

SINGAPORE'S BIGGEST CAMPUS MAGAZINE

hype

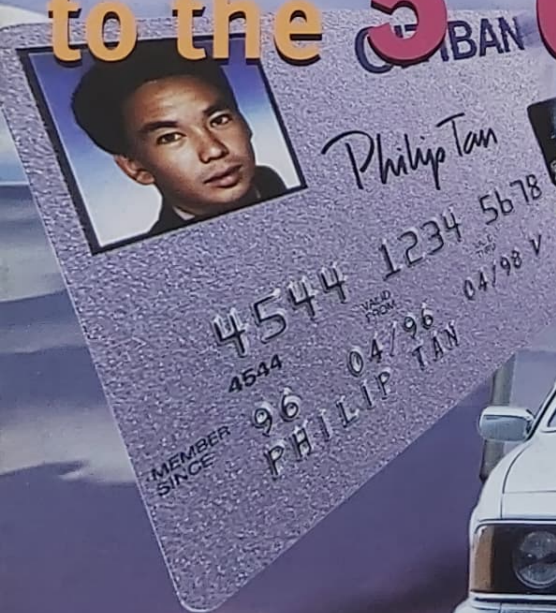
MAGAZINE

November 1996 NO. 3

Bintan

where **NORTH**
meets **SOUTH**

An Alternative
to the **5 Cs**



Medaline Tan
speaks of the
PAST, PRESENT
& **Perfect 10**

HOT Reviews, COOL Previews

Entertainment Reality, The Wild Chicken & lots more

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There's More to Life ...

We show you that there's more to life with our 5 Cs. **Joy Tan and Clara Ko** look at the concepts of concern, camaraderie, calibre, courage and creativity. They question if we should strive for these or just be content with Singapore's 5 Cs.

Concentration & Control

Master the ancient art of self-control and self-awareness better through martial arts philosophies. **Ravini Thenabadu** shows you how to achieve a breakthrough in your life.

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A Tale of North and South

Take a break without travelling too far. Explore Bintan Island, a busy, neighbouring island with **Pauline Teo and Yip Sau Leng**

Strumming to a Different Tune

Jam with NP student and alumnus Leslie Low and Patrick Chng, two talented musicians of *Humpback Oak* and *The Oddfellows*. **Larry Loh and Joy Tan** track them down.

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THERE'S MORE TO LIFE THAN THE 5 CS....

The 5 Cs. We talk about them and we hear them being discussed. Sure, we know they represent many Singaporeans' aims, but one should not chase them to the exclusion of everything else equally important to us in life.

We associate the 5 Cs with a better quality of life. But this goes beyond having a BMW or living in a luxurious condominium. It's no sin that we chase these luxuries but before we get too comfortable in how we live, we need to constantly enrich ourselves by pursuing other intangible but nevertheless important things.

In this issue's cover feature, we begin to find ourselves richer just by sharing and showing concern in little ways. It need not take up much of our time. Our rewards come in a heart-warming satisfaction by simply knowing that we have enriched others' and our own lives.

Enriching our lives extend to being at one with our minds and bodies. 'Concentration & Control,' reinforces the practice of self-discipline and self-control. Martial arts, rich in philosophies, impart more confidence and control in their practitioners' lives. They would do the same for us, but only if we give it a try.

We must also not forget the good 'ol days of simple living. Cruise along on a day trip to Bintan Island where the pace of life is slower. For those who hate being hurried along, here's your chance to spend your holidays just the way you want it.

Going their own way successfully are two individualistic and ambitious NP students with their own brands of music. In 'Strumming A Different Tune,' we find out how they got hitched to the local music scene and what their experiences have taught them.

Indeed, there are many more alternatives beyond the 5 Cs. We can regard ourselves as victims of society's circumstances or we can choose to discover that there is more to life but only if we look for it.

LISA TAN
Editor



Guggenheim

TAY TSEN WAVE

Singaporeans are being treated to a sample of one of the most prestigious art collections in the world. Original masterpieces by great 20th century artists like Paul Cezanne, Vincent van Gogh, Henri Matisse, Vasily Kandinsky and Pablo Picasso will be showcased for the first time in the region at the Singapore Art Museum (SAM).

Entitled *Masterpieces From The Guggenheim Museum*, the exhibition comprises 58 celebrated paintings gathered from the renowned Solomon R. Guggenheim Museum in New York City. Some of these pieces include Kandinsky's *Landscape with Rain* (1913), Joan Miro's *The Tilled Field* (1923-24), and Jackson Pollock's *No. 18* (1950).



The Guggenheim Museum first opened in 1957, and has been at the forefront of reflecting, interpreting and shaping developments in 20th century art. This extensive collection has received international acclaim and is often described as the world's most *avant-garde* and finest collection of contemporary art.

The SAM exhibition provides an overview of 20th century art. It follows ground-breaking developments in Western art, starting from Post-Impressionism through to Abstract Expressionism.

To assist those who have a limited knowledge of art, the museum provides educational brochures - with simple terms definitions for terms like cubism,

surrealism and expressionism - and audio kits to act as tour guides.

Aside from the exhibition, SAM will be organising other activities to generate public interest. These include plays, educational workshops for schools, day camps, drawing classes and seminars.



Masterpieces From The Guggenheim Museum is on at the Singapore Art Museum from Oct 16 to Feb 10 next year. Admission for students is \$5, for adults \$10, and for senior citizens \$3.

Army Daze

ROY CHEW



success, judging by its enormous popularity in print and on-stage.

The film actually illustrates the ups and downs of the lives of five 18-year-old recruits in their

first three months of National Service. It leaves their lives hazed, hence the name of the movie.

Expect no less than pure local humour in this movie as a cast of mostly unknowns takes centre-stage. Explains director Ong Keng Sen, "To



avoid the problems of *Masters of the Seas* and other TCS programmes, I wanted as little acting as possible and concentrated on rehearsing them."

The main cast comprises five young men, four of whom are actually in National Service: Sheikh Haikel as Johari, Adrian Lim as Ah Beng, Edward Yong as Malcolm, Kevin Mark Verghese as Kenny and NUS freshman, Ahmad Azad, as Krishna.

Army Daze will open at 15 cinemas. It was written by Michael Chiang in 1985 and staged by TheatreWorks in 1987. He also wrote the screenplay for this movie.

RAW THEATRE

YIP SAU LENG

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Raw: naturally strong, not controlled or refined; honest and truthful. This gives you Raw Theatre, which is based on exploring and working out new or experimental theatrical concepts.

Raw Theatre allows young performers, directors and playwrights to display their original ideas; in the form of scriptwriting, the use of performing space and techniques.

Focusing on the creations and not so much on the performance results, raw theatre involves experimenting with space and non-conventional performing techniques. Throughout the rehearsals, the plot of the acts will change. The finalised

version of the performance will only be known on the day of the performance itself.

This year's Raw Theatre features Substation's artists-in-residence, Theatre Ox and Zai Kuning.

Theatre Ox's performance, *Drumming Songs - 12 Chapters*, is generated from the movements of the performer or actor. The production will take off based on their philosophy that letting go of one's emotions would result in a calling from deep within our souls.

Zai Kuning's production, *Blue Monkish*, is based on the idea that our daily experience of reality is



influenced by the pervasiveness of popular culture and the impact of the media on individuals. The performance entices the audience's senses, making them feel the confusion and alienation of modern life.

Blue Monkish is held from 29 November to 1 December. *Drumming Songs* is held from 30 November to 8 December. Ticket prices are \$15 and \$12 respectively. For more information, call the box office at 337-7800 or visit Substation located at 45, Armenian Street.

"How much is that doggie in the window?"

