here using the term “7innovation”...

“7innovation method” focuses on making the innovation process fast and responsive to short-term goals. What makes this method unique is the recognition of the iterative access with deep scan of an organization’s capabilities (including internal innovators), as the greatest creativity source of any organization.

Setting up an innovation culture followed by performing innovation contests and/or innovation workshops can be named as the awakening phase. After that, much data is collected and the best innovators (let’s say ‘thinkers’) are selected. (Selection) The contest is narrowly and well defined. (Contest)

Scanning ideas and using selection criterion in a project’s start phase is the normal part of any innovation process. After realization, it is essential to include the storytelling phase to positively market the success story.

The starting point, or “awakening,” launches the initial contest which will “feel the pulse” of the organization and discover innovative persons.

This contest could be about a broad futuristic strategy topic, which could appeal to future innovators to unleash their creativity. The competition would be open to all, and the topic description should be simple and always visible. All entries should be visible as ideas of others could be triggers for new innovations.

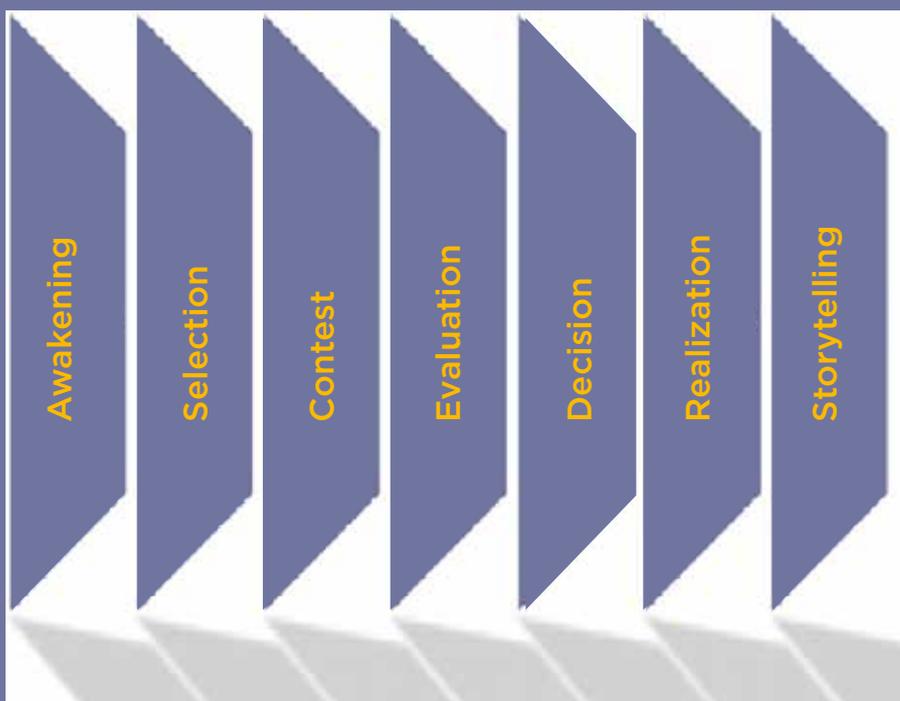
At this point, the main goal is to encourage the quantity of ideas, but later on there will be several decision gates which would filter the best ideas for implementation. As in any innovation process: a successful idea must also generate a success story, which will be the generator of further innovation activities.

To make the “7innovation method” sustainable it is most important to keep innovators informed and able to select the best ideas as part of the “innovation team”.

The best innovators are not the ones who submit most ideas, but the ones who can “think differently” and present ideas whose quality can be ‘felt’...

This initial phase must be used to learn about the strong and weak parts of process and about the problems innovators or intrapreneurs have in order to get their idea prototyped or even implemented.

Find out how to set up the innovation contest, and about the later stages of the process (Evaluation, Decision, Realization and Storytelling), in the next issue of TEMPO!



