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## SPREAD COMPASSION

THE GLOBAL UNITY GAMES

 COMES TO THE UAE  
SEPT 11-21

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*"I'm not going to school just for the academics. I wanted to share ideas, to be around people who are passionate about learning."*

- Emma Watson

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The Extraordinary Power of Compassion



From the moment we humans are born, we start assimilating into the world by mirroring others around us, from facial expressions to body movements. This attribute of identifying with others is a critical part of becoming human. It assures that we bond within our communities and survive as a species. It is inherent to what defines us as human, and bestows us with that beautiful trait we call compassion.

Compassion is not the same as empathy, or even altruism. It is an actual response, to help relieve someone else's suffering. Merriam Webster defines compassion as "wanting to help someone who is sick, hungry, in trouble etc".

Think of the tragedies in Aleppo; the little boy sitting dazed in the ambulance after his home was bombed, or the two boys crying and consoling each after losing a sibling, or the poignant scenes after the Amatrice earthquake.

More than ever before, we as humans are accosted by images of tragedy, every hour, minute, second. If we don't see it in the news, it gets delivered to us via social media; if we don't get it through the media, someone tells us about it. We can choose to turn away from these external stimuli, and shut off the world, but our human nature tells us to do something. Otherwise we feel a dissonance that gnaws us from the inside.

We must resist becoming sponges, paralysed by feelings of helplessness and frustration. Rather, we can focus on what we can do, however small, within our own spheres of influence and reach. There are always things we can do to make a person's life a bit easier, from making a phone call, to helping

someone with a task, to providing advice and counseling, to giving or lending money. What ceases to surprise me is how sometimes the smallest of gestures by one person can potentially transform the life of another human being.

It is my belief also that compassion is not an individual response, but a movement. It is a reflection of true leadership at the highest levels, and a code of conduct that should permeate through society. When policies are made, or agreements concluded, compassion can be factored into the negotiation and business dealing. Just like 'goodwill' has become a standard reference in business language, compassion should also be part of the corporate lexicon.

While some continue to dismiss compassion as an irrational response to a situation, there is research to support its tangible benefits to those humans who show compassion. The heart rate slows down perceptibly and we release that "bonding and happiness hormone", oxytocin. When we show compassion to others, we reinforce brain circuits that are linked to pleasure and contentment, while stimulating the Vagus Nerve that protects our hearts.

All religions promote the principles of compassion as core to human existence. In Islam, it is the idea of 'rahma' that urges us to choose to be kinder, to be more generous and to be more forgiving. Children who are brought up within a belief system that stresses compassion end up being more socially adept and more content. It is the same for adults. Research demonstrates that employees who are in more compassionate workplaces are more productive and happy; they feel greater loyalty to the organization, and they share a sense of common purpose.

The amazing thing about compassion is that it is also contagious. Lead by example and demonstrate compassion in everything you do, and you'll soon see your circle of compassionate grow as big as the world.

Tempo is thrilled to be supporting the Global Unity and Compassionate Games!

Reach out to us and tell us how you integrate compassion into your daily lives.

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f Sana Bagersh

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MEDIA LICENCE NO. 1/105866/24295





## LIFE HACKS

BY NILOFER SAFDAR | NILOFER\_LIGHT@YAHOO.COM

# 10 QUESTIONS THAT HAVE THE POWER TO TRANSFORM YOUR LIFE!

**A question empowers; an answer disempowers. A question creates; an answer is a conclusion that stops creation. Most people think that if they find the right answer, their life will be sorted. However, if you can question, your life will unfold in a tapestry of ever expanding possibilities.**

The questions below will enrich and expand your life exponentially. Ask a question! Don't look for an answer. Sometimes you have to keep asking the questions again and again until something changes.

### 1. How can it get better than this?

What if you could have your cake and eat it too? What if you open yourself up to all the possibilities in the world? This question is a simple tool that can change everything! Ask this question every time something bad shows up in your life or something good shows up in your life. When something bad shows up, this question starts to change it. When something good shows up, you are asking for more good to show up. When something good shows up repeatedly, most people are waiting for the axe to drop. This is a knee jerk reaction. By asking this question repeatedly, you break this and are in a space for receiving more good.

### 2. What else is possible?

When things are stuck and nothing seems to be moving, ask yourself this question. Instead of accepting conclusions that things cannot change, ask this question and you will start to see possibilities in the situation that you hadn't even considered.

### 3. What's right about this that I'm Not getting?

A great question to ask when things show up not as you expected or desired. When things go south, most people go into blame and regret. They wonder why bad things happen to them and wallow in this. When you ask this question repeatedly in an undesirable situation, the situation will start to change in amazing ways. You might have to ask this question many times to get there.

### 4. What's right about me that I'm not getting?

Do you get stuck in negative self-talk trying to figure out where you went wrong? When you are in an undesirable situation, the tendency is to blame yourself and judge yourself. Blame and judgment are very toxic. They are like a slow poison that kills life. This question will raise your self-worth and self-appreciation.

### 5. What would it take?

This is a 'create' question. When you want to create something, have something or change something, this is the question for you. Make a list of your targets, and then convert them into this question. Read it

frequently and pretty soon everything you have asked for in your list will start to show up. One of my favourite tools is a Magic Diary. I write down 10 new things I would like to create in this diary everyday with this question. It's fun to see everything you have asked for showing up in your life. Think: what would it take for me to have/ create/ change this right away? What can I be or do different today to have/ create/ change this right away?

### 6. What would I like to create my life as?

This is absolutely my go to question. I ask this question everyday. When you ask this question consistently over a period of time, amazing things start to show up for you. Unexpected, delightful things that can enrich your life.

### 7. What contribution am I giving that I'm not acknowledging?

Each one of us is unique and special. We contribute to the world by our very existence. But most of us cannot even see this. By being in this question, you start to see your contribution to the world around you and it changes your perspective about yourself.

### 8. What can I be or do to change this for the greater?

Ever have a situation where you feel stuck? Ask this question - repeatedly.

### 9. Who or what would I have to be in order to be the brilliance of me?

Brilliance is awareness magnified into greater possibility. Brilliance is not thinking, even though we think intelligence to be an essential element of being brilliant. Have you misinterpreted the joy of thinking as brilliance? Have you judged yourself as not brilliant? Did you give up your brilliance because nobody else would acknowledge it when you were brilliant? Is this what is stopping you from creating the greater possibilities you desire to create?

### 10. What would it take to turn this into a possibility?

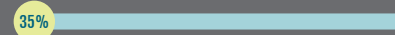
What if you were willing to change your perspective on your life, your relationships, your business and your money flow? How many of you are focusing on what you don't have rather than what you have created and being grateful for the possibilities that are showing up? Every time you find yourself "thinking" you have a problem, ask: "What would it take to turn this into a possibility?" And see what shows up, and have fun with it.

## NOTES & CYBERCHATTER

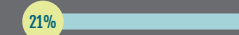
### TEMPO POLL OF THE MONTH

HOW WOULD YOU LIKE TO GO TO SCHOOL ON YOUR FIRST DAY?

Parachute!



Hyperloop!



Helicopter!



I don't wanna go to school...



### On Renad Mohamed:

*Seeing someone wearing the traditional clothes of countries like you, and trying to bring the old fashion back in style makes me feel so happy. I can't wait till loyalty and morals become the new trend again!*

- Aida Ahmed



### On The TCK chronicles:

*Having the opportunity to explore the world like you and always seeing new things around you, or always getting to know new people with their cultures is the coolest things ever. In 20 years from now, the people who were not exploring the world today will regret what they could've done. Never stop exploring!*

- Mohamed Karim



### On PokemonGO:

*PokemonGo became a trend all over the world it even made lazy people go out in the middle of the night to catch a figure. The fact that the game isn't officially available in the UAE makes me sad.*

- Mark Jonathan



### On Masterchef Nikita Ghandi:

*Amazing how she kept following her dreams and didn't give up no matter what, till she reached the goal she wanted to reach!!*

- Veronica Welton





# A THOUSAND FACES

BY TOMI ADETAYO | adetomi\_adetayo@hotmail.com



*Vowing to change the face of fashion in the UAE are business partners Issa Saleh, from Jordan, and James Simmons, from the USA, who are gearing to organize Abu Dhabi Runway Fashion Show this October. The event was attended by over 700 people last year, and the two aim to attract over a thousand people.*

Saleh is the CEO of Abu Dhabi Runway Fashion Show, while Simmons is the CEO of the event management company JS Entertainment. Saleh believes that fashion is about being comfortable with yourself, and translating self-esteem into a personal style. James believes that success in life is not determined by financial status but by the passion and joy you bring to your craft and others around you. After the success of their inaugural event last year, the partners decided to make this an annual event.

The Abu Dhabi Runway Fashion Show Season 2 will be held on October 7, 2016. Check their Facebook page for more details: [www.facebook.com/groups/jsentertainment/](http://www.facebook.com/groups/jsentertainment/)

## TWEETS FOR THOUGHT



HH Sheikh Mohammed  
@HHShkMohd



Official Tweets by His Highness Sheikh Mohammed bin Rashid Al Maktoum

**Our formula for development : it's based on core values, led by youth and focused on a future in which everyone achieves happiness.**



Adly  
@TheAdly



No. Dubai

**"Do Lipton employees take coffee breaks?"**



Bethany Mota  
@BethanyMota



Snapchat: Thebethnoel . BethanyMotaContact@gmail.com

**I just really like fries..**



Connor Franta  
@ConnorFranta



Commonculture.co

**To be honest most things in life are simple but for some reason we insist on making them complex.**



Kian Lawley  
@KianLawley



instagram: kianlawley - snapchat: swifferme

**Love when my phone has 3% at disneyland. definitely not the happiest place on earth now...**



Sahil Khan Xo  
@SahilKhan187



Muslim | Arab/Afghan/ Indian | Model/Actor. BBM PIN:514B2632

**You know when you tell your grandma you haven't eaten since morning and she starts to faint.**



Andrea Russett  
@AndreaRussett



instagram:andrearussett snapchat:andwizzle

**I keep thinking it's Monday and when I realize it's Thursday I feel the most joy I think I've ever felt.**



Rachel Ballinger  
@MissRBaller



I'm tall! I also do YouTube.