YIP SAU LENG

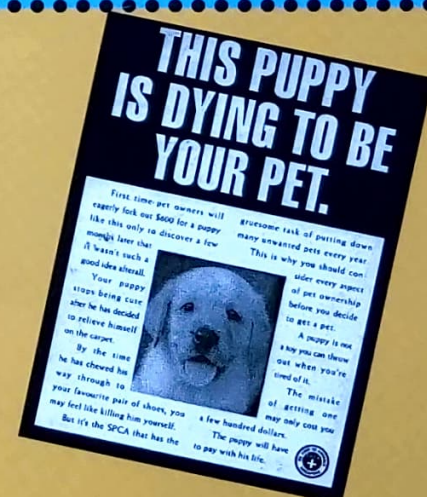
Before you even dream of being a proud owner of any pet, think it through carefully. Do you really want to have a pet or do you go soft every time you see an adorable little puppy? If you need advice to help you make a rational and informed decision, National Pet Week 1996, from 8 to 16 November is a good place to start.

"Responsible Pet Ownership" is the theme of this year's National Pet Week. It

aims to educate pet owners and potential pet owners on how to care for and manage their pets responsibly. One of the highlights includes an exhibition on "Responsible Pet Ownership" with talks, demonstrations and free advice on pet care.

There is also an open house at the Centre for Animal Welfare and Control (CAWC) and at the Society for the Prevention of Cruelty to Animals (SPCA).

So, there's more to being responsible ... not just for ourselves but for other living creatures as well.

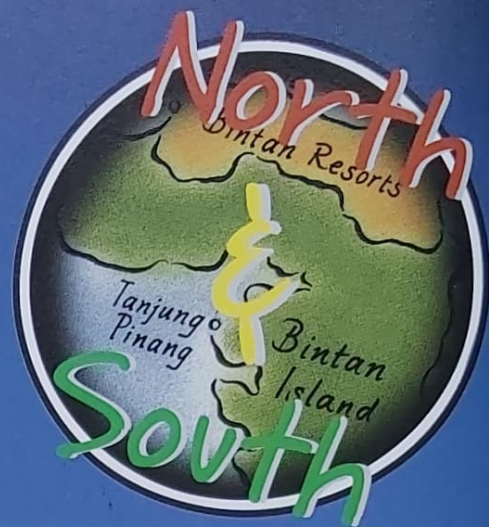


The exhibition on "Responsible Pet Ownership" is at Hall 6 of the World Trade Centre from 8 to 10 November, 10 am to 10 pm. Admission fees are \$5 for adults and \$3 for children.

The open house at the Centre for Animal Welfare and Control (75 Pasir Panjang Road, Singapore 118507) and SPCA (31 Mount Vernon Road, Singapore 368054) is on from 12 to 16 November. Admission is free.



A Tale of



Hang up your designer garb — there's more to life than Orchard Road or Sentosa. If you've never tried a weekend getaway before, now's the right time to plan your own itinerary and explore. To help you get started, PAULINE TEO and YIP SAU LENG journey to Bintan Island and uncover places for an ideal weekend getaway. Go ahead, take the plunge!

Just 45 minutes away by high-speed catamaran (luxury ferry), Bintan Island offers a range of locations and energising activities for the jaded soul. In the South, Tanjung Pinang beckons with its potpourri of the old and rustic, and the new and faddish. Up in the North, new beach resorts have mushroomed over the past few years.

Southern Bintan — Tanjung Pinang

Tanjung Pinang, the hub of South Bintan. Unhurried by the boom of modernisation, Tanjung Pinang ambles along at its own pace of development.

The town itself is an eclectic mix of old and new, with wooden houses on stilts and modern shops jostling for attention. Concrete shophouses and low-rise buildings clutter the streets of Tanjung Pinang and the hum of motorcycles, cars

and people going about their business adds to the collage of life there.

What to do: Island Hopping

As Tanjung Pinang is essentially a laid-back town, skip the usual urban entertainment of movies and nightspots as there are only two not-so-modern discos and cinemas. Instead, try visiting some of the smaller islands offshore.

* Pulau Penyengat

This popular island is only a 10-minute boat ride from Tanjung Pinang and is easily recognisable from afar by the glittering dome of the 170-year-old Sultan's Mosque, which stands out majestically from the wooden huts on the coast. The mosque was reputedly built from a mixture of egg white and cement. Treasures of old can be found in the mosque, such as a rare piece of handwritten Koran said to be 150

years old.

The pace of life on Pulau Penyangat is more leisurely and relaxed than that of Tanjung Pinang's, with bicycles as the only form of transportation. The Dutch signs along the neat concrete paths bear the reminder that Indonesia (including Bintan) was a Dutch colony.

* Senggarang

Senggarang is well-known for its "Land, Sea and Earth" temples (three of them in all) which stand on a cobbled stone square past a Chinese village. These temples are more than a hundred years old, with beautifully carved doors and walls adorned with murals of Chinese legends.

Shopping

Bargaining is accepted as common, even expected for most items except food. However, before you start haggling, bear in mind that the usual discount is between 15 to 20 per cent. A proficiency in Malay would be an added advantage, as it usually gets you a better deal.

The shops in Tanjung Pinang are open from 8 am to 9 pm on Mondays to Saturdays, and 8 a.m. to 12 p.m. on Sundays. Clothes, handicraft, dried seafood and jewelry are popular items among tourists. With favourable currency exchange rates (S\$1 to Rp 1640 at time of print), shopping at Tanjung Pinang really gives exceptional value for money.

On the streets, itinerant businessmen line the pavement hawking their wares. Collectibles like carved medals made from buffalo bones to semi-precious stones set in rings called 'batu' can

be found. Prices usually range between Rp 5000 to Rp 10,000 (S\$3 to S\$6).

In Tanjung Pinang, it sometimes pays to venture into little alleys between buildings to find a good bargain. At the alley beside Hotel Wisata (15 minutes walk from the harbour), good finds await the brave-hearted who dare to venture into the dark lane.

Food Fare

Seafood is the preferred choice in Tanjung Pinang. The numerous *kelongs* around the island ensure a cheap and plentiful supply of seafood. Don't miss the local specialty called *gong gong*, a shellfish found in abundance in the Riau islands. The firm but sweet flesh of the *gong gong* (think escargots of the East) should be dipped into the special chilli and garlic sauce provided.

Apart from seafood, you could also try the open-air hawker centre located near the harbour as an alternative for a cheap meal or supper, as it is usually open until 11 p.m. Prices are at Rp 1,100 (S\$0.70) for a plate of *rojak*, and Rp 2,000 (S\$1.20) for a plate of *mee rebus*.

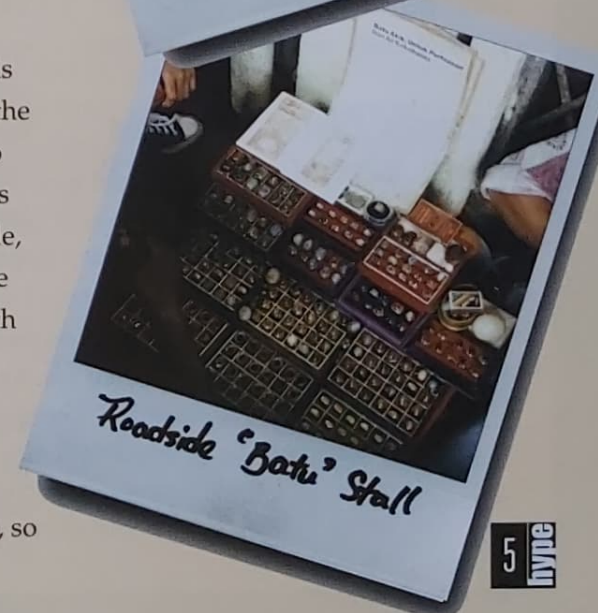
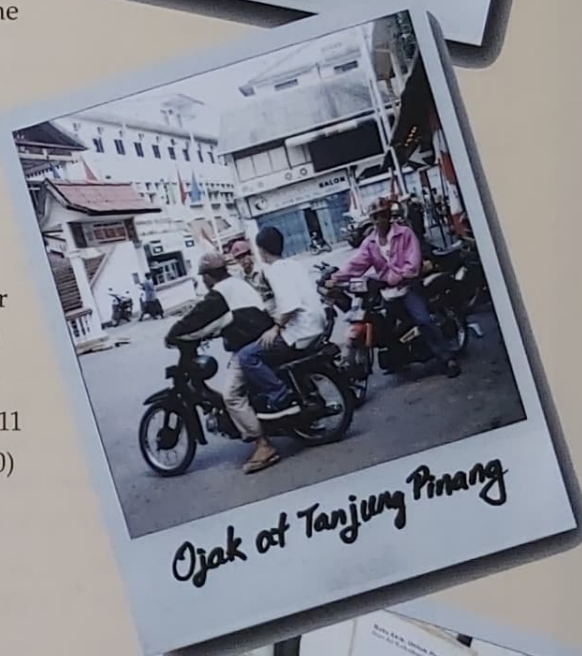
Where To Stay