MAKING CAREER MATCHES AND LIFE CHOICES



Nicola having a Career Match session with Tempo Interns

Are you a university student? If you’re a university student, August exam results are out and you’re considering your area of study and work. Indeed career choices made several months ago may now not seem quite so great. So much is said about “career pathing” or “career matching” but how many of such advice received is helpful, and how many of those giving advice are qualified to do so?

If you’re a student, perhaps has trepidation set in? Your decision making process may have been influenced by any the following factors...

- Parents
- School
- Peer group
- Trendy subjects

Often those who offer career advice in schools and even colleges may not be adequately qualified. Counselling may not be their preferred behaviour and many fall into this role only because there’s no one else to do the job.

There are a variety of psychological profiling tools on the market that are powerful tools for career matching. The two that I am most familiar with and have used are Mindmill Careermaps and PRISM Brain Mapping Career Match.

Mindmill Careermaps helps to determine employability skills and to enhance personal development plans, while PRISM BRAIN MAPPING ‘Career Match’ is designed to help you find the right job.

PRISM helps you find a job that is suitable for you by identifying the way you like to do things. It lets you use your natural strengths in ways that are comfortable for you.

The job you take should not require you to spend most of your time doing things you don’t enjoy or do well. Often a person can be highly eligible for a job in terms of skill, education and experience, but still fail to find that job fulfilling. Both Mindmill Careermaps and PRISM BRAIN MAPPING Career Match are great online profiling tools which help define and measure natural aptitudes, abilities, interests and motivations. And the user can go back into the system, again and again to dig down and check things out until they find what inspires them. The final choice should be a career for which the person is both eligible and suitable.

Why is it important to use a career mapping software? It is because we spend so much of our time at work and yet not many of us enjoy what we do.

Sheikh Mohammed Bin Rashid has declared this as the year of ‘innovation.’ To be ‘disruptively innovative’ like him, and like Richard Branson and the late Steve Jobs we need to use our ‘talent’ to make a difference, and that starts by making the right career choices. “People with passion change the world,” according to Steve Jobs.





PARTY ROCKIN' WITH DJ CROWN PRINCE

I stepped out of the cafe and into the night club to converse with international Dubai-based DJ, Crown Prince, to discuss all things sonic and party-smashing...

“It’s DJing 101 to try to read the crowd and anticipate what it will take to make the collective have a great time.”

Dorian: Where were you born?

Crown Prince: I was born on an island named Antigua in the West Indies.

Dorian: How has coming from there shaped who you are today?

Crown Prince: Being born there and raised between Brooklyn, NY, and Florida has given me an awareness and appreciation of cultures through speech, food, dance, and of course, music.

Dorian: When did you get in to DJing?

Crown Prince: I was always around DJs growing up. I think I destroyed 60 percent of my dad’s vinyl and dubbed over his cassettes trying to put mixes together for me to listen to. In college, that’s where I started to really learn and take it seriously.

Dorian: How did you first make a name for yourself?

Crown Prince: I took a very unconventional route in making a name for myself. Back when there was Napster, Winmx, AudioGalaxy, Limewire and the other various file sharing platforms, I would make mini-mixes of Dancehall tracks and flood the web. I still have people come to me and talk about those early mixes.

Dorian: When did you come to the UAE and how did you break in to the scene here?

Crown Prince: I came to the UAE on the first of March, 2012. In regards to breaking in to the scene, let’s just say I personally feel as though I’m still in the process of doing that.

Dorian: The way I’ve seen you rock a party makes me think you are already established. Where does the name Crown Prince come from?

Crown Prince: Ahhh the name... Long story short, one of my uncles is nicknamed, “King”. As a kid, my nickname was King because I said that I was next. In picking a DJ name, I tried a few but didn’t want to use the word, King, so I settled on “Crown Prince”.

Dorian: What’s your favourite genre of music?

Crown Prince: Picking a favourite genre is the toughest because of such love and influence that just about every genre has given me but if there has to be one... Reggae!! Not dancehall or bashment, I mean Reggae! No matter what’s going on, some Beres Hammond, Bob Marley, Gregory Issac, Jacob Miller, and others is all I need.