**The only time I hear my neighbors upstairs is around 12am. They jump around & drop heavy stuff for 30 seconds. Then it stops. #TwoPumpChump**



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





# ●● TRENDING ON YouTube

## SEPTEMBER VIRAL VIDEOS

IS THERE A VIDEO THAT MAKES YOU CRY, SMILE, OR CRACK UP?  
SHARE YOUR VIDEOS THROUGH [WWW.FEELYOURTEMPO.COM](http://WWW.FEELYOURTEMPO.COM)  
FACEBOOK: FEEL YOUR TEMPO OR SEND THEM TO [EDITORIAL@TEMPOPLANET.COM](mailto:EDITORIAL@TEMPOPLANET.COM)

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



### Dolphin Steals Woman's iPad

It seems like not only kids want to have iPads but dolphins as well. A playful dolphin at SeaWorld in Orlando grabbed a woman's iPad right out of her hands while she was taking a picture!



### Are these Twin Guitarists in UAE for real or just an illusion?

Alain Duneau, a 17-year old Grade 11 student of Lycee Louis Massignon in Abu Dhabi, sent us this awesome video of his amazing guitar skills!



### Pokemon Go Inspired Snacks!!

Pokemon, everywhere all around us. You could even find them hiding in your own food!



## ●● INSTAFAME

KNOW OF ANYONE WHO HAS COOL INSTAGRAM POSTS? SHARE THEM AT [WWW.FEELYOURTEMPO.COM](http://WWW.FEELYOURTEMPO.COM) OR FACEBOOK: FEEL YOUR TEMPO



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Evenings... Friendships... Seaside... #abudhabi  
#lemeridien #seaside #evenings #buildingart  
[@janedelmar](https://www.instagram.com/janedelmar)  
**Jane del Mar**  
Tough Times Never Last but Tough People Do...



Emirates Palace of Abu Dhabi #streetphotography  
#longexposure #simplyabudhabi #in-staabudhabi  
[@clejeigh](https://www.instagram.com/clejeigh)  
**CJ Uy**  
Wandering the world one city at a time with an iphone 6. Mideast dwelling. Asian by heart.



Looks like love #nymphenburg #munich  
[@zeyadmourad](https://www.instagram.com/zeyadmourad)  
**Zeyad Mourad**  
Most of my pics are taken through my lens. I'll tell a story whenever I can. I'll try to post only what inspires me

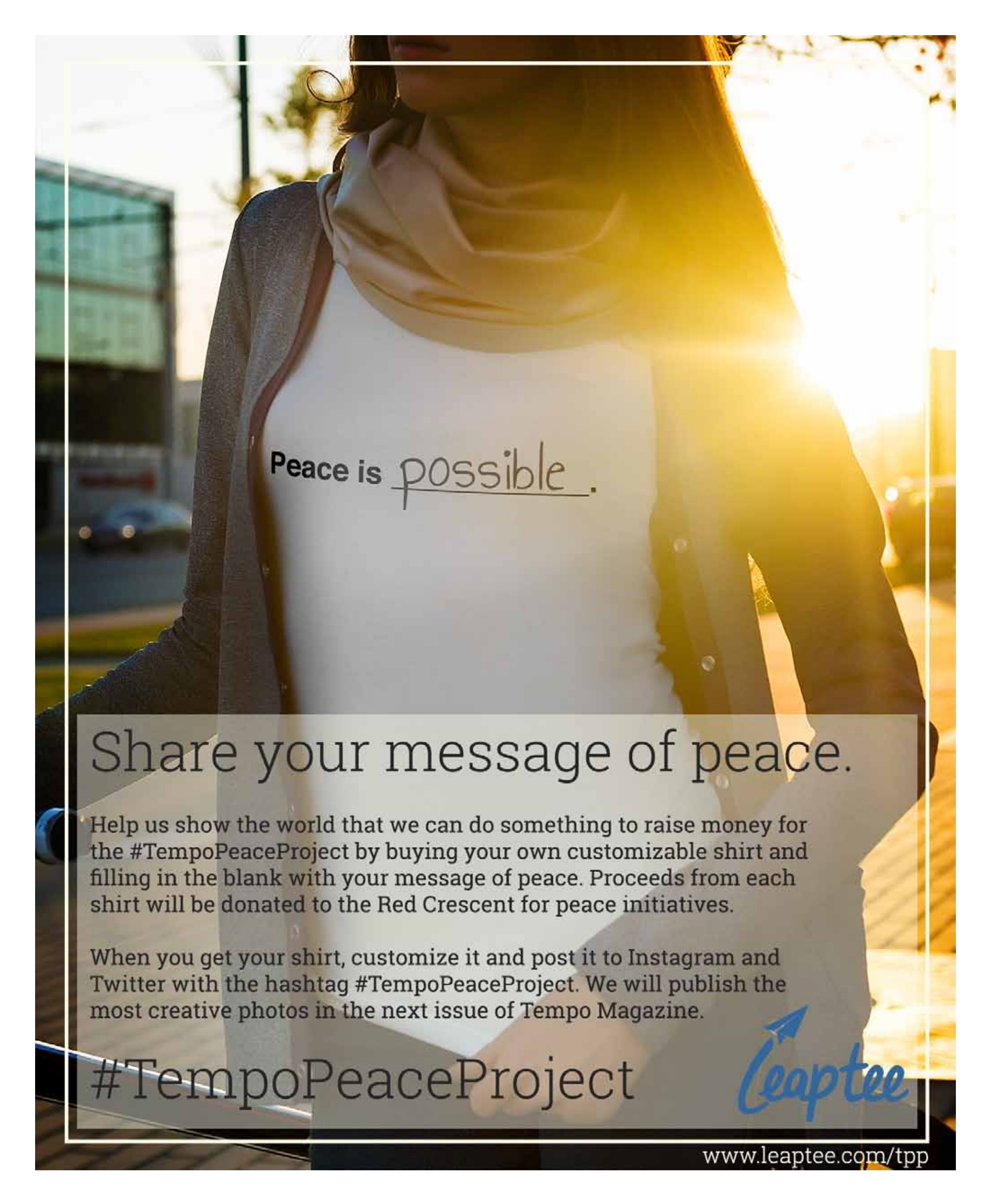


King penguins gather the necessary courage to head out to sea through a breaking surf on South Georgia, Antarctica  
[@paulnicklen](https://www.instagram.com/paulnicklen)  
**Paul Nicklen**  
@NatGeoFellow and photographer



Considering I don't have the best luck with sunsets and clouds, I frantically ran around trying get in as many photos as I could before the scene disappeared  
[@steveschwindt](https://www.instagram.com/steveschwindt)  
**Steve Schwindt**  
Pacific Northwest landscape photographer based in Portland





Peace is possible.

## Share your message of peace.

Help us show the world that we can do something to raise money for the #TempoPeaceProject by buying your own customizable shirt and filling in the blank with your message of peace. Proceeds from each shirt will be donated to the Red Crescent for peace initiatives.

When you get your shirt, customize it and post it to Instagram and Twitter with the hashtag #TempoPeaceProject. We will publish the most creative photos in the next issue of Tempo Magazine.

# #TempoPeaceProject



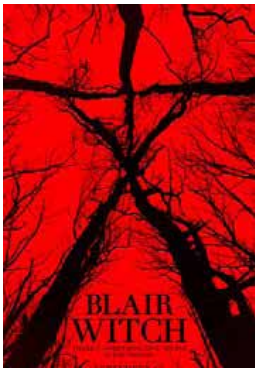
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●●

# IN THE CINEMAS

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

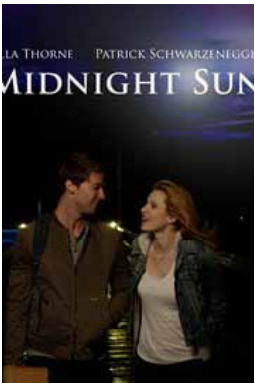


**BLAIR WITCH**  
**GENRE:** HORROR, THRILLER  
**TEMPO PREDICTION:** ★★★

After discovering a video showing what he believes to be his sister’s experiences in the demonic woods of the Blair Witch, James and a group of friends head to the forest in search of his lost sibling.

**THE GOSSIP:** The first 25 seconds of the teaser trailer harks back to the opening of The Shining, Adam Wingard’s favourite movie of all time.

**DIRECTED BY:** Adam Wingard  
**CAST:** Corbin Reid, Wes Robinson, Valorie Curry



**MIDNIGHT SUN**  
**GENRE:** DRAMA, ROMANCE  
**TEMPO PREDICTION:** ★★★★★

Based on the Japanese film, Midnight Sun centers on Katie, a 17-year-old sheltered since childhood and confined to her house during the day by a rare disease that makes even the smallest amount of sunlight deadly. Fate intervenes when she meets Charlie and they embark on a summer romance.

**THE GOSSIP:** This is Patrick Schwarzenegger’s first lead role in a major film project.

**DIRECTED BY:** Scott Speer  
**CAST:** Bella Thorne, Patrick Schwarzenegger, Rob Riggle



**THE HOLLOW POINT**  
**GENRE:** CRIME, THRILLER  
**TEMPO PREDICTION:** ★★★★★

A new sheriff of a small town along the U.S. and Mexico border investigates a drug cartel deal that went horribly wrong.

**THE GOSSIP:** Timothy Olyphant was originally cast to the role of Wallace but dropped out due to scheduling conflicts. He was replaced by Patrick Wilson.

**DIRECTED BY:** Gonzalo López-Gallego  
**CAST:** Lynn Collins, Patrick Wilson, Ian McShane



**THE MAGNIFICENT SEVEN**  
**GENRE:** ACTION, WESTERN  
**TEMPO PREDICTION:** ★★★★★

Seven gun men in the old west gradually come together to help a poor village against savage thieves.

**THE GOSSIP:** Tom Cruise was previously in talks to star.

**DIRECTED BY:** Antoine Fuqua  
**CAST:** Denzel Washington, Chris Pratt, Ethan Hawke

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●● tempo reviews

By ALEECE SMITH



Latest Film Reviews and Blu-Ray Releases

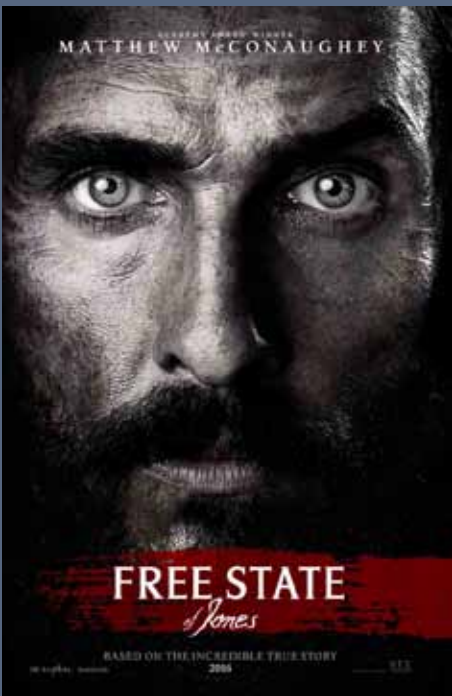
## THE INFILTRATOR



This Brad Furman film is based on the real-life events of US Customs agent Robert Mazur who played a starring role in a multi-year undercover operation taking him inside the infamous Escobar drug cartel in the 1980s. Even though we now know that the war on drugs had horrendous effects on families and neighborhoods across the Western Hemisphere, Furman seems to be making the point that there were large networks of people who genuinely believed in the noble goals of that effort - especially when dealing with cartels.