There are more than 30 hotels in Tanjung Pinang, ranging from the higher end Bintan Beach Resort to budget lodging like Riau Holidays Inn. The room rates are reasonable, from Rp 127,920 (S\$78) for a single room at the three-star Bintan Beach Resort to Rp 49,200 (S\$30) for a single room at the no-frills Riau Holidays Inn. Many hotels are fully booked during the weekends and on public holidays, so

advance bookings are advised.

Getting Around

It is relatively easy to get around in Tanjung Pinang. Within





the town, the *bemos* (mini-buses) are recommended. *Bemo* rides cost Rp 300 (S\$0.20) per trip regardless of the distance and each *bemo* can comfortably seat eight to ten passengers.

Taxis can also be hired and are recommended for trips beyond the town area. The rates are Rp 10,000 per hour or Rp 60,000 (S\$6 to S\$36.60) for a whole day's hire.

For travel between the main islands such as Pulau Penyengat, hire a "water taxi", which is a motorised sampan. The rates range between Rp 500 to Rp 1000 (S\$0.30 to S\$0.60), while a return trip for two people, including waiting time (the boat operator waits for you while you sightsee), costs Rp 10,000 (S\$6).

Northern Bintan — Bintan Beach International Resorts (BBIR)

To the north of Bintan lies the white, glistening sand of Pasir Panjang beach, home to the Bintan Beach International Resorts (BBIR).

Located on a gentle, well-manicured slope, the plush *Hotel Sedona Bintan Lagoon* offers a bird's

eye view of the South China Sea. The swaying palm trees and lush tropical vegetation serve as a backdrop to the rustic *Mayang Sari Beach Resort*. *Mana Mana* ("anywhere and everywhere" in Bahasa Indonesia) is a beach club and sea sports centre for watersports enthusiasts as well as sun-worshippers.

* Hotel Sedona Bintan Lagoon

Hotel Sedona Bintan Lagoon, the latest addition to BBIR, is recommended for those who are seeking to indulge in luxury. The roomy and meticulously maintained resort has a pleasing blend of exotic Mediterranean architecture and indigenous Indonesian decor, complete with faithful replicas of traditional thatched roofs. The hotel's balcony overlooks a large free-form swimming pool, lined with white deck-chairs.

If you love the sun, sand and sea, take a walk down to Alang Alang Sea Sports Centre. It offers various scuba diving crash courses as well as other recreational activities such as dinghy sailing, canoeing and jet-skiing. The best

season for water-based activities are the months from April to October. Prices range from Rp 32,800 (S\$20) for a 15-minute dinghy rental to Rp 82,000 (S\$50) for a beginner's course in scuba diving.

For a night's stay at *Hotel Sedona*, a single deluxe room with a scenic view costs Rp 360,800 (S\$220), while one with a sea-facing view costs Rp 393,600 (S\$240). For more information, call the *Hotel Sedona* reservation office in Singapore at 337-3577.

Go ahead, don't be afraid: gather a few friends, pack your bags and catamaran to Bintan Island today! *Bon voyage!*

How to Get There

Singapore — BBIR (Tanah Merah Ferry Terminal)

To get to BBIR, take a ferry from Tanah Merah Ferry Terminal (TMFT). To get to TMFT, take SBS No. 35 from Bedok Interchange which brings you right into the terminal.

Ferry trip costs S\$54 for a return trip and the journey takes 45 minutes.

Singapore — Tanjung Pinang (World Trade Centre)

To get to Tanjung Pinang directly, take a ferry departing from the World Trade Centre.

The round trip fare costs S\$63 (one-way is S\$49) and the one-way trip takes about 1 hour 40 minutes.

The reporters' trip to BBIR was kindly sponsored by Hotel Sedona Bintan Lagoon.

MEDALINE TAN

Her voice can be heard on the airwaves on Perfect 10

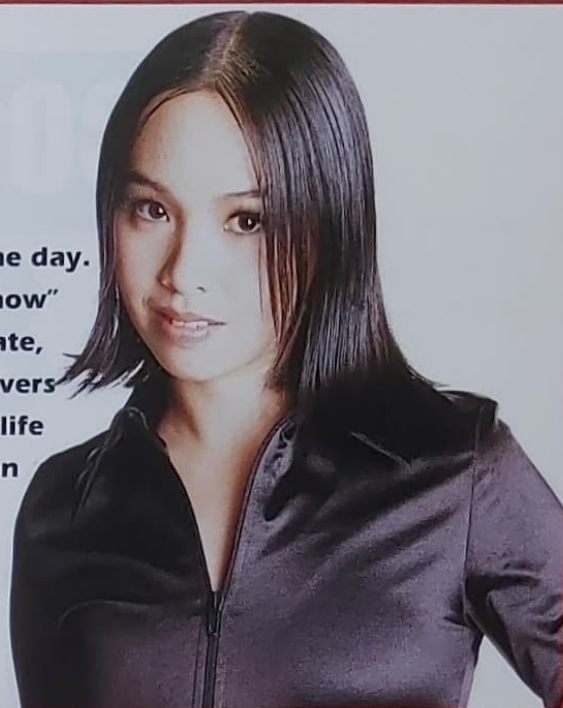
98.7 FM every morning, all set to start your engines for the day.

Roy Chew chats with the bubbly DJ of "The Morning Show"

and NP Business Studies Graduate,

Medaline Tan, and discovers

there's actually more to life
than being a voice on
national radio.



Q: How was life back then in Ngee Ann?

A: When I first entered NP, I found it hard to relate to the people in my class because I came from an English-speaking school and almost everybody was using Mandarin to communicate. It didn't get me anywhere. So, in the end, I started speaking Mandarin every day, and I got my friends! But thinking back, I was actually quite a loner then. However, at the end of third year, I found some pretty good friends but somehow, we don't keep in contact any more. Maybe it's because I've been so busy.

Q: Being from the Business Studies course, how did you end up in Perfect 10?

A: Actually, six months before I graduated in 1991, Perfect 10 was already looking for a new female DJ. I sent in my demo and was put on the "on-air" interview where the management puts you together with co-host Aloysius Tan. I was very lucky that I got the job finally. So many people came for it! As I was still studying at that time, I was really surprised that they actually held the position for me until I graduated!

Q: Now that you are hosting "The Morning Show", how do you want to portray your show?

A: Before "The Morning Show" came along, I was doing the afternoon shift. However, I felt that it was not me at all. I like "The Morning Show" better because it was much more lively and bubbly, you know, the type of shift where you actually get to talk a lot. And it was a blessing to work together with John Klass (her co-host) on the show itself. Naturally, I would want my listeners out there to look at "The Morning Show" as a programme where they could actually learn something from it, not just nonsense and talking rubbish. A more personal feel, we try to make something enjoyable and laughable, that's how we came out with the "Hit-List" and other stuff. It's fun but knowledge can be gained.