Dorian: What’s the secret for making a crowd go crazy during one of your sets?

Crown Prince: I don’t think there is a secret to making a crowd go crazy. It’s DJing 101 to try to read the crowd and anticipate what it will take to make the collective have a great time.

Dorian: Who are the hottest artists out right now to you?

Crown Prince: To be honest, I feel that the producers are the stars at the moment. Major Lazer, Calvin Harris, Mustard, etc... But if I have to pick, nobody is winning like Drake is at the moment.

Dorian: I agree, I love what Kendrick Lamar is doing as well. You’ve traveled a lot this summer. Where did you go?

Crown Prince: This summer’s tour is so amazing. I’ve had stops in; Miami, Orlando, Antigua, Barbados, Toronto, Atlanta, Bermuda, Trinidad, Bahamas, NYC, Ft. Lauderdale, with stops in Jamaica, D.C., and more to come. I enjoy everywhere... Old friends, good food, and great music - I’m always enjoying myself.

Dorian: Wow. What makes a good DJ, scratching, mixing, and/or blending?

Crown Prince: That depends on which aspect you are judging the DJ by. Competition? Then yeah, Scratching and routine creativity. Mixtapes? Then yeah, mixing, blends, scratching. Clubs/Parties? Selection and timing! Too many DJs think that they are good but are playing the hottest records at midnight when the party is going till 3 or 4. Playing your position while entertaining the crowd makes a good party DJ.

Dorian: I like how you put it. Where can people catch you spinning?

Crown Prince: At the end of my tour in early October I’ll be returning to the UAE and settling back in with some new residencies. Keep updated on where I’ll be by hitting me up on Twitter and Instagram @DjCrownPrince or FB “Dj Crown Prince”.

Dorian: Cool. Can you hit up the management meant to take care of the bill before I go?

Crown Prince: Stares blankly.

Catch the full interview at www.tempoplanet.com



By NISMA HAMID | @nismahamid | Instagram: nismahamid

Back to School



BACK TO SCHOOL SPECIAL: OVERCOMING SHYNESS

It's always bittersweet going back to school and university. I am headed to university at the beginning of September, and I thought I'd share some of the techniques I'm going to use to make sure I fit in and make new friends.

Beginning a new academic year means expanding your academic horizons and meeting new people. And it also usually means trying to make up for the mistakes of the previous academic year. In my case I've made a list of things I need to accomplish, sort of like a New Year's resolution list. I realise also that in order to accomplish all that I wish to, I must overcome my shyness.

I am not inherently shy. In fact, I would describe myself as quite outgoing. But that doesn't mean that I am immune to awkward first impressions and timid encounters - because I do that quite frequently. We all know that

new classrooms, new teachers, and new classmates can bring out the shy side of anyone. Overcoming that shyness is always the first step to having an awesome year. Although I'm not an expert at it, I do have a few tips and tricks on how to overcome shyness.

What always seems to work for me when I'm put in new situations where I'm feeling a little timid is to pretend to be the most confident person in the room. Basically, you've really got to fake it till you make it! If you can convince everyone else that you're not a shy person, eventually you'll start convincing yourself. Also surrounding yourself with people that make you confident helps. If you've moved to a new school, keep contact with your friends at your previous school. I am counting on my high school friends to give me a lot of strength from across the miles.

I do hope my advice is helpful to you; God knows, I will need it, and use it. I wish all of you luck in the upcoming year, and may wonderful things come to all of us in school, university, and beyond.



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

SCHOOL SHY HELPING YOUR KIDS ADJUST

We all want our children to look forward to going back to school. We want them to see their friends and get back into forward scholastic progress. But for some kids, mention the word "school" and they shirk back into the shadows. For the parents of shy kids, this is a difficult time.