Bryan Cranston plays Mazur, a dedicated agent who adopts an alter ego to mix with the some of the most dangerous people on the planet. Diane Kruger and John Leguizamo play agents posing as a fake fiancée and fake business partner, while Benjamin Bratt takes on the role of the cartel operative who Mazur gets to know best. The Infiltrator tells a story without much embellishment to the facts. The protagonist isn’t much of a hero or anti-hero and there isn’t much in the way of witty banter in the script.

## CATCH IT ON BLU-RAY: FREE STATE OF JONES



Since it did so poorly at the box office, you can see Free State of Jones in the comfort of your own home a mere twelve weeks after its release in American theaters. Even though this movie didn’t impress the masses, it has value if for no other reason than it highlights a real act of rebellion that helped hasten the destruction of a firmly embedded system of human bondage.

After deciding that the war was not his own to fight, medic Newton Knight (Matthew McConaughey) leaves the frontlines to take care of interests closer to home. His courage inspires his neighbors to join forces with him.

This is a story about the American Civil War, but Free State of Jones also brings up the global and timeless issue of poor people doing the bidding of the wealthy, regardless of whether it serves their interests.

If an acknowledgment of persistent social ills won’t convince you to see the movie, perhaps the draw of big names in a period piece will. In addition to McConaughey, Keri Russell (Felicity; The Americans), Gugu Mbatha-Raw (Concussion, Beyond the Lights), and Mahershala Ali (House of Cards) have significant roles.





# 1 CLOSER

> The Chainsmokers Feat. Halsey

**Lyrics:** "You, look as good as the day I met you, I forget just why I left you, I was insane..."



# 2 LET ME LOVE YOU

> DJ Snake Feat. Justin Bieber Alessia Cara

**Lyrics:** "Don't fall asleep at the wheel, we've got a million miles ahead of us, all that we need is a rude awakening to know we're good enough..."



# 3 IN THE NAME OF LOVE

> Martin Garrix Feat. Bebe Rexha

**Lyrics:** "Would you let me lead you even when you're blind? In the darkness, in the middle of the night..."



# 4 HEATHENS

> twenty one pilots

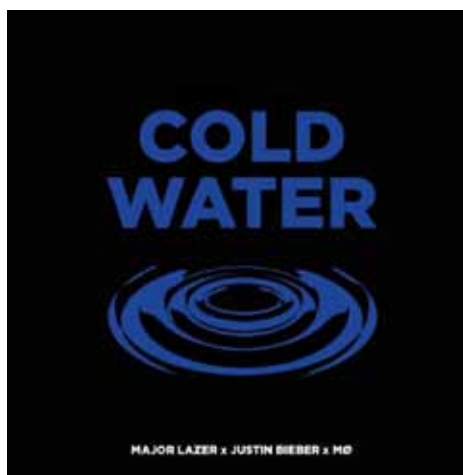
**Lyrics:** "Welcome to the room of people, who have rooms of people that they loved one day, docked away..."



# 5 COOL GIRL

> Tove Lo

**Lyrics:** "Rules you don't like, but you still wanna keep 'em, said you want fines for whatever reason..."



# 6 COLD WATER

> Major Lazer Feat. Justin Bieber & MØ

**Lyrics:** "Cause we all get lost sometimes, you know? It's how we learn and how we grow..."



# 7 GIRLS TALK BOYS

> 5 Seconds of Summer

**Lyrics:** "Cause I've been talking to my friends, the way you take away my breath, it's something bigger than myself..."



# 8 STARVING

> Hailee Steinfeld Feat. Zedd

**Lyrics:** "You know just how to make my heart beat faster, emotional earthquake, bring on disaster..."



# 9 FINAL SONG

> MØ

**Lyrics:** "But when you're gone the music goes, I lose my rhythm, lose my soul, so hear me out before you say the night is over..."



# 10 MAMACITA

> Tinie Tempah Feat. Wizkid

**Lyrics:** "We grew up learning things the hard way, close ties, you only make it if you grow free, don't die..."



# ALBUM SPOTLIGHT

BY VERA ROSALES | @VERAROSALES



## A GREAT REASON TO GO INDIE ON MUSIC!

Do you sometimes tire of 'vanilla-flavoured' pop songs? Do you crave variety to cleanse your 'aural palette'? Well, then maybe you should look into indie music! Yes, it may be a 'completely' different world... but just like mainstream it has many artists, labels and songs. And if you listen closely, you'll eventually strike music gold. It is not a question of preferring one music genre over the other, but being totally open to both. The only difference is that Indie musicians don't get enough exposure. We all know that the majority of indie artists are underrated, while there are mainstream artists who are very over-rated!

If you do think a mainstream music cleanse is for you right now, you should check out the new album by Young the Giant. This is an alternative indie rock band that has been doing quite well with ongoing gigs, growing media exposure and an ever-evolving music style. The Orange County based band reinforced their status as a progressive band with the release of 'Home of the Strange', their third album. The 11-track album starts with 'Amerika', a rebelliously pleasing track that depicts the reality of immigrants and touches on the subject of discrimination. It is followed by 'Something to Believe In', a track that is both vulnerable

and empowering. Songs like 'Elsewhere' and 'Mr. Know It All' slow down the pace, but the mood picks up again with 'Jungle Youth', an insurgent anthem waiting to be claimed by the millennials of today.

'Titus Was Born' is an introspective yet visually imaginative number on the album while 'Repeat' gives us a taste of some groovy riffs. 'Silvertongue' teases with its charade style lyrics and catchy sound, and is followed by the contemplative 'Art Exhibit'. The album ends with breaking-the-mold, for the youth tracks, 'Nothing's Over' and title song 'Home of the Strange'.

Young the Giant has evolved for the better over the years. They may have experimented with various styles, but their identity as one of the alternative scene's favourites is undisputed. 'Home of the Strange' is an album that you can loop and enjoy either alone or on a road trip with your friends. This is a genre of distinct taste, comparable to picking out a coffee brew that'll kick off your every morning. Their music embodies everything that indie is: uncontrolled but reassuring.

These guys might not be on the hottest charts, but they sure make their fans question why they're not.





# TEMPO EVENTS

WHAT'S HOT? WHAT'S COOL? HERE'S A LIST OF EVENTS FOR THE WHOLE FAMILY!

## BROADWAY BOOTCAMP

SEPTEMBER 1  
AL GHAZAL GOLF CLUB, ABU DHABI

If your child loves to sing, dance or act, Broadway Bootcamp will be a good place for them to channel their energy. Broadway Bootcamp is a performing arts programme for ages two and above under The Music Hub. The classes focus on theatre arts: singing, acting and dancing in particular. Teachers are experienced in the performing arts.



SCAN

## PARENTING WITH PASSION

SEPTEMBER 3  
HILTON, ABU DHABI

Parenting with Passion is aimed at helping parents uncover the five big mistakes they make that cause them to feel overwhelmed and guilty, and that cause their kids to struggle in life and under-achieve in school. Through private sessions over the past five years, coach Randa El Zein recognized a common thread in the source of pain: for almost all adults it comes from their childhood and is linked something that their parents or caregivers did or did not do, say or did not say.



SCAN



## ALOFT RUNS FOR CHILDREN

SEPTEMBER 16  
ADNEC 2016

The 7th annual run is a race covers an indoor distance of 2 km per lap with options for runners to add more laps. The event has also include runners who will be targeting 35 laps (70km).

SCAN



## PEOPLE CALENDAR

### ABIN RASHID

Age: 18

Profession: Student

Nationality: Indian

Motto: Whatever you do, do it well!

Random Funny Quote: Don't take life too seriously. You'll never get out of it alive.



SEPTEMBER 26-28



SEPTEMBER 30



SEPTEMBER 24

Photos by: Nikith Nath

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BY JAE FRANKLIN | @JAEFRANKLIN



# HOW ABU DHABI'S BEATS ON THE BEACH HAS BECOME A PLATFORM FOR EMERGING ARTISTS

**When the entire city is paying attention, you better have something brilliant to show, and Abu Dhabi's Yasalam has used F1 as its platform to showcase its most diverse talent. It's an opportunity for Flash Entertainment to introduce the most impressive artists all in the name of the Emerging Talent Competition. And, man, it is amazing.**

Every great festival was once created for music, whether it's EDM, Rock, Rhythm and Blues, or Reggae. Even though we attend these festivals for the pure joy of hearing our favourite songs, the newness of the Emerging Talent Competition lies within a

world of undiscovered musicianship. This means that local music artists have to brand themselves within the realm of music ingenuity if they want to catch the right eyes and ears. With musicians competing against each other from around the UAE, the Emerging Talent Competition has served as an opportunity to inspire music artists from all walks of life to display their uniqueness in the competition: to show who reigns supreme; who's won the prize in music originality and showmanship.

The competition gave UAE artists an association with a major event like F1, when visitors from all over the world came to frolic along the beach, see some races and take in the amazing concerts. But the Emerging Talent Competition is bigger than just the latest music competition. It's a platform that shapes the UAE's growing music scene. Whoever wins is going to get noticed by the entire

region and chart their music journey for the industry to follow.

Remember when Secrecy Over Supremacy won in 2015 then electrified the F1 Beats on the Beach stage in Abu Dhabi? Even more than that, SOS also made fans happy by being the first local artists to secure a residency in The Village at the du Arena. These moments transcend music from beyond the Top 40 radio hits on a person's radio. They bring together people from across the UAE that can experience music they have never heard before. It's a special time. It's essentially a time to see the beginning of a local artist's music career progression.

Beats of the Beach Festival has been commercially huge for Abu Dhabi, and it only made sense that the UAE's greatest local music artists participate on the big festival stage. Not only are they achieving

the highest festival season slot in Abu Dhabi, they are also receiving free publicity, marketing and endorsement from the city's leading entertainment company. Incredible talent deserves incredible exposure.