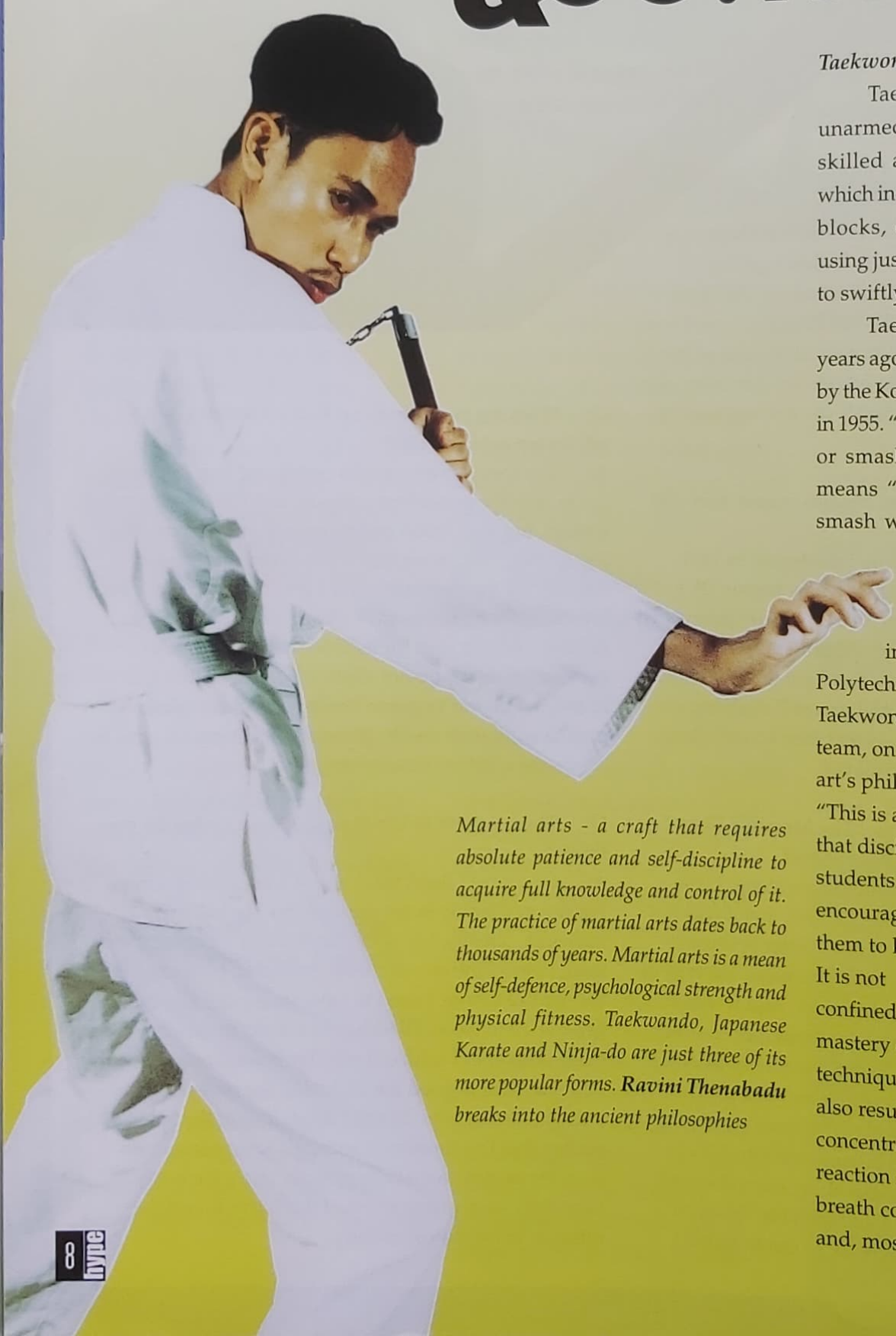
Q: What are your views on Radio Heatwave and advice for aspiring DJs?

A: The speakers are not that good and you can never get to hear the presenters going on-air. The music's good though, but then when people go past the Atrium, they just go like "Ah, music lor!!". However, this is good training for the presenters and I also think that they are searching for a unique identity of their own. In the industry, people look for individuals who can take pressure and who do not argue a lot. Not so much a follower, but you've got to be yourself. You have to be easy to work with and be pleasant. Don't put on airs. That's the most important thing.

Q: There's more to life than the 5Cs.....what do you think?

A: Of course I don't think the 5Cs equals happiness. For me, my family is my greatest joy. My baby, my husband.....really, I couldn't have asked for more. Ever since I found the two of them, I'm just so contented in life. Unlike before, I used to have such huge ambitions, like I want to be on TV, on radio, I want to earn big bucks. But after I settled down, I just want to provide my daughter with a good life. Actually, I'm really happy with life as it is now. To me, I think it's not the value of money that I'm concerned with, it's what you can do with the money to make somebody else's life better. Especially someone you love. I think I've found the ultimate in happiness already.

CONCENTRATION & CONTROL



Taekwondo

Taekwondo, the technique of unarmed self-defence involves the skilled application of movements which include punches, strikes, kicks, blocks, dodges and interceptions using just bare hands, arms and feet, to swiftly overpower an opponent.

Taekwondo originated 1,300 years ago in Korea and was perfected by the Korean Taekwondo movement in 1955. "Tae" means "to jump or kick or smash with the feet", "Kwon" means "to block, punch, strike or smash with the hand or fist", and "Do" means "an art".

Says Vincent Ng, an instructor of Ngee Ann

Polytechnic's Taekwondo team, on the art's philosophy, "This is a sport that disciplines students and encourages them to keep fit. It is not confined to the mastery of techniques. It also results in concentration, reaction force, breath control and, most

Martial arts - a craft that requires absolute patience and self-discipline to acquire full knowledge and control of it. The practice of martial arts dates back to thousands of years. Martial arts is a mean of self-defence, psychological strength and physical fitness. Taekwondo, Japanese Karate and Ninja-do are just three of its more popular forms. Ravini Thenabadu breaks into the ancient philosophies



**The rigour of
Tae Kwon Do**

important, a calm mind. All these factors can only be mastered through regular and concerted practice."

Yong Chee Kin, 22, a second-year student with Business Studies says that he took up Taekwondo because of interest and has, in a short period of time, learnt about the importance of teamwork and discipline. "I have also learnt that balance is of prime importance in all Taekwondo movements. If the body is in a well-balanced position, a blow is more effective."

Japanese Karate

Japanese Karate, a technique of fighting without weapons. Translated literally, "karate" means "empty hand".

Karate requires knowledge of your body, demanding long and patient practice to develop accurate and various speeds of attack. It also calls for a moral and spiritual development. The various movements of attack were brought together into a complete system by Funakoshi Gichin, who is widely regarded as the founder of modern karate.

Says Sensei K.F. Chia, the Chief Instructor of Ngee Ann Polytechnic's Japanese Karate team, "I like to think of karate as a sport as the various karate techniques co-



The discipline of karate

ordinate the body, reflexes and movements.

Psychologically, it helps in the build-up of a person's will-power." Sensei Chia also says that karate is not taken as a form of challenge as self-defence is less emphasised. Control of oneself is the ultimate aim of

humanity with goodwill and respect.

Ninja-Do

The two main styles of ninja-do that developed throughout Japan's history were the Iga Ryu and Koga Ryu, originating around the Japanese cities of Osaka and Kyoto.

The ninja studied various trades from his early youth, so that he could take on any disguise and remain undetected on various missions for his warlord. These disguises include *shukke* (a priest),

yamabushi (a mountain warrior), *hokashi* (a wandering singer) and a *shonin* (a shopkeeper).