What is shyness anyway? According to Dr. Bernardo J. Carducci of the Shyness Research Institute (yes, that's really a thing!) shyness has three components:

- Excessive Self-Consciousness - kids are overly aware of themselves, particularly in social situations.
- Excessive Negative Self-Evaluation - kids tend to see themselves negatively.
- Excessive Negative Self-Preoccupation - kids tend to pay too much attention to all the things they are doing wrong when you are around other people.

So what can we, as parents, do to help? As usual, I did a little research and chatted with some galpals:

- Help kids identify what they are good at and emphasize that. Can they draw? Let them design the front of their school notebooks or a t-shirt so others can admire their talents.
- Get kids to make a list of what they like about themselves. Keep it on the refrigerator door to remind them.
- Help kids interact with others by giving them a list of questions to ask other kids to help keep conversation rolling.

Marina is a huge advocate of music education. "It gives them the opportunity to express themselves differently," she says.

- Rachel suggests preparing kids for the social situations they will encounter. "Tell your child about the others they will meet and have a pretend run-through beforehand," she says. When they know what they will experience, at least in part, it may help them to relax.

- When they have a good social experience, write it down so they can review successes and build on them.

- For older kids entering middle or high school, remind them that EVERYONE at that age is self-conscious and insecure. Other kids are likely not judging them because they are too worried about themselves.

- Get kids involved in clubs, sports, volunteer activities. Build their self-confidence. Stacey comments, "encourage them to find as many activities as possible to put them into a greater variety of situations so they can develop coping techniques."

- Mary-Elizabeth has a helpful hint: arrive early. "Walking into a crowd is always more intimidating than being among the first to arrive and having the crowd build around you."

- Parents of extroverted children can help too: "Encourage your kids to step up and be a buddy to the new or quiet kids in school," Sheila reminds us.

Everyone agrees on one thing, best stated by Melanie: "Our kids are who they are. Don't try to change them or push them to be someone they are not." Gentle support and lots of praise is the key.





Frank San
 Age: 37
 Profession: Aircraft Mechanic
 Hobby: Cosplayer
 Nationality: Filipino
 Motto: I am not concerned that I am not known, I seek to be worthy to be known.



If my life were a book, it would be called...

“Do you even remember?” by Forgetful Frank

I would most like to be stuck in an elevator with...

A lady elevator technician

I would most like to wake up as...

Brad Pitt

Songs I most want played at my funeral...

Warrior is a Child (Gary V.) Tears in Heaven (Eric Clapton), Gone Too Soon (Michael J.), I Miss You (Aaliyah), I'll Be Missing You (P. Diddy)

Song with my name in it...

Frankie by Sister Sledge

My current Last Song Syndrome (LSS)?

Marry You by Bruno Mars

If today were the last day, I would go to...

Back home - to the Philippines!

My idea of a perfect weekend...

Going out on a wild adventure

The one event in history I would have wanted to witness...

Thrilla in Manila. Ali vs Frazier

My most valued possession...

My kids

Where I hang out most...

At a friend's house or malls

I cannot live without...

My Family

I am most inspired by...

My parents

Five things I need for survival

Swiss army knife, first aid kit, a flashlight, water and a magic lamp;)

I would most like to own a...

A Hummer (H2)

In 10 years I see myself...

Owning a business of my own in the Philippines

My idea of peace...

A place full of love and harmony

My goal in life...

To be successful in everything I do

The craziest thing I've done...