The Emerging Talent Competition is essentially a local artist's boot camp. A shortlist of 10 artists or bands will complete for four weeks of training and workshops. Three finalists will then perform on the famous Beats on the Beach stage in front of a panel of esteemed judges in November 2016, where the superstar winner will be announced. The winner of the Emerging Talent Competition will then go on to perform live to thousands of fans at various events throughout the 2016 Yasalam Festival. In addition to the opportunity to perform on the Beats on the Beach stage, the winner will also secure an annual residency in The Village at the du Arena.



## NAJADA CELA

**AGE:** 25

**PROFESSION:** Hostess at Sheraton Legends

**NATIONALITY:** Albanian

### Your personal style:

I cannot hope to look my best by copying someone. So my style in clothing depends on the moment and the place.

### Favourite recent fashion purchase:

My bright red pumps from Jimmy Choo.

### Favourite stores:

My favourite stores are Burberry, Louboutin, Dolce and Gabbana, Zara. The top places are Marina Mall, Abu Dhabi Mall, Galleria Mall.

### Where does style in a city come from?

The fashion comes from the different people and cultures living here.

### Any fashion pet peeves?

No. Everybody is free to wear what they want; nothing does bothers me!





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# TEMPO PULL OUT

## JOIN THE GLOBAL UNITY GAMES! 15 WAYS YOU CAN SPREAD COMPASSION IN THE UAE!



*'The Global Unity Games: Tomorrow Together - Survival of the Kindest' was launched by Seattle-based Compassion Games, and will be held for 10 days from 9/11 to promote peace, harmony and compassion. The Compassion Games is partnering with 9/11 Day, The International Day of Peace, and a prominent coalition of more than 25 nonprofits, including the Sheikh Mohammed Centre for Cultural Understanding. The games are also supported by Google and Facebook. Launched as part of a 5-year campaign, the aim to bring young people together from around the world to learn about and know each other, committing compassionate acts in a global expression of hope for a better tomorrow together.*

*Tempo is proud to support the UAE's Global Unity Games 2016! We present to you here CompassionUAE's list of 15 ways you can participate.*



### 1 Sign up as a Global Unity Games Ambassador

You can play as an individual or as a team for your favorite organization. We are officially challenging you to play with us in the Global Unity Games: Survival of the Kindest! We believe that the UAE is the most compassionate community on the planet. Help us prove it on the world stage. Sign up today at <https://www.facebook.com/CompassionateUAE/> and share the kindness of the Emirates on a global map for all to see.



### 2 Box Appeal

Small Box. Big Difference. A charity appeal to provide essential toiletries to workers living in camps throughout the country. Brought to you by Radisson and Park Inn hotels in the UAE.



### 3 Blood Drive

There's a constant need for blood to help the likes of Thalassaemia patients, road accident victims, and people undergoing operations. The need for blood far outweighs the speed that the Blood Donation Centre can collect it, so if you're brave enough to donate, you can be safe in the knowledge that you're making a big difference. Each unit of blood can be separated into several components (such as red blood cells, plasma and platelets), which means that your single donation could save the lives of several people.

4



### 4 Compassion Torch

Our students can pass a soft copy of the Compassion Torch to challenge others to acts of kindness throughout the UAE and the globe.

5



### 5 Donate through the Simple Act of Smiling

Yas Island will contribute one brick towards building schools every time you donate your smile and use the hashtag #YasJoyofEid. All funds will go towards building a brighter future for children in Pakistan and Mauritania. Spread the spirit of joy further through education! [www.yasjoyofeid.ae](http://www.yasjoyofeid.ae)

6



### 6 FreeRice.com

Our students get the chance to practice and improve their vocabulary and feed the hungry as they correctly match definitions with vocabulary words. FreeRice is a non-profit website that supports the United Nations World Food Programme (the largest humanitarian agency fighting global hunger). FreeRice has two goals: Provide education to everyone for free and help end world hunger by providing rice to hungry people for free.





← To know more about upcoming activities, stay tuned to Compassion UAE's Facebook page and Tempo's Facebook Page →



7



#### Gratitude Gram

What's a gratitude gram? A shareable custom message of thanks that you create and post to Facebook, Twitter, Snapchat and Pinterest or send via email. (You can save to Instagram too!) Creating a gratitude gram is easy: upload a photo or video, add a gratitude filter to your photo, write your message, then share it!

10



#### Pay it Forward

Many teachers are inundated with requests. For teachers who are time poor, but would to instill kindness values into students there is a simple way to run 'Pay it Forward Day' that takes up 'no time' at all for busy teachers. Teachers can give students the task of coming up with their own Pay It Forward Day initiatives and then carrying them out. By paying a good deed forward children learn that they can make a positive difference in other people's lives. The ripple effect is visible, motivating and energising. Everyone can make a difference!

13



#### Reading Nation Book Drive

This is an educational campaign, part of Mohammed bin Rashid Al Maktoum Global Initiatives, that was launched by HH Sheikh Mohammed bin Rashid Al Maktoum, Vice President and Prime Minister of the UAE and Ruler of Dubai, in Ramadan 2016 to distribute five million books to children in refugee camps and schools in need around the world. This campaign is yet another initiative through which the UAE expresses its passion for serving humanity. Support by becoming a volunteer!

8



#### Gratitude Wall

Create a gratitude wall at home/school/work then tell us about it.

11



#### Super Better App for Good!

Our students can play SuperBetter to increase their kindness muscles and ability to accomplish goals. SuperBetter.com has helped nearly half a million people achieve personal growth and tackle real-life challenges. SuperBetter can help to adopt a new habit, develop a talent, learn or improve a skill, strengthen a relationship, make a physical or athletic breakthrough, complete a meaningful project, or pursue a lifelong dream. It's also great from beating depression or an illness, or for overcoming a personal challenge.

14

#### INARA

INARA stands for "International Network for Aid, Relief, and Assistance" - it's a charity to support Syrian living refugee camps launched by CNN reporter Arwa Damon. INARA works with children from conflict areas who have catastrophic injuries or illnesses that have been aggravated by war or circumstances caused by war, and need lifesaving or life altering medical treatment. Learn how you can support the refugees through Inara by visiting <http://www.inara.org/>.



9



#### Let someone go in front of You

Thank You Wave when you let someone merge in front of you is a great move. It's highway payment for arriving to your destination one car length later anytime you let someone in.

12



#### Pledge to Do a Good Deed

Pledge a Good Deed! Describe your good deed. What do you want to do? Commit to doing your good deed during the Global Unity Games 9/11-9/21.

Then Dedicate Your Deed to someone you care about. Then Invite 3 Friends to pass on the light of compassion by making their own this pledges for their own good deeds! Then Share Your Pledge on the Compassion Report Map to inspire others!

15



#### Sign the Charter for Compassion

Join a global movement to bring compassion to our communities!





# 9 TIPS TO LIVE WITH LESS PLASTIC!

Plastic is everywhere – at your home, at school, in your office...heck, you're probably holding something plastic right now as you read this! And we all know that plastic is the cause of a lot of damage in the environment. While it might be impossible for you to live entirely without plastic, here are nine things you can do to use less of it, courtesy of [www.lessplastic.co.uk](http://www.lessplastic.co.uk).

1



Bring your own shopping bag

2



Carry a reusable water bottle

3



Bring your own cup

4



Pack your lunch in reusable containers

5



Say no to disposable straws & cutlery

6



Skip the plastic produce bags

7



Slow down and dine in

8



Store leftovers in glass jars

9



Share these tips with your friends

**LESS PLASTIC.**

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# 4 TOXIC POLLUTANTS THAT COULD BE IN YOUR AC DUCTS!

HYDROGULF



**BEFORE**



**BEFORE**



**BEFORE**



**AFTER**



**AFTER**



**AFTER**

*As temperatures soar outside, our only refuge is indoor air conditioning. But did you know that while you're cooling indoors from the heat, there could well be dangerous particles in your air conditioning ducts that could be spewing into the air your family breathes in. Poor indoor air quality has been linked to respiratory and endocrine illnesses. There are four pollutants that could be in your AC vents, says Mohamed Ismail, General Manager of Hydrogulf, a leading indoor hygiene solutions provider that specializes in AC duct cleaning and disinfection.*

## Mold and Fungal Contaminants

With variations between outside and inside environments, and poor ventilation as well, molds and mildew growth is quite common. In the worst case scenario, there might be vermin like rodents or insects living in your AC that can spread disease and cause poor Indoor Air Quality (IAQ).

## Micro Dust

These are dust particles which are very small that it could easily find its way from its source to your respiratory system. Dusts of all variety have long been known to cause irritation of the eyes, coughing, sneezing, hay fever, and asthma attacks.

## Debris

Aside from dust particles, varying sizes of debris might also have found their way into your AC unit at home – especially if there's a

construction site nearby. While this debris might stay put at the vents, they degrade over time and become dust particles.

## Gypsum Powder

Buildings are no stranger to gypsum as this material is used extensively for false ceilings and partitions at homes, villas, and flats, to divide up space. However, as with all materials, gypsum also gets damaged over time and the accumulated powder can find its way into the AC vents and ducts.

## What Can You Do

Since pollutants can accumulate in home's AC, the longer you go without cleaning it - the higher the risk your health will be affected, said Ismail of Hydrogulf. He also advises using the "fan mode" whenever temperatures are not very high, or opening up windows to help flush out some of the contaminants.

Hydrogulf sends out a team of cleaners for a full day to deep clean the AC system right from the vents, air ducts, to the AC Equipment and its filters. After cleaning the ducts and grids, they treat all the surfaces with a special anti-microbial fogging procedure to deter the growth of molds.

Ismail also adds that: "It is a popular myth that buying and installing an air purifier will solve the problem of poor IAQ, but it doesn't. Only if the source of contaminants and AC Equipment are professionally cleaned and disinfected, the air purifier will work efficiently and improve the quality of air we breathe daily."

**To book a free inspection, call: 800-HYDRO (49376) or email: [services@hydrogulf.com](mailto:services@hydrogulf.com)**



# FOUR TECHIE TOYS YOU SHOULD HAVE!

## GAME: FIFA 17 (PC, PS3, PS4, XBOX 360, XBOX ONE)

With the arrival of September comes the sequel to the successful series of football video games known as FIFA. Known for its evolving graphics and

engaging multiplayer gameplay, this title in the series brings something new to the game. FIFA 17 will be the first ever FIFA game to have a single player campaign mode. That's not all! Player can now play in new leagues, such as the J1 League. Other cool new additions include the usage of the Frostbite engine, which allows the use of new features such as the ability to change weather effects. Fans and newcomers to the series won't be disappointed by the latest installment of the FIFA franchise.