Says Sean Goh,

the instructor of Ngee Ann

Polytechnic's Ninja-Do club, "There are no fixed rules in fighting.

Anything can be applied and some of the weapons used are the *sword*,

sai, *tonfa* and the *nuchka*. This sport is really for the streets - a form of self-defence."

Benefiting from ninja-do, Dexter Gwee, a final-year student of the Electronics and Computer Engineering department says, "Yes, this art has made me gain confidence ... it has also improved my concentration through meditation."

"It is not confined to the mastery of techniques. It results in concentration, reaction force, breath control and most important, a calm mind."

karate.

"It is also a form of relaxation as it relieves stress and also improves a person's leadership qualities. We take turns being in charge of a small group from time to time," says the President of the Japanese Karate Club, Toh Hui Chi, 19, a final-year student in Business Studies.

There is a saying "Karate starts with courtesy and finishes with courtesy." Courtesy is a characteristic exhibited by the Japanese as it is their way of life. The spirit of karate-do is not violent but is essentially to treat all



Ninja-Do students in action

Key To The Cutest Animals

There's a new role for farm animals besides "oinking", "mooing" or woofing their parts in the popular ditty about Old MacDonald and his farm. Introducing the moving key chain, a unique gadget with a range of moving farm animals in it.

The uniqueness of the US-imported moving key chains is in the seemingly simple plastic case which resembles an egg. The secret is exposed when you click the tiny latch and open the plastic cover. Inside the case lie the animals which will move in a slow, swingly motion. The key chains rely on a wind-up mechanism to move the animals.

Among the more popular

Put Your Creativity In The SPOTLIGHT

To spark off that creativity in you, SPOTLIGHT is the place to start. This Australian crafts store has a mind-boggling range of art and craft products to challenge your Creativity Quotient in a fun way. The shelves are jam-packed with all kinds of products ranging from leather pieces to floral accessories.

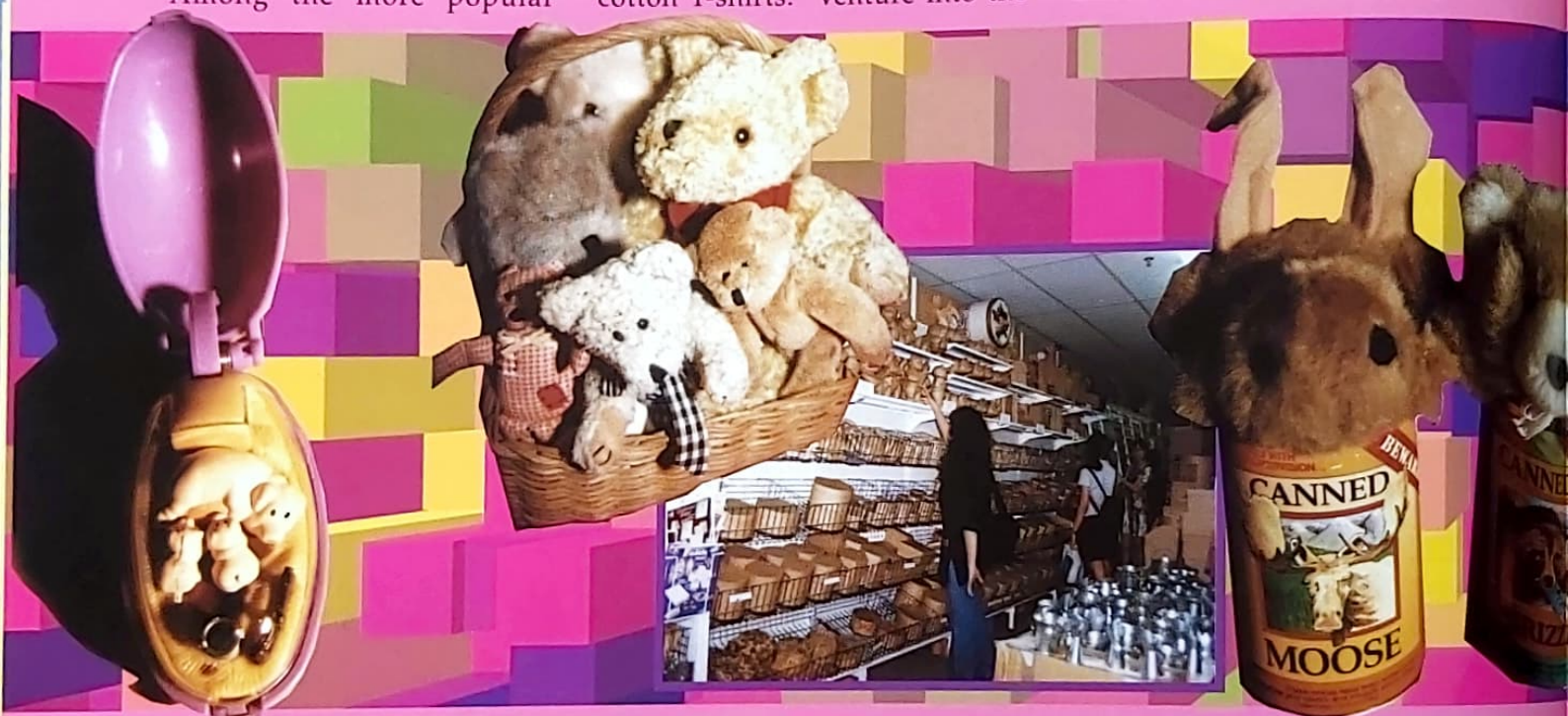
The wood crafts are some of the store's more popular items. Deck a heart-shaped wooden board with tiny wooden alphabets, shapes or sea shells.

Get artistic with some fabric pens and draw your own designs on cotton T-shirts. Venture into the

Canned Grizzly Treats

The next time you feel you want a little more information on wild animals, give the library a miss and check out the Grizzly Productions from *Prezentibles*. As the name suggests, Grizzly Productions is a range of wild animal soft toys which are less than six inches high. Squashed into metal cans the size of Campbell Soup's, the toys can only be taken out of the can with an opener.

These small soft toys, which are imported from the US, have been gaining popularity since they were introduced last September. Produced with the aim of educating consumers about the animals and their characteristics, the Grizzly toys and



choices, *Oink Oink's* little plastic world has got little piglets surrounding their "mummy" and they move gently side by side when the cover is clicked open.

Surprise and charm your friends with these unique moving key chains which come with a silver chain each. With cute names like *Oink Oink*, *Mooo*, *Turtle World* and *Puppy Pals* and available in seven different colours like lilac, blue and purple, these moving key chains are great as gift ideas or even conversation starters.

The moving key chains are priced at \$8.76 each (with GST). They are available at DFS Millennia and DFS Tanglin.

-Ravini Thenabadu

world of dress-making with a wide variety of paper patterns or choose from a large range of quality fabrics for that perfect outfit that transforms you from demure to glam.

SPOTLIGHT's competitive prices are a big draw. Join in the fun with a twist in creativity the original and economical way. **This store is true to the popular Aussie style of D.I.Y., putting your creations in the limelight.**

Spotlight at #03-01 / 27, Orchard Point (next to Centrepont) is open from 10:30 am to 9:30 pm daily.

-Pauline Teo

their cans have labels that state facts about the animal, their characteristics, habits and food sources.

The toy moose is one of the most popular choices, with its big head, exaggerated nostrils and tiny body. Unlike its namesake, which is a loner by nature, this soft toy can be cuddled, carried around and squeezed into your pocket. Hey, if it can be squeezed into a can, why not a pocket?

Each Grizzly toy is priced at \$18.90. They are available at *Prezentibles*, located in Forum the Shopping Mall, Raffles City Shopping Centre, Takashimaya Shopping Centre and Changi Airport Terminal 2.