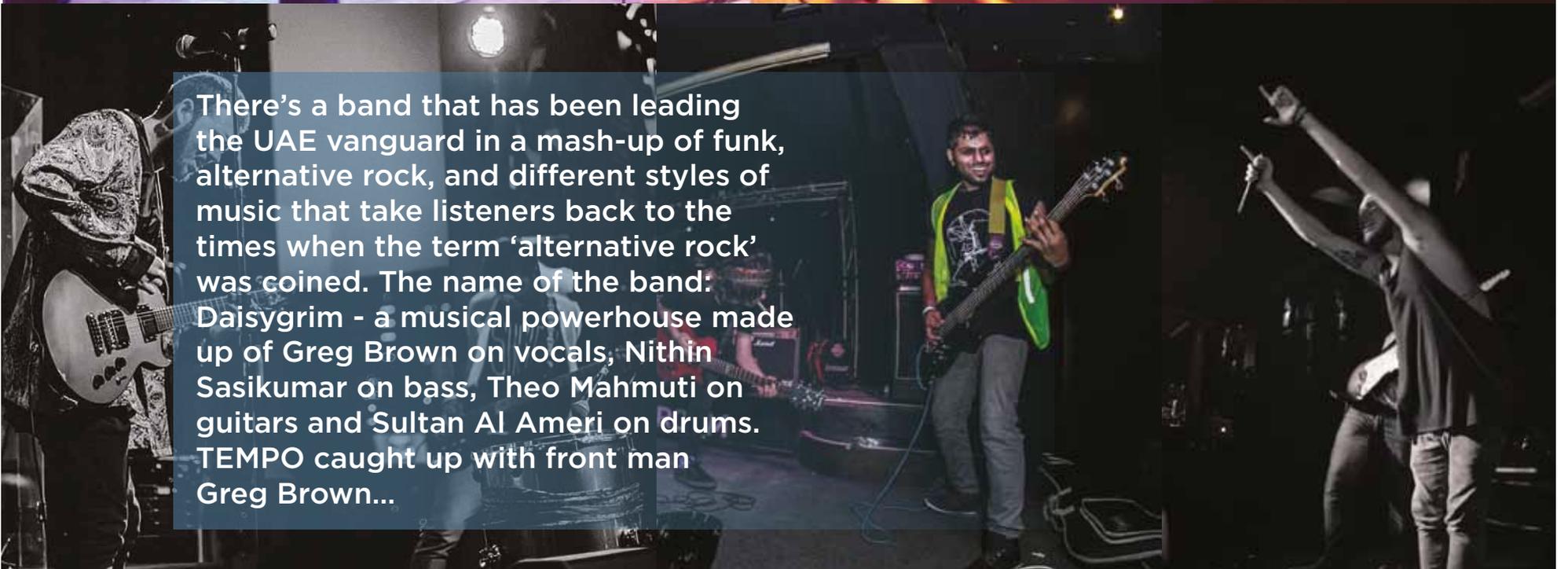
I yelled at my boss!