## PROJECT: TANGO



Project Tango was developed by Google to give your mobile device the ability to map its surroundings. It does this through depth perception, motion tracking, and area learning. What makes Project Tango unique is that it functions without Wi-Fi, GPS, or other outside signals. It does this through the various sensors within your device and the specialized camera on your phone. This opens up a whole new set of possibilities for mobile software

options. Things like indoor navigation and environment interaction can be a new feature of apps. Need help finding a product within a store? With Project Tango, your phone can navigate you towards the correct aisle. Want to play virtual Jenga? With Project Tango, any surface near you becomes a feature in the app. Project Tango is currently being integrated into various products on the market, such as the Lenovo Phab2 Pro

## GADGET: LENOVO PHAB2 PRO



Rumour has it that the new iPhone 7 is being released in September, but that's not the only smartphone you can look forward to. Hitting the Android market is the Lenovo Phab2 Pro, one of the latest and most powerful smartphones on the market. With a 6.4-inch Quad-HD screen, 16 MP Camera, and 4050mAh monster of a battery, the Lenovo Phab2 Pro is sure to leave an impression on the user. It's one of the many android phones who've adopted faster charging technology, shortening to amount

of time you have to wait before you can to unplug it. Unlike most phones on the market, the Lenovo Phab2 Pro is one of the few phones with Project Tango, a project by Google that allows the phone to map its position relative to a room and recognize objects without Wi-Fi or GPS. This allows for interesting software options that involve interaction with the objects around you. While the iPhone 7 is always a popular choice, people looking for something different can always try out the new Lenovo Phab2 Pro.

## CONSOLE: APPLE WATCH 2

While Apple is being very secretive with their upcoming products, we know for a fact that they'll be releasing the Apple Watch 2, alongside the iPhone 7 and the new OS. Like the previous Apple Watch, this Apple Watch will have the same general design. However, the new watch comes with a few new features. The Apple Watch 2 will actually have a GPS radio, a faster processor, and even a barometer! These extra features take a toll on the watch, so a larger battery is required. As a result, Apple has made the watch's screen thinner. If you're a longtime fan of Apple, the Apple Watch 2 is definitely something you should consider.







# WHAT YOU SHOULD KNOW BEFORE PLAYING 'THE CHURCH IN THE DARKNESS'

*The game that's closer to life.*

We got a face to face interview with GameHedz alum John Patrick Lowrie and Ellen McLain, notably from DOTA, Team Fortress 2 and Portal fame. A married couple and veteran voice actors, Lowrie is famously the voice of the wisecracking Sniper in TF2, and McLain is the voice of GLaDOS, the soulless yet sensitive antagonist of the Portal franchise. Together they've teamed up with Richard

Rouse (The Suffering) to make a procedural narrative game that will test the boundaries of your personal moral compass. It's called The Church in the Darkness and follows a retired law officer who is seeking to rescue (or join or just visit) a relative who has joined a religious cult. Here's what you need to know to play...

## THE PROCEDURE

It's a fancy term for a consequence-based game. Your actions and choices shape how the non-playable characters behave. So whether things turn violent, end tragically or with laughter and the sunshine or somewhere in between, is up to you. This makes for high

replayability, and McLain says they're up to 12 possible endings.

Much better than Mass Effect which though did have a range of endings in terms of who lived and died, the overall ending was set in stone. This promises to be a different more fluid experience.



## THE CONTEXT

Games like The Walking Dead, Dishonored, and Mass Effect have introduced elements of moral choices, to a lesser or greater extent, and it's admittedly a job that requires excellent writing and subtly, not to mention convincing portrayals. Lowrie and McLain have that down.

That said Darkness seems to be part of the evolution of gaming beyond

beating the boss, or winning. Like life, there isn't a single point of victory or a boss to beat (well sometimes), so this game seems to be tapping into the psyche of the gamer and not just their reflexes.

It's a cross platforms and is set for an early 2017 release. Keep an eye out for the video interview on our Facebook page.



## THE STORY

You play Vic, a retired sheriff searching for a 'lost' relative who has joined this cult led by Isaac and Rebecca Walker. Set in the late 1970's the cult has established a remote village in the jungles of South America, a utopia, in protest of the Vietnam War, among other things.

One can imagine the moral ambiguity that arises. Are they evil? Or are you? Are they the villain and are you the hero?

Everyone tends to think they are the good guy, but Darkness seems

intent on exploring the gray areas of moral choices. The areas where it just is a fight for survival or a difference of perspective - but with deadly consequences.

A top-down perspective, the player interacts with non-playable characters (NPCs) and the story is driven by the voices of Isaac and Rebecca heard only over a PA system. The mood and state of the town are primarily conveyed through these characters, who according to Lowrie and McLain, could seem to be well-meaning saints or delusional psychopaths. You'll have to find out for yourself.



(From L-R) John Patrick Lowrie and Ellen McLain

## QUOTES FROM THE MAKERS:

### Lowrie on the morality in the game:

'One of the things that most games don't try to do is really engage the players higher brain functions and morality...this is more profound'

### McLain on bringing the role to life:

'I had to really put myself into very tragic situations and it's emotionally exhausting to do that.'



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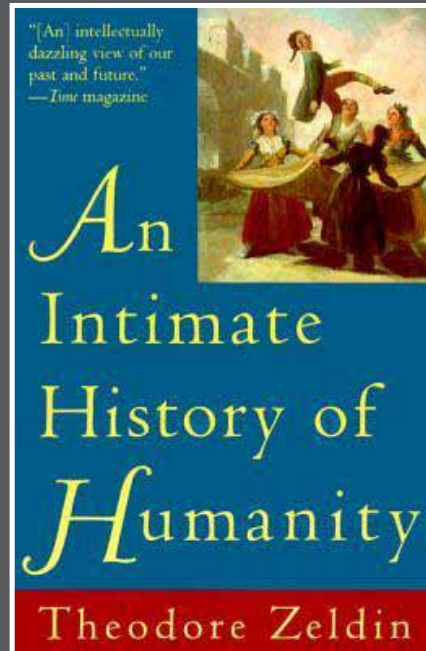


# TEMPO TALKS BOOKS

BY SANA ASHRAF | @SANAALIKESPIE

## WHAT IS IT LIKE TO BE HUMAN? AN INTIMATE HISTORY OF HUMANITY BY THEODORE ZELDIN

**"Each civilization, each nation, each family, each profession, each sex and each class has its own history. Humans have so far been interested mainly in their own private roots, and have therefore never claimed the whole of the inheritance into which they were born, the legacy of everybody's past experience. Each generation searches only for what it thinks it lacks, and recognizes only what it knows already."**



This is a book about the history of being human, and through it we learn a lot about ourselves. It explores how civilisations have been dealing with ideas, and compares them to together. It contrasts, for instance, how the Chinese in the 5th century and Westerners in the 1900 dealt with loneliness. One doesn't often find a book about the history of how humans treat each other, or how they deal with life - and that's what makes this book quite unique. At over 500 pages, this book is long - but the chapters are relatively short and are preceded by long titles such as "How people have freed themselves by finding new fears" and "How respect has become more desirable than power".

Zeldin explores human history through an inductive approach. The first half of a chapter explores a person's life - often one living in France, and more often a woman - and has the protagonist dealing with a unique problem, or grappling with

a different philosophy of living. The author compares two characters who may have the same job but live distinctly different lives. After analysing their characters in the first half of the chapter, Zeldin widens his perspective to include a wider swath of history. He takes specific circumstances and shows how characters from different times and places reacted very differently to them.

This may be a book written by a historian - as banal as that may sound - but it is also an intimate account that teaches us the unexpected about life. The book reads like fine literature and is as stimulating as a favourite series. Every chapter is followed by a reference list of sources for the reader who wishes to delve further into a specific subject. It is also gratifying to see the author allude to Chinese, Arab and African history, which is quite uncommon to find in Western books.

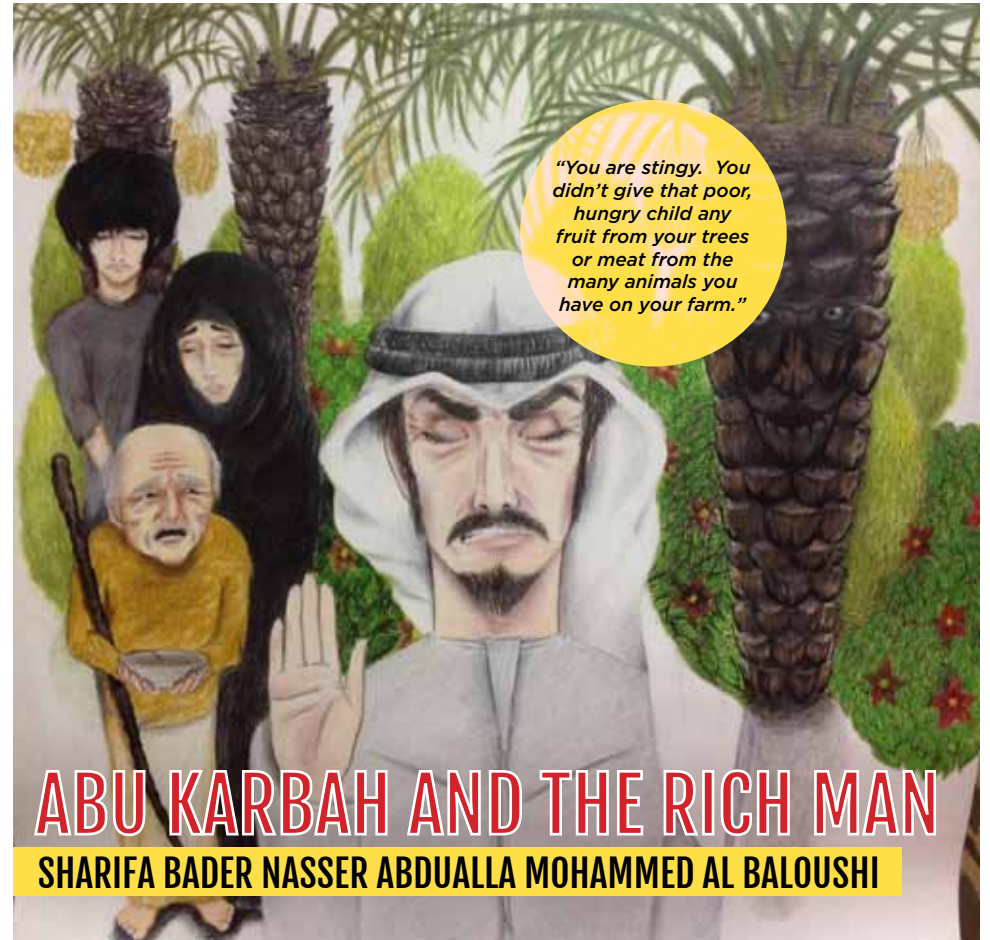
# FLASH FICTION

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

*UAE Fairytales & Fables 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.*

*For the past several years, the UAE Fairytales & Fables initiative has been actively working on an Emirati cultural literacy project to promote new and original fairytales and fables highlighting the rich culture and heritage of the United Arab Emirates. This collection of stories penned and illustrated by Emirati writers and artists re-introduce 25 cultural icons from the folkloric traditions of the UAE to residents of this land of many blessings and beyond.*