-Clara Ko

Fried Till Frozen Ice-Cream

Before you start conjuring up images of woks of oil for deep-frying, stop. Visualize instead specially made 'frying' pans which blast out streams of frosty air, transforming the ice-cream from a mushy liquid into a tasty solid scoop within a few minutes. American Freeze, as the name suggests, has introduced 'freeze-fried' ice-cream.

There are no artificial colourings and preservatives used, so the ice-cream you get is 100 per cent natural and fat-free. Choose your favourite flavour from a wide array of fruits: mango, honeydew, papaya, durian, banana and even *cempedak*. There's also chocolate-mint, chocolate-mocha

Ostrich Oil, Anyone?

Since when did the world's biggest bird "bury its head" into the world of dermatologists?

Ashanti Ostrich Oil Pte Ltd, a local skin care company, recently launched a line of ostrich oil-based products from Australia. The *Ashanti Exotic Oil* range of skin care products is purported to contain superior skin penetration properties which allow them to be easily absorbed into the skin. The range also contains fatty acid components not available in the human body to nourish the skin.

That's not all - do you know that ostrich oil contains medical properties which are useful for ailments such as rheumatism? The Egyptian pharaohs,

Art That Will Grow On You

Eye-catching, painless, cheap and temporary, nail art involves the painting of any design on your nails. It's been around since the hippie 60s but is currently enjoying a revival. One of the places which offers an extensive range of such services is Nail's World.

Choose from colours with crazy names ranging from *opulent red* to *go go gold*. Whilst waiting for your nails to dry, decide on the design you want. The catalogue, as shown, boasts 56 designs. You may also bring along your own design. Paste-on ornamentations lend a three-dimensional effect and cost just \$3 each. The whole process takes



and vanilla if you're not a fruit lover. In fact, American Freeze will even 'fry' a soft drink such as Coca-Cola or Fanta Grape for you!

The fruits are mixed in a blender together with soya bean powder. A single scoop of fruit-based ice-cream with real fruit toppings costs \$3 while a single scoop of chocolate or vanilla ice-cream costs \$2.50. If you are health conscious, or just tired of the usual type of ice-cream from the supermarkets and provision shops, American Freeze is a good alternative.

American Freeze is at 9 Raffles Boulevard, Millennia Walk, #02-24, Bistro Land. It is also available at town centres such as Ang Mo Kio and Tampines. -Joy Tan

Romans and Arabs 4000 years ago might not have been able to provide scientific evidence for the beneficial effects of ostrich oil, but they used it widely for joint- and muscle-related pains in those days.

For those who are really into ostriches, this is your chance to demonstrate your support for the bird. After all, these avian creatures might know something about skin care that you don't.

The ostrich oil-based range consists of 15 skin care products such as massage oil, body milk and moisturizer for both men and women. The prices range from \$9.90 to \$49.90 and they are available at Apex Pharmacies. -Clara Ko

between 10 to 15 minutes.

The design possibilities are countless and since it is not permanent, you can change it whenever you choose. All you need is a bottle of nail polish remover.

Nail's World is one of the few salons with trained designers offering nail art services at a competitive price of \$2 per nail. This is an art that will definitely grow on you.

Nail's World is a pretty-in-pink shop at #02-14, Holland Road Shopping Centre. Appointments for nail art, manicures, pedicures or acrylic nails can be made by dialing 469-8781 or 468-1461. -Tay Tsen Waye

There's more to Life ...



Where will it end
for the dream that se
Is this all there is to
as **Joy Tan** an
find out, Ngee Ann s
more on their minds

The 1990 census showed that although 10 per cent of Singaporeans volunteered to help the less fortunate, this figure is still five per cent lower than that of many developed countries. But all is not lost. Another poll showed that most volunteers are teenagers and white-collar workers. Within Ngee Ann Polytechnic, there are groups of individuals who devote part of their spare time to making the lives of others a little better and brighter.

The Ngee Ann LEO Club, a 300-member force, makes regular visits to old folks' homes and their efforts have brought smiles to the residents. In this age of the 'what's-in-it-for-me' syndrome, the LEO Club members try to make a difference in others' lives out of compassion and love for such people and not for any kind of rewards.

**nd ? The chase
ems unattainable?
ife? Definitely not,
d Clara Ko
udents have a lot**

Rebecca Goh, the club's publicity director, says, "The sense of satisfaction we get from doing volunteer work is reward in itself. All the visits we make are purely voluntary."

Concern, however, does not just stop at voluntary visits. It also

involves simple acts that escape our notice, especially when we're so caught up in the daily mad rush to gather as much material wealth as quickly as possible.

Just clear your senses and look around. These acts are simple, for example, walking down the corridor to the home of your lonely neighbour to lend your companionship, or tutoring the kid next door who's having problems with his school work.

You don't have to be a Sharity Elephant to show that you care by giving big sums of donations or just paying endless visits to homes. Sometimes, the simplest acts in life make a greater difference than something momentous. Bear this in mind and perhaps you too will, and should, make a difference in someone else's life, even with the simplest things you do.

Camaraderie

In most circumstances, friends have been the people whom we trust and listen to in times of frustration. They display patience and understanding, sometimes beyond our expectations. They are people to whom we can easily turn to whenever we need to and not fear rejection. They teach us the true meaning of team spirit. For many of us, all this evolves into something bonding and beautiful - camaraderie.

Camaraderie speaks of friendship and goodwill displayed to each other by friends and individuals who spend time together, whether at work or in school.

No one knows this better than members of The Adventure Seekers (TAS) club of Ngee Ann Polytechnic.

Tan Swee Kian, TAS's president, stresses that the ability to co-operate with one another and exhibit team spirit is essential to everyone us, especially for all TAS members.

Many a time, not all its new "gutsy" members are fully prepared for the tough but challenging physical obstacle courses that await them. When some of them are ready to succumb to the pressure, Swee Kian and the rest will cheer them on, lending their helping hands for just as long as they are needed. "That's why team spirit is important," says the Business Studies student.

Emphasising the importance of camaraderie, Tan Chee Yong, a final-year Mass Communication student and president of Ngee Ann Primer, a tertiary version of Boy's Brigade, goes on to add that if co-operation and esprit de corps are overlooked,

many will start dispersing in different directions. That is to

say, these individuals will only be concerned with themselves and in turn, camaraderie begins to seep away.

It is important to note that camaraderie pulls us closer, building a bonding relationship. Once camaraderie is established, we are able to advance with confidence, knowing very well that our counterparts will be supporting us in whatever we do.

Along the way, in the midst of life's pressures, we find it a worthwhile experience to have a sense of togetherness because, as Swee Kian, of TAS, says, "We share the burdens and happiness together after all." Truly, camaraderie is something that we should together, believe in and practice.

Courage

Courage, as defined by the Longman dictionary, is the mental or moral strength to confront and withstand any form of danger, fear or difficulty. Some of us were brought up to think that courageous acts are always linked to heroes who contribute to the good of mankind. Many may carry the misconception that courage is primarily linked to physical danger.

But the ability to accept failure, and daring to venture into the unknown future are equally courageous acts.

Similarly, a simple act of accepting one's disability, like Terence Lew Wen Siang, is also tantamount to courage.

A second-year, hearing-impaired student at the department of Electrical Engineering (EE), Terence is an active and friendly young person who loves camping or expeditions under the sun. So it is not surprising that he is an active member of The Adventure Seekers, the NP club which offers challenging and venturesome outdoor activities. Just a few months ago, Terence participated in the 1996 National Day Parade cheerleaders' team and assisted his department with the Freshmen

Orientation Camp '96 (FOC). To add to the list, Terence gives free tuition to hearing-impaired children.