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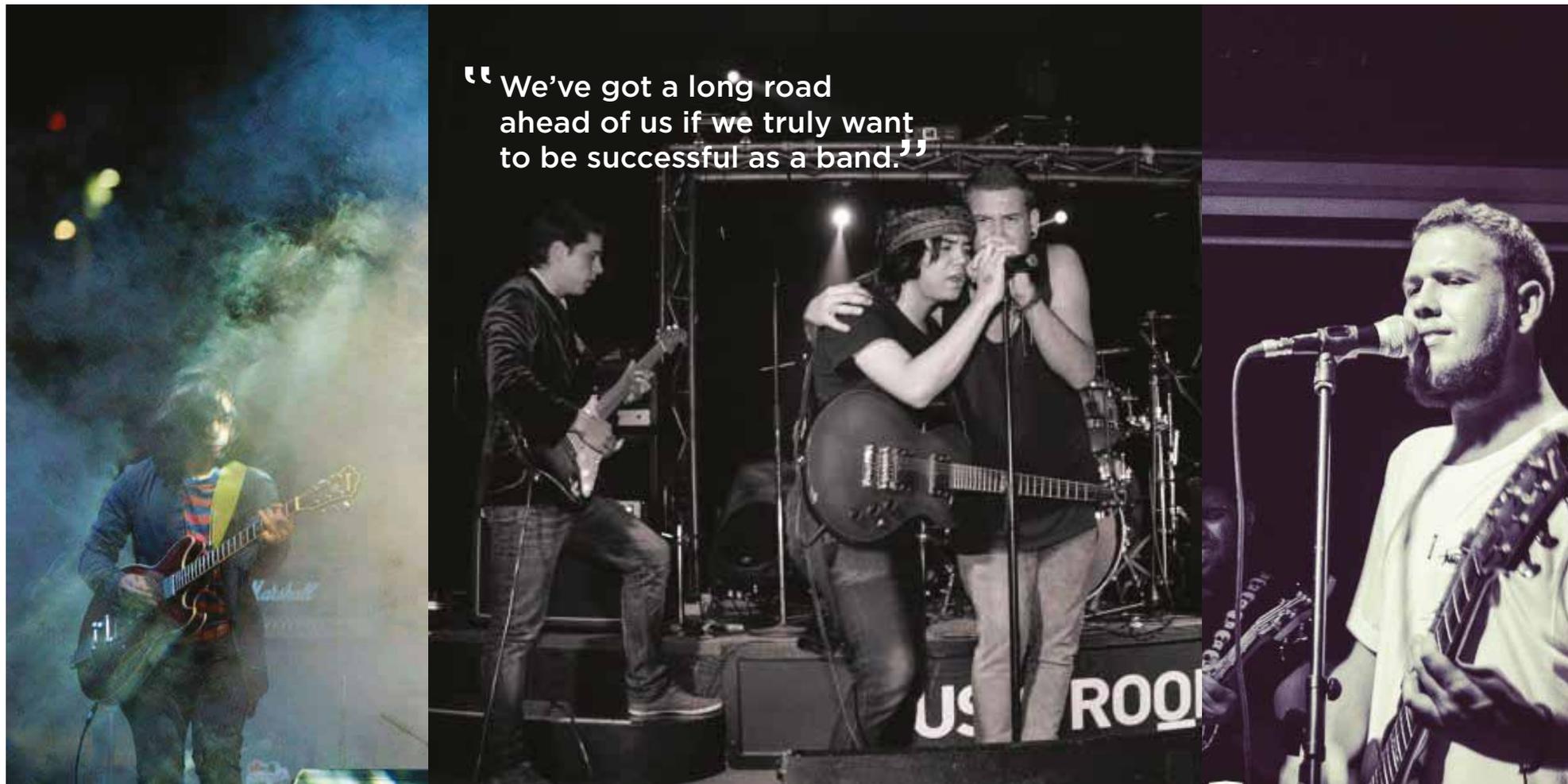


DAISYGRIM: BANGING OUT PUNK ROCK RHYTHMS

BY YASHMITA HATANGGDI



There's a band that has been leading the UAE vanguard in a mash-up of funk, alternative rock, and different styles of music that take listeners back to the times when the term 'alternative rock' was coined. The name of the band: Daisygrim - a musical powerhouse made up of Greg Brown on vocals, Nithin Sasikumar on bass, Theo Mahmuti on guitars and Sultan Al Ameri on drums. TEMPO caught up with front man Greg Brown...



“We’ve got a long road ahead of us if we truly want to be successful as a band.”

TEMPO: Why the name “Daisygrim”?

Greg: Daisygrim is a collective collaboration of locally based artists with varying musical backgrounds. We enjoy experimenting with different types of genres in the rock category and try to create a unique blend of music that is not only hard-hitting but also has the potential to make people dance. The name came up in conversation when drummer, Sultan Al Ameri or “Sully” for short mentioned that he had known someone named “Edith Grim”. He said something along the lines of “With a name like that, she should at least have a pretty first name, something like Daisy, Daisy Grim.” After that the name Daisygrim just kind of stuck with us, and the rest is history.

TEMPO: Which musical artists inspire you?

Greg: Oh wow, there are so many! Everyone from classic rock n roll bands like Zepp all the way too other rock bands like the Black Rebel Motorcycle Club, to more modern acts like the Unknown Mortal Orchestra and everything in between.

TEMPO: Do you have a name for your new album?