*We are delighted to share these tales that feature the storytelling tradition of the Emirates and key aspects of Emirati culture and heritage to a new generation of readers and we hope you enjoy these ancient characters from the past as they traverse the cultural developments of the 21st century.*



## ABU KARBAB AND THE RICH MAN

SHARIFA BADER NASSER ABDULLA MOHAMMED AL BALOUSHI

(ILLUSTRATOR) Mayyada Abdulhakeem Jaafar Amer Alkatheeri

Once upon a time, there was a small village in Al Ain, where a rich man called Ahmad lived. Ahmad owned many companies and houses in different countries, but he was very stingy and he didn't help poor people or give others money. One day, he bought a new farm. It had many animals like horses, donkeys and the ships of the desert (camels). It also had many palm trees. In the midst of all the palm trees was the biggest and oldest of them all, Abu Karbah. Abu Karbah was not only a tree, but he was also a very old jinni, who loved people, especially the poor and vulnerable.

Every summer Ahmad went to the farm with his family. One noon when they were eating lunch, somebody knocked on the door of the farm. It was a poor orphan child called Abdullah, asking for help. He wanted some food to eat. Ahmad instructed the maid not to give the kid any food and ordered her to close the door. The next day when Ahmad went to get milk from the camel he didn't find any animals on his farm.

He was afraid and said, "Oh my God where are my animals? Is this real?" he muttered

to himself and then he heard a voice, it was Abu Karbah.

Abu Karbah said to Ahmed, "I have taken all of your animals away because you are stingy and you didn't give that poor, hungry child any fruit from your trees or meat from the many animals you have on your farm."

Ahmad lost millions of dirhams in animals that day, but he also lost the blinders concealing the man he had become from himself. The one conversation with Abu Karbah changed Ahmad forever. He began sharing his farm with poor people and he adopted Abdullah as his son. Every morning, Ahmad would go to talk to Abu Karbah about how to help other people and what he could do with his fortune to make the world a better place.

20 years later, Abdullah graduated from the university and Abu Karbah had grandsons. Abdullah now ran a charity company for orphans and the poor called "Abu Karbah Charity" that has many branches around the world.



# COOL INDOOR PHOTOGRAPHY TECHNIQUES!



IMG: SSP\_9472  
F-STOP: f/9  
SHUTTER: 1/200s  
ISO: 160

**THE CHALLENGE:** Beat the Heat

**THE GROUP:** ABU DHABI PHOTOGRAPHERS

**NOTE:** ADP is keeping the passion alive by hosting indoor portrait workshops to help members understand how to use indoor lighting equipment and posing techniques.

**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.

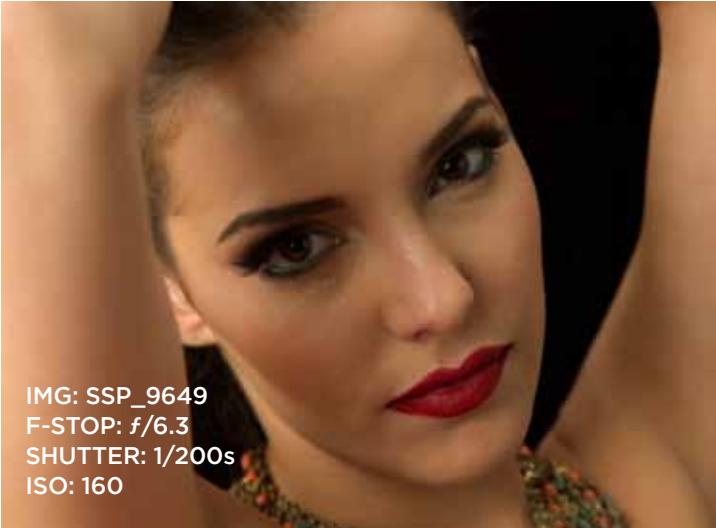
**MODELS:** Neda Kuštrimović (Serbia) & Angel Jesusa Sison (Philippines)

**HAIR & MAKEUP:** Carla Williams & Ellaine Fatima

**PHOTOGRAPHER:** Shahid Saeed

**CAMERA:** CANON EOS 5D Mark III

**LENS:** EF24-105mm f/4L IS USM



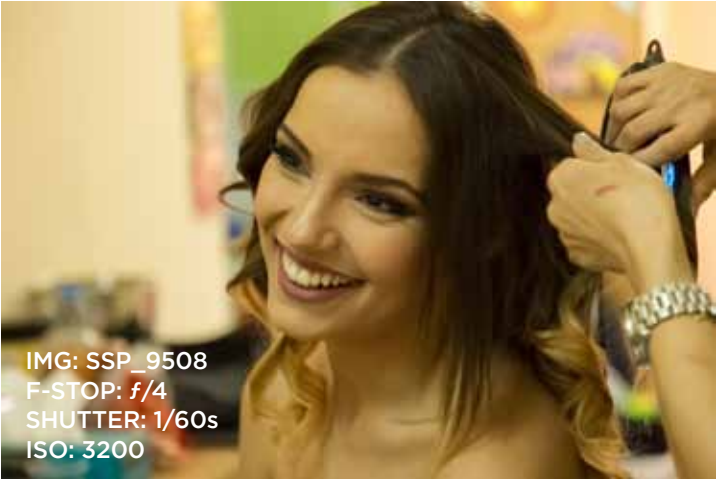
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ISO: 160



IMG: SSP\_9358  
F-STOP: f/9  
SHUTTER: 1/200s  
ISO: 160



IMG: SSP\_9694  
F-STOP: f/6.3  
SHUTTER: 1/200s  
ISO: 160



IMG: SSP\_9508  
F-STOP: f/4  
SHUTTER: 1/60s  
ISO: 3200



IMG: SSP\_9561  
F-STOP: f/6.3  
SHUTTER: 1/200s  
ISO: 160



## YOUTH TALK



BY JAFFAR MAHMOUD | @JAFFARMAHMOUD

## WHY PEER PRESSURE MAY BE A GOOD THING AFTER ALL

*Peer pressure has gotten a pretty bad rep. When I was in high school, I remember my teachers warning me about “the dangers of peer pressure”, and how it’ll take me from a life of straight A’s and Honor Roll, and force me into a life of underage drinking, smoking, and all sorts of mischief. Peer pressure was as subtle as a serpent, as clever as a fox, and must be avoided at all costs. Fortunately for us, that logic just doesn’t hold up. In fact, if peer pressure, if used appropriately, can be extremely beneficial.*

### Peer Pressure Starts Early

Back when I was in high school, a close friend of mine and I were both competitive athletes. We used to run track and no matter how tough the other team was, our biggest competition was always each other. Through our freshman and sophomore year, our coach could always count on us finishing at the top of any race. Sometimes I would beat him, other times he would beat me, but we were always seconds apart. This friendly competition extended beyond the track, and even went into our academics. We would compete in everything, who got better grades? Who was smarter? Who looked better? Etc. Eventually, though, my friend started to hang out with the wrong crowd. At first it didn’t really show, but it would eventually catch up with him. By the time we were seniors, I went on to compete at a national level, and he was nowhere to be seen.

### Peer Pressure to be Better

A lot of people will use this story as justification to say that peer pressure is bad. That’s simply not true, because in the beginning of my story, my friend and I both were pressuring each other in positive ways, and thus we were constantly improving. I see peer pressure neither as inherently good nor bad; it’s just the desire to fit in with others. The goal should not be to avoid peer pressure entirely, but to use it to become a better version of

yourself. I’ve noticed that just as I’ve been pressured to start bad habits, I’ve also been pressured to work harder and be better. It’s all about the people you choose to spend most of your time.

### Pressure to Pick Up Poor Habits

It is human instinct to want to fit in with the people you spend time with. The pressure to fit in is present at every stage of life, whether you are in grade school or working a fulltime job and supporting a family. So if you spend most of your time with teens who smoke, then you’re more likely to smoke; by contrast, if you spend most of your time with teens who are disciplined, hardworking, and driven towards success, you will naturally begin to take on their characteristics.

The statistics that surround peer pressure look pretty bad. For instance, in the USA almost 20% of teens said that they would use their phone while driving if their friends did the same. Likewise, 55% of teens tried drugs for the first time because of their friends, and 70% of teens that smoke also started smoking because their friends smoked. We know that teens feel incredible pressure to do what their friends do, even if it isn’t in their best interest.

### Pressure from the Right Crowd

The underlying assumption here is that peer pressure leads us to do bad things, which is probably why teachers often feel the need to warn us about its dangers. But the reality is that these teens were just hanging out with the wrong crowd, and the lesson is that we just need to be with the right people. This does not necessarily mean that you need to leave your old friends, but that you might have to limit your time with them. Instead, try and join clubs with people who have similar interests and ambitions as you. The common ground you share will allow for new friendships to form naturally. I once heard a great quote that captures this thought, “if you want to know where you’re going to end up in life, look at the five people you spend most of your time with”. You have the power to choose your friends, so choose the people who will have the best influence on you.

## PARENTAL GUIDE



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



## HOW TO RAISE KIDS WHO ARE NOT MATERIALISTIC

*I have never wanted my daughters to be brand-aware or to snub non-brand-named items. I have tried to prevent my children from ‘being billboards’ from the start. When we went to Disney Paris we enjoyed the full experience, but did not buy the T-shirts. We watched Dora the Explorer faithfully, but did not own a Dora backpack. I never saw my girls, or myself for that matter, as a promotional tool for a much larger enterprise. We were fans, but not free marketing campaigns for One Direction!*

It was only recently that I realized this is a battle I have not won. My pre-teens are becoming extremely marque-conscious. A recent trip to the new Sugar Factory in Dubai proved that handily. The American Brasserie-Styled Sugar Factory is promoted as the café of the stars, with photos of the “in-crowd” of teen pop culture adorning the walls. Kim Kardashian, Katy Perry and Jason Derulo are all there. My girls were like giddy goof balls as we entered. They saw a photo of Rupert Grint (aka Ron Weasley of Harry Potter fame) and spent at least ten minutes giggling together, trying to figure out which of the café’s bubbling, smoking drinks (made with dry ice) he was enjoying in the photo. “That’s the one I want, Mommy,” said Lolita. “I want the one Kylie Jenner had,” said Jania. At first I was in shock. My goodness, where did this come from?