He has also been training hard for the Outward Bound School (OBS). It is his dream to be the first hearing-impaired participant selected for the course. Here is a determined young man who is far from feeling despair over his disability and making the best of the opportunities given to live life to the fullest. He hopes to learn how to better interact with the able-bodied. But ultimately, being chosen for OBS will serve as a shining example to all.

The Nanyang Technological University (NTU) is Terence's next stop where he is aiming for a place in Environmental Engineering.

We want to salute Terence and others like him, who are heroes in their own right. As said in an OBS quote, hard things are put in our way not to stop us, but to call out our courage and strength. Terence must surely agree with that.

ship or sport. If you can run like the wind and break some records, like ex-Business Studies student Derek Chan, then herein lies your calibre.

National sprinter Derek, 21, took up running when he was only 13. And at 14, he broke the 100m and 200m record in his secondary school, Kuo Chuan Presbyterian High at 11.6 seconds and 23.6 seconds respectively. Derek made it to the recent SEA Games relay event. However, Derek's calibre is not inborn. He had to train hard to realise his goals and he believes "hard work, as in hours of training every day, will pay off eventually". He has now established a reputation for himself in the national track and field arena.

Melvin Tan, an actor of the Poly Stage Factor (PSF) of Ngee Ann Polytechnic and a second year student of Mass Communication, is yet another individual who has such calibre. An enthusiast when it comes to acting, he has made it a point to take part in at least one

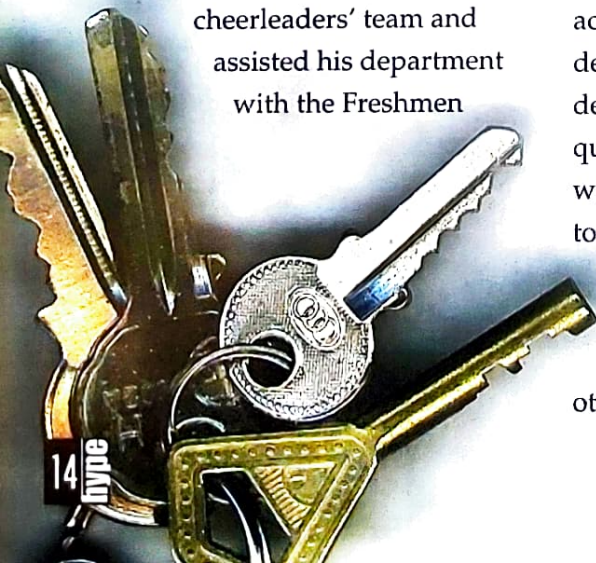
Calibre

Calibre goes beyond just academic grades. The dictionary definition of calibre refers to the degree of mental capacity, moral quality or excellence. A person with calibre is someone who is able to excel in the things, be they minor or substantial, he or she does.

It also encompasses many other aspects of life such as leader-

performance every year. He did not know of his ability to act well until his first try at it. "It's sort of a self-discovery thing. When I discovered I liked acting, I pursued it," says the modest young man. Indeed, his passion for acting has brought him a popularity which this PSF actor with calibre is still developing.

On a final note, calibre can be cultivated but only if you are determined enough to strive in meeting your dreams and passions.



"In the English language, the word creativity has become too strongly associated with art, music, writing and poetry..."
- Dr Edward de Bono.

Many of us have fallen prey to the thinking that creativity is equivalent to artistic creativity, where creativity is viewed as the ability to generate many unique solutions to problems for which there are no right answers.

Many schools in Singapore still place emphasis on rote learning. Regurgitation from textbooks usually gets you past the major year-end examinations. The education system places value on the end-results rather than the education process.

Realising this lack of creativity, all second-year Mechanical Engineering students at NP have to attend a mandatory course on Creativity and Innovation for one semester. These students in this project-driven course are encouraged to think in ways they never thought possible.

Eric Koh, the lecturer-in-charge, believes that every one of us has hidden creativity. The difficult part of it is knowing how to bring out

this latent talent.

"Many of us think that we are not creative because we have been suppressed in our developmental years," he said. Parents may be ignoring the fact that it is through free play and daydreaming that the child's imagination and creativity are also expanded.

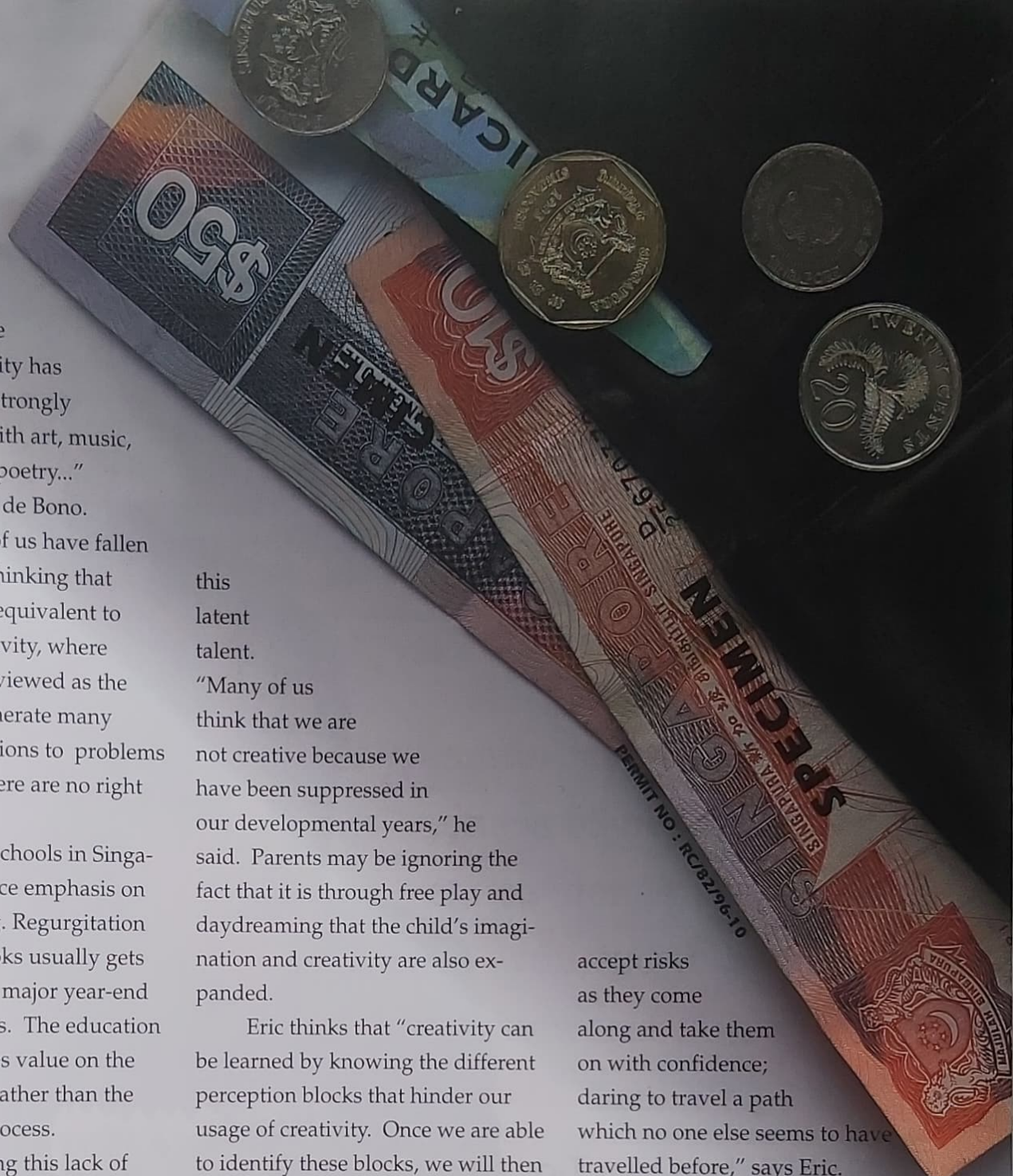
Eric thinks that "creativity can be learned by knowing the different perception blocks that hinder our usage of creativity. Once we are able to identify these blocks, we will then be able to navigate round them. It is only through nurturing and self-discovery that creativity be fully uncovered." Simply put, it just means that we have to be very frank and open with ourselves, daring to discover what our biases and prejudices are. This includes rising above the 'kiasu' nature ingrained in us from an early age.