Greg: We’re still deciding on the name, but we’re open to suggestions!

TEMPO: Have you achieved success?

Greg: Success is a pretty big word. I wouldn’t say we’re successful; we’ve done things we could only dream about doing before starting the band, so I guess in that sense we’re successful in the eyes of our younger selves. But I think definitely we’ve got a long road ahead of us if we truly want to be successful as a band.

TEMPO: How does your audience receive your performance?

Greg: Family and friends have always been super supportive of us shooting for the stars, whether it be with music or anything for that matter. And our audiences over the past couple years have been incredible as well. The best kind of crowds are the ones that have no problem getting involved and essentially becoming part of the music itself through either singing or dancing along. We have a better time on stage when the crowd is enjoying it; I think that probably goes with any band out there.

TEMPO: Have you experienced any awkward situations?

Greg: Umm, this one time, right at the beginning of a show, probably around 2011 or 2012. As I went to hit the first chord of the first song of the set, I managed to step on my cable and unplug my guitar, snap a string, and managed to break the guitar strap too, it was the worst! We had to take a break before even starting the show so I could fix up the guitar, and then had to play the rest of the show sitting down because my guitar strap was bugged. Strap locks - worth the investment!

TEMPO: What role does having an online presence place for your band?

Greg: Definitely, In this day and age the Internet is the biggest platform in which one can share their music or anything else with the world. Bands no longer need to be signed to a label in order for them to get recognized for the music they make; you can only get so far with only playing gigs. But when people want to follow your band or check out the band after a show, or even find out when the next show is, they need a place online to be able to go, to see all of this information... I think online presence is pretty important.

TEMPO: What has been the biggest challenge you’ve faced as a band?

Greg: The biggest challenge was trying to put together a new band just two weeks before playing our first ever international show at a rock festival in Goa. Both our guitarists couldn’t make the trip last minute for various reasons, so our bassist played lead on the night and we had to find a new bassist in a hurry, just before we left. And to this day he is still the bassist of the band; big Nith is a champ!

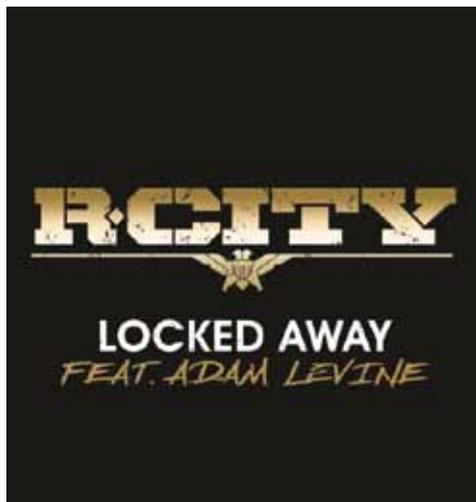
TEMPO: What advice would you like to give to aspiring musicians?

Greg: Just to not stop pushing. Don’t make music with the intention of getting popular; do it for yourself first and foremost, and because you love it!

TEMPO: As an artist, how would you define success?

Greg: I don’t know, still trying to discover it.

Connect with DAISYGRIM!
 Facebook: <https://www.facebook.com/DAISYGRIM>
 Youtube: <https://www.youtube.com/user/DaisyGrimOfficial>



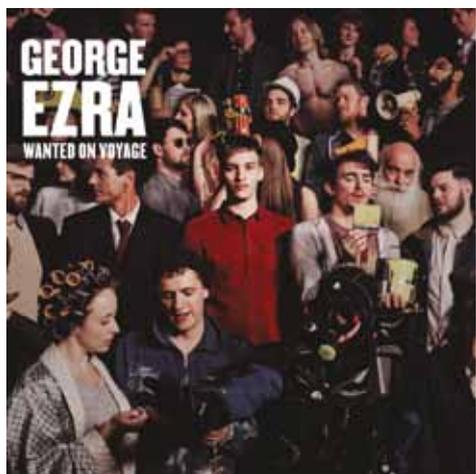
1 LOCKED AWAY
> R. City Feat. Adam Levine

Lyrics: "A girl that I know I can trust, to be there when money lost. If I did not talk nothing else to give but love, would that really be enough?"