Well, yes, I can blame the friends, Snapchat, Instagram and every other social media my kids are exposed to. I can whine about the gross injustice of marketing to under-aged children. But, as always, the blame probably lies closer to home. Or, really, at home. When I look around at the items surrounding me as I write, I see the full range of Apple products, German cars, Japanese food, and Swiss watches. The reality is that while we do not wear Mickey Mouse on our chest, we select a polo player without hesitation.

I know I am not alone in this. Look at the huge market for fake goods. It is never a generic copy being sold, but rather the top French and Italian names people crave.

Is it harmful? Yes, if our life’s pursuit is only about materialism. We risk never experiencing true happiness if we are always reaching for the Next Big Thing. But, as I watched the happiness on my daughters’ faces when Rupert and Kylie’s favorite drinks arrived, and listened as they read the Tweets from stars who had visited the café in other cities, I realized the happiness was a lovely by-product of the experience. Maybe they are talking about something high-profile like Kyshadow (you are so out of the loop if you have not heard about this, jeesh), but any time my two daughters are talking, even laughing together, rather than screaming at each other, it goes in the “win” column. And, mixed in with their collection of designer stuff, they have plenty of no name items that get used and worn regularly. I use this to convince myself that their brand-admiration is thus far kept in check.



## BEING HAPPY!



BY DENISE SCHNITZER | @DENISESCHNITZER

# HOW TO CROSS-POLLINATE HAPPINESS



## ARE YOU HAPPY?

Are you doing what you like? Are you happy in your daily routine? Can you spin your “grind” into something happy and positive? Are you touching lives where ever you go?

We all have daily chores, routines, duties, responsibilities. Some include making meals, driving people, selling things, saving lives, teaching minds. Whatever you do, you can make a difference. How we make our difference depends on our mindset... right from the moment we open our eyes in the morning. If you use an alarm clock or not, once you open your eyes, your first few thoughts will determine your day. Yes, the first ten minutes! If you have happy, cheerful, positive, optimistic thoughts you'll see that this will be the direction of your day. Make a routine that serves you. Do that many days in a row, and you'll see your life following that direction. Conversely, if you awaken gruff, in scarcity, angry, miserable, so you will be in the following days. How much do you do that brings you joy, passion and purpose? What does your 'perfect' life really look like? Visualize it + write it down + make it happen. As Rumi said, “Let the beauty of what you love be what you do.”

## FINDING HAPPINESS IN FRIENDSHIP

I met up with my friends Julie, Geri and Lisa recently and we laughed, told stories, enjoyed home-made goodies and planned another get-together. For those few hours, my heart was full of love, joy, contentment and friendship. We all need friendship time: in fact, it's been touted as great medicine. “Treating friends like investments or commodities is anathema to the

*“Doing what you must is duty; doing what you should is virtue; doing what you can is service; doing what you are afraid of is courage; doing what you like is freedom; liking what you do is happiness.” - Author Unknown*

whole idea of friendship,” said Ronald Sharp, a professor of English at Vassar College, who teaches a course on the literature of friendship. “It's not about what someone can do for you, it's who and what the two of you become in each other's presence.”

Watching some of the 2016 Olympic Games was a highlight of my August. Brazil just moved up on my bucket list. I am a firm believer in a vision board / bucket list. If it's not written, it's not true. I want to be in many places and I have the personal vision board to prove it. I was happy when our friends Will and Andry invited us to watch fencing, gymnastics, handball, volleyball and some of the opening ceremonies. Nothing better than friendship and sport! Those athletes are living their truth; just like them we all must live our truth, and that means doing what makes our heart happy.

## HAPPY GOODBYES

Happy people focus on what they want and what they have, not on what's missing. I have bid “a hui hou” (Hawaiian for until we meet again) to so many friends over the past six weeks. Reading blogs and periodicals regarding repatriation is part of this expat life, and I use them as a tool. I am filling my soul with coffees, dinners and lunches with my friends who are leaving, rather than dwelling on the void of their eminent absence. Winnie the Pooh once said, “How lucky I am to have something that makes saying good-bye so hard.” Truer words have never been spoken.

So, be a hummingbird or a bee or a butterfly. Go from tree-to-tree, flower-to-flower, person-to-person. Share your wonderful self and happiness. Learn from everyone you meet. Enjoy every opportunity. Have FUN along the journey. Every moment matters. Be happy.

## START WITH INNOVATION



BY TOMISLAV BULJUBASIC | @BULJUBASICT

# GREAT IDEAS CAN COME FROM ANYWHERE!



Everyone has the potential to be creative. We all create everyday, whether we're at home, work, in the garden or at school. These ideas help us in our daily lives and we often take them for granted because we think they're small or insignificant. But sometimes we could come up with an idea that is so useful for the market that it can be called an innovation. The problem is that many people are uncomfortable getting their idea out, or too timid to step out of their comfort zones.

## An Introvert Inside a Company

I have known colleagues who were either too shy or too ignored by others in their work environment, to action any idea. They prefer to live in their own safe and protected world and have either no interest or to share their ideas with anyone. They don't want to take a risk by opening up to anyone in organization, even though they could potentially have the next big idea!

## Getting Introverts Out of their Comfort Zone

Forget about the normal practice of brainstorming; introverts usually

sit somewhere at the rear of the room not ready to participate. Some do not enjoy interaction with groups because they think they will be ridiculed or ignored. Others are quite content to let others bask in the limelight. But for companies it is a shame not to allow the ideation process to be more inclusive to introverts. They can use other methodologies for participation, such as individual 'brainstorming' or even introducing idea submission using online tools. This will open it up for everyone to submit ideas anytime any from anywhere. To be successful, the platform has to provide effective support and information and encouragement to those who participate. There should also be easy rules for joining and for leaving.

## The Power of the Internet

Outside of the corporate environment a good way to get people to create and innovate, is through challenges, contests and the use of collaborative platforms. The internet has spawned great innovations as many individuals who prefer to work alone participate in crowdfunding platforms like Indiegogo or Kickstarter. With the endless array of resources available online, practically anyone can ideate, prototype and secure funding, whether by working in companies, groups, or by working as an individual from home.





# FOUR FACTS I BET YOU PROBABLY DIDN'T KNOW ABOUT TRUFFLES

I am obsessed with the black pearls of the earth, as they're sometimes known, but maybe not as much as devotee as Oprah Winfrey, who walks around with truffle salt in her bag. To be completely honest I've had my fair share of truffles, whether they're dipped in butter or oil, shaved on pasta,

served on a juicy burger or even scrambled with eggs. There's even a truffle popcorn recipe I might try next! So, to welcome you into the wonderful world of truffles I have four cool facts about this remarkable mushroom that I bet you didn't know!



## THE ALLURE OF TRUFFLES

The truffle obsession isn't for everyone; my husband and son choose to sit on the other side of the table, as far away from my dish as possible, because one whiff of it is enough to give them a gagging fit. But for many generations before and after me, what is powerfully irresistible about truffles is its woody aroma and rich, exquisite taste.



## THE TRUFFLE STORY

It started right in the living roots of the chestnut, oak, hazel and birch trees. The word truffle means tuber in Latin, which is an outgrowth. But there is also a myth that these mushrooms came from the ground after lightning struck the earth. In any case they date back to as early as the ancient Egyptians, who held them in high regard and ate them coated in goose fat. Their history, however, is often filled with mystery, superstition and

even damnation. When a farmer noticed his pigs feasting heartily on the subterranean mushroom, he decided to try them himself and ended up with thirteen kids. That was after a long spell of not being able to bear children. So the mushroom quickly developed a reputation for supernatural qualities, with some seeing them as God's gift to humanity.

## TRUFFLES IN ANCIENT TIMES

The Greeks and Romans believed in truffles' health properties for body and soul. Truffles saw a dark side during the Middle Ages, when they were banished by the church because of their heady aroma and exotic taste, as some considered them a creation of the devil. As a result of this most people chose to stay away from them. But the truffle drought didn't last long thanks to the reign of Louis XIV, who not only brought them back with a

vengeance but also highlighted them as one of Europe's most sought-after delicacies. The king was so fascinated by the wonderful truffle, he tried to cultivate it but wasn't successful. By the mid 1800s truffles saw production levels of over 2,000 tons, while the 1960s saw a meagre output of less than 400 tons. Today truffles are one of the most profitable crops you can grow, with harvesters and consumers mostly in France.

## DIFFERENT TYPES OF TRUFFLES

The black summer truffles found throughout Europe, are used to enhance a dish visually. But their flavour and fragrance don't come close to the white or Perigord truffles which are known as white diamonds because of their expensive price tag. The Burgundy truffles are more flavourful and aromatic than the summer truffles while the Bianchetto truffles are a white truffle found in Italy and Spain that are not

as expensive and that come with a garlicky smell. All varieties of truffle look more impressive shaved than they do whole. You wouldn't think so from their appearance but white truffles, for instance, can cost as much Dh 620 per ounce!



# Dalma Summer Surprises

Big Cheer for a  
New School Year



## BACK TO SCHOOL



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# HOW EMIRATI **NOORA AL MERAIKHI** IS STUDYING THE IMPACT OF TECHNOLOGY ON EMIRATI FAMILIES



***The Shamsa bint Mohamed Al Nahyan Fellowship in Early Childhood Development is an intensive professional development program that the Salama bint Hamdan Al Nahyan Foundation conducted in collaboration with Yale University. This fellowship provides a unique opportunity for fellows who work with children to develop their knowledge and skills on how best to support children's intellectual, emotional and cognitive development. Here Noora al Meraikhi shares how she learned about the effect of technology on family life.***

"I am an Emirati female pediatrician working at Sheikh Khalifa Medical City in Abu Dhabi and I am keen to provide optimal healthcare services to children and their families to support child growth and development.

"Through the fellowship, I have been able to interact and share experiences with the other professionals from a variety of backgrounds. Together we are working to create strategies to increase parents' abilities to raise healthy and well-adjusted children in the UAE.