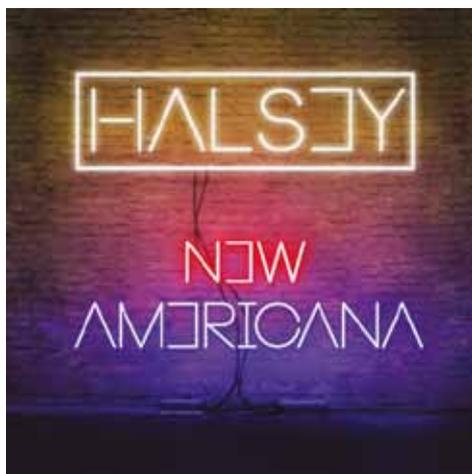
8 BACK TO BACK
> Drake

Lyrics: "This for y'all to think that I don't write enough, they just mad cause I got the midas touch. You love her, then you gotta give the world to her..."



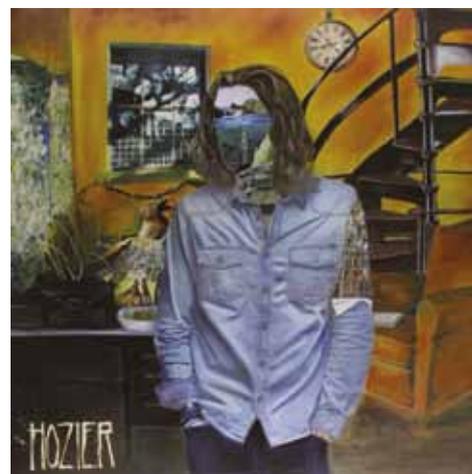
2 BARCELONA
> George Ezra

Lyrics: "Every time you have to go, shut my eyes and you know. I'll be lying right by your side in Barcelona..."



4 NEW AMERICANA
> Halsey

Lyrics: "Survival of the richest, the city's ours until the fall. They're Monaco and Hamptons bound but we don't feel like outsiders at all..."



6 FROM EDEN
> Hozier

Lyrics: "Honey, you're familiar like my mirror years ago, idealism sits in prison, chivalry fell on its sword..."



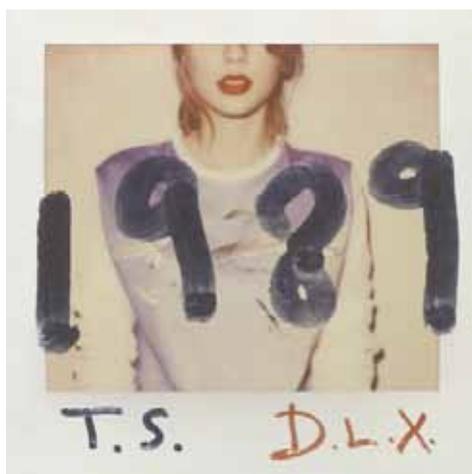
9 BETTER LOVE
> Foxes

Lyrics: "You lie right there and you say nothing. I do my best to ease your pain. But here we are, we've learned nothing..."



3 WHAT DO YOU MEAN
> Justin Bieber

Lyrics: "You want me to move, but you tell me to go. What do you mean? You nod your head yes, but you wanna say no..."



5 WILDEST DREAMS
> Taylor Swift

Lyrics: "I thought heaven can't help me now. Nothing lasts forever, but this is gonna take me down..."



7 HOW DEEP IS YOUR LOVE
> Calvin Harris & Disciples

Lyrics: "Open up my eyes and tell me who I am. Let me in on all your secrets..."



10 BACK TOGETHER
> Robin Thicke Feat. Nicki Minaj

Lyrics: "You used your love to tear me apart, now put me back together, you put a bullet into my heart, now put me back together..."



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