"As the nation is moving toward full digital inclusion, I am working on a project that studies the Impact of Emirati Parents' Screen Time on Parent-Child Relationships. The goal is to find out how technology use in the UAE impacts family dynamics and how parents think this influences their children's development and growth. Positive parent-child relationships during first child's years of life provide the foundation for child's learning, emotional, intellectual and social development. It encourages successful family engagement, giving the child a better chance to succeed in new learning settings.

"As many families deal with screen devices on a daily basis as part of their normal routine, the reaction of people around me has been of interest and curiosity. I think this is because they realize that there

are both positive and negative effects of technology on family dynamics. Therefore, it has been great for me to inform parents about the importance of parental interaction from an early age – it helps our children establish a sense of security and being loved as well as develop a personality and identity.

"I am planning to survey Emirati and non-National families across the UAE. I am interested to develop resources and tools for parents to raise awareness about the impact of technology on family dynamics and to enhance parent-child engagement. Subsequently, I will use my findings to develop resources and a guide for parents to raise awareness about the impact that technology has on family dynamics, with a particular focus on young children. I hope these resources will not only teach parents how to use screen devices in ways that enhance their children's development, but will also provide ideas about how to strengthen the parent-child bond. For instance, the use of TV, laptop, mobile phones and any other type of screens should be limited to times when the parent and child can have favourable interactions with each other. A child benefits most when using screen devices in ways that support and encourage responsive communication while a parent, or other adult, is participating in or supervising the experience.

"Learning is a continuous process and so I am always looking for opportunities to enhance my personal and professional capabilities to contribute to UAE growth. I am inspired by all people around me because I believe each person, regardless of their age, has made an impact on me in one way or the other. My parents have always been a great source of inspiration and support throughout my life making me the person I am today.

"I feel that there is no such thing as a regular or 'normal.' Every day is a different day and there always developments and challenges. My aim each day is to balance my professional activities and the time I spend with my family. The UAE has become classified as a developed country with Allah's blessing and our leaders' guidance and efforts. We should all contribute in the process of UAE development and sustainability by investing in young people to be leaders in the future."

Connect with Noora: [dr.almuraikhi@gmail.com](mailto:dr.almuraikhi@gmail.com)





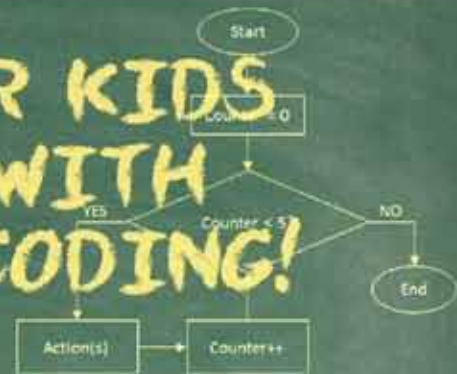
# PROJECT MATH \*CODING

## BRING YOUR KIDS FOR FUN WITH MATH AND CODING!

SEPTEMBER 2016  
SATURDAY CAMPS!  
FOR GRADES 1 THROUGH 6

TIMINGS: 9-11AM, 11:30AM-1:30PM, 2-4PM  
8-WEEK PACKAGE @ DH 150 PER CLASS  
SINGLE CLASSES @ DH 250

MOXIEZONE @ BRANDMOXIE  
#307 TWOFOUR54,  
PARK ROTANA COMPLEX,  
ABU DHABI  
02 4918625



```

For (var count = 0; count < 5; count++) {
  moveForward(100);
  turnLeft(90);
}
  
```

$$\frac{2}{3} \div \frac{1}{2} = \frac{2}{3} \times \frac{2}{1} = \frac{4}{3}$$

2x2  
3x1

SIGN UP TODAY!

**Project Math** is a Saturday camp that is created to develop math skills of young students (grades 1 through 6). The objective of the camp is to reinforce math topics presented in schools and to develop students' math skill such as: grasp concepts, problem solving, mental & applied math. The learning process will be conducted using **Computer Based Learning**. See next page for curriculum.

Following Project Math, a one hour long **Coding** session will be offered. Why coding for your kids? Coding is now a required basic skill; develops logic & the creative mind; stimulates computational thinking; and inspires innovation.

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**LEARN - Long Division: 4 Digit by 1 Digit Numbers**

Divide 8387 by 5    Another Problem?

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

Step 8 - Bring down the next digit [8]  
Input the number 8 [See Arrows]

Computer Based Learning



# PROJECT MATH

## + CODING

TOPICS TO BE COVERED  
SEPTEMBER 2016  
SATURDAY CAMPS

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Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6
1 Count (by ones forwards and backwards; by twos, fives, and tens)	Count (forwards and backward by tens or hundreds)	Read and Write Numbers	Numbers, Operations and Place Value Basics	Multi-digit division as place value models	Compare and Order (fractions, decimals and integers)
2 Read and Write Numbers	Place value models	Compare and Order Numbers	Multiplication Facts (1x table through 10x table)	Quotients for multiples of 10 and 100 by applying knowledge of place value and properties of operations	Multiplication and Division of Fractions and Decimals (as area models and the number line)
3 Order objects	Ones, Tens, and Hundreds place in a number	Round whole numbers (to the nearest ten, hundred, and thousand)	Multiplication Essentials (Factors, Prime & Composite Numbers, Multiples, Place Value Value of digits)	Divide up to a four-digit number by one- or two-digit divisors	Estimate Products and Quotients of Fractions and Decimals
4 Compare, and order numbers	Write numbers in expanded form	Add and subtract whole numbers using the standard regrouping algorithms	Multiply 1-digit number by 2-digit and 3-digit numbers	Estimate quotients	Multiply and Divide Fractions (explain inverse relationship)
5 Compose and decompose numbers	Group numbers (into hundreds, tens, and ones)	Estimate Sums and Differences	Mental Multiplications	Mentally divide two-digit numbers by one-digit divisors	Multiply and Divide whole numbers and decimals by 1000, 100, 10, 1, 0.1, 0.01, and 0.001
6 Group numbers (tens and ones)	Compare and Order Numbers	Addition and Subtraction (word problems)	Multi-Digit Multiplication (2-digit x 2-digit and 2-digit x 3-digit numbers)	Add and subtract fractions and mixed numbers	Multiply and Divide Decimals
7 Group and count objects	Addition and Subtraction (facts, word problems)	Multiplication (as repeated addition, arrays, counting by multiples, and equal jumps on the number line)	Relationship between Multiplications and Divisions	Add and subtract decimals	Multiply and Divide a number (by 1, 0, between 0 & 1 and greater than 1)
8 Odd and Even	Add and subtract two-digit numbers	Division (as equal sharing, repeated subtraction, equal jumps on the number line)	Divisions	Rewrite fractions with a common denominator	Write equation with variables to represent given information
9 Equal sign [=]	Mentally Add and subtract two-digit numbers	Products, quotients and factors	Mental Divisions	Greatest Common Factor and the Least Common Multiple	Draw graphs
10 Addition and Subtraction (objects, number lines, inverse relationship, add three or more one-digit numbers, addition strategies, addition facts, word problems)	Estimate Sums and Differences	Multiplication facts to 10 X 10 and the related division facts	Decimals	Add and subtract fractions and mixed numbers	Mathematical expressions when the value for each variable is given
11 Number patterns	Equations with unknown number	Multiplication and division word problems	Fractions	Add and subtract decimals	Commutative, associative, and distributive properties
12 Geometry (two and three dimensional figures)	Money (Name and write values)	Multiplication: single digit by two-digit numbers (distributive property and place value concepts)	Decimals, Fractions and Mixed Numbers	Estimate sums and differences of fractions, mixed numbers, and decimals	Solve equations and verify solutions
13 Length, weight and capacity (measure, compare units)	Lengths (measure using objects, estimate length, measure to nearest whole)	Fractions (part of whole, part of a group)	Read and write Decimals	Quadrilaterals	Ratios, Rates and Percent
14 Time (days and months)	Time (minutes, hours, days, weeks, months, and years, analog and digital clocks)	Compare and order fractions	Compare Decimals and Fractions	Angles	Ratio of the circumference to the diameter of a circle as the constant $\pi$
15 Data (tallies, tables, graphs)	Two and three-dimensional figures	Equivalent fractions	Order Decimals and Fractions	Triangles	Probability (experimental and theoretical)
16 Data (collect, organize, represent, and interpret data in bar graphs and picture graphs)	Geometry (lines, parallel, intersecting, perpendicular lines and line segments)	Equivalent Fractions	Equivalent Fractions	Area and perimeter (triangle, rectangle and parallelogram)	Circumference and Area of Circles
17 Multiplication and division models	Two-dimensional shapes (right angles and quadrilaterals)	Simplify Fractions	Round Decimals and Fractions	Draw quadrilaterals and triangles from given information about sides and angles	Perimeter and Area of a composite figures
18 Fractions (introduction)	Perimeters of two-dimensional shapes	Round Decimals and Fractions	Lines of symmetry (triangles and quadrilaterals)	Patterns (numerical and geometric)	Two-dimensional representations of three-dimensional figures
19 Equally	Areas and Perimeters	Areas and Perimeters	Geometry Measurement and Algebra	Data (linearly related)	Pyramid (surface area and volume of rectangular prisms)
20 Temperatures	Weight and Mass	Geometry Measurement and Algebra	Data, Statistics and Probability (Mean, Median, Mode, Range, Likelihood of Events, Simple Probability)	Algebraic expressions	Polyhedra
21 Capacity	Data (frequency tables, line plots, and bar graphs)	Capacity	Graph ordered pairs	Prime and composite numbers	Mental computations (whole numbers, fractions, and decimals)
22					
23					
24					
				Line graphs	





### MARGHERITA

TOMATO SAUCE,  
TOMATOES, MOZZARELLA  
AND FRESH BASIL

S25 DH, M35 DH, L45 DH



### RED CABBAGE AND CORN SALAD

RED CABBAGE, CORN, TOMATOES  
AND WITH A CHOICE OF DRESSING

18 DH



### CHICAGO DEEP DISH

TOMATO SAUCE, MOZZARELLA, BLACK  
OLIVES, GREEN PEPPER, SCALLIONS &  
CHOICE OF: PEPPERONI, CHICKEN OR  
GROUND BEEF

S30 DH, M40 DH, L45 DH



### CHOCOLATE CHOCOLATE CHIP COOKIES

BOX OF 6  
30 DH



### THE MAGNIFICENT SEVEN

CINNAMON ROLLS  
DRENCHED IN CREAMY GLAZE

40 DH



### CHOCOLATE CHIP COOKIES

BOX OF 6  
30 DH



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