"Learning to be creative requires risk-taking. Many Singaporeans are averse to taking risks. We must all be willing to

accept risks as they come along and take them on with confidence; daring to travel a path which no one else seems to have travelled before," says Eric.

As final-year ME student, Cedric Koh puts it, "The course provoked me to think deeper and harder through the projects as well as the tutorial exercises."

Thinking in a deeper perspective also means learning to accept new ideas and be more perceptive. Venture in a new direction, even if it means giving up the security of the present situation. As Abraham H. Maslow, a renowned psychologist said, "Creativity is a characteristic potential given to everybody."





strumming a **DIFFERENT** tune

Humpback Oak Oddfellows

Two of the biggest names on the local music scene. You've heard their songs on the radio, but how much do you know of them? Their lead vocalists, **Leslie Low** and **Patrick Chng**, reminisce on music and memories to the listening ears of **JOY TAN** and **LARRY LOH**.

Patrick Chng

Leslie Low

Local music has taken off in a big way in Singapore, with an increasing number of new bands such as *Force Vomit*, *Psycho Sonique* and *Stompin' Ground* being formed. Fuelled only by enthusiasm, they look to the shining examples of pioneer groups like Humpback Oak and the Oddfellows for inspiration.

Leslie, a final-year Film, Sound and Video student and the lead vocalist and guitarist of *Humpback Oak* says however that starting out wasn't easy because of the initial lack of support. "Singaporeans find it difficult to give equal weightage between local bands and international artists. It is a barrier that has yet to be overcome".

Patrick, a Business Studies graduate and present lead singer of *The Oddfellows*, echoed these sentiments, adding that radio could have done more in stirring up interest among the masses. "Radio

The lanky musician doesn't plan however on making music his chosen vocation. "Unless a miracle happens to change the music scene, it will only remain as a passion, not a career." He aspires instead to become a sound engineer upon graduation.

"Poly was quite an eye-opener for me, being in a co-ed environment for the first time after having come from a all-boys school", laughs Patrick. He formed his first band during his NP stay, and, after some probing, disclosed with a grin that it was called *Babycham and the Bottle Brigade*.

THE BANDS

The members of *Humpback Oak* drew their inspiration from the band *No Names*. *Red House Painters* and *American Music Club* were other examples they looked up to when they were first starting out. Leslie

"Personally, I don't care what people call our music or what label they place it under. I feel that it is very limiting and restricts our potential."

The last track on one of R.E.M.'s albums gave rise to the name *The Oddfellows*. "The irony of this name is that we're ordinary people. It's an added twist to our background." They attribute their beginnings to American bands such as *Replacements* and *R.E.M.* Joe Ng of *Corporate Toy* also gave them the vision to strike out on their own. "If they could do it, so can we."

PARTING SHOTS

For those hopefuls seeking to carve a name for themselves in Singapore's music industry, here's some advice from the two lead vocalists.

"You must have a strong passion for music. Persevere, like all the other local bands, and you'll

"I don't care what people call our music..."

stations cannot excuse themselves by saying that they only play what the people want to hear. If you do not play local songs, how will they even know about it?" The diminutive musician is currently involved in the broadcasting field.

THEIR POLY DAYS

Leslie's love affair with music started way before he enrolled in Ngee Ann, and has carried him through some rough semesters. "Juggling between schoolwork and practising with the band is no easy task, especially in the FSV course where the workload is quite heavy."

labels their brand of music as 'folk-rock'.

Why the name *Humpback Oak*, you may ask? It actually has no deep philosophical connotation to it, as Leslie clarifies, "My guitarist Vincent came across 'Humpback Whale' and then 'Oak' on the next page. We decided to replace the 'Whale' with 'Oak' and that's how we got our name. Although it doesn't mean anything, we hope in time that people will associate the name with our kind of music."

Patrick, however, resists the need to define the type and genre of music *The Oddfellows* produce.

eventually find your own footing," Leslie urges. Patrick's secret formula to succeed was to "practise hard and be true to yourself and your music."

Take it from these guys who have been down the rocky path and beaten their own roads. The way to gain recognition and acceptance is to 'connect' and reach out to the audience, with songs that reflects our unique culture and ethnic heritage. Only then, they say, will our bands forge a distinct identity and allow for the music scene to be elevated to greater heights.

CHINESE REVIEW



wallace
"miracle"

'Self-confidence is a miracle' proclaims the album sleeve of Wallace Zhong's latest Mandarin release. Aptly so, for the loud and psychedelic colour of the album cover is a brave step for a relatively new artiste to take because it could result in the artiste's talent being outshone.

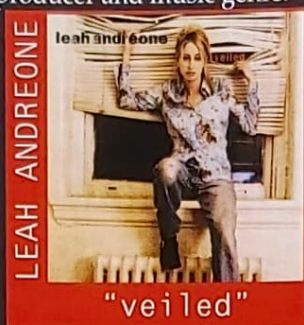
Wallace's voice, though a little raw, is smooth and diction clear. His charisma and talent shines through the rather weak production and garish design.

There were several attempts to infuse diversity with an eclectic mix of music genres of funk and techno, like the title track; and the meaningful ballad, 'Remembering the Past.' Sounding very much like

- PAULINE TEO

compatriot Emil Chau, one of Hong Kong's hottest 'shi li pai,' (singers of substance), Wallace however handled his repertoire a tad too carefully, resulting in a rather mechanical delivery.

Beneath his model good-looks, one senses that this multi-talented (model, dancer, actor and singer) has a pool of talents still waiting to be polished by the right producer and music genre.



"veiled"

Veiled she is certainly not, if this album is anything to go by. Combined with an eclectic mix of electric guitars and rhythmic music arrangements, Leah Andreone's voice manages to keep above the thin, groovy musical line.

Fusing a good range of hip-hop tunes to a melancholic drone in the ballads, Andreone switches from breathy vocals to whiny squeaks, almost mumbling cryptic lyrics such as '...wish you were dead' or '...Ohh, hypnotize me' in the song 'You make me remember.'

Throughout this album, it is hard to pin down a typical 'Andreone' style. However, her lyrics speak to us in a comforting, almost 'mother-like' voice.

- LISA TAN

Andreone keeps the 'metaphoric' mood with reflective, yet subtle songs such as the unusual 'Happy Birthday' and the somewhat contradictory, 'Will you still love me'. This album is one euphoric experience - if you manage to listen to the whole album in one sitting!



"proud"

Inspired and influenced by top British bands like Oasis and Blur, Proud, a five-piece combo, brings with them a whole new dimension of pop and rock.

Having already received much attention from the underground music scene in Thailand and Singapore, they are not your typical 'eardrum-bursting' rockers, but they are not your typical goody-two-shoes crooners either. They bring with them their brand of music, with hard-hitting skins and captivating riffs, ready to take on the local music scene.

Their self-titled album promises great tunes which show that Thai music have much more to offer. The best song undoubtedly is the Nirvana-inspired 'You're my dream', in which lead singer Surachai leads the pack in a fantastic melody.

- ROY CHEW

jetfighter III

- LARRY LOH



Computer Gaming World declares it to be "impressive, breathtaking". PC Review calls it "the best flight combat simulator ever released". Computer Gamer titles it "the Holy Grail of military flight simulation". Difficult to believe as it seems, JetFighter III may indeed be worthy of all the praise and attention it's getting.

In designing JetFighter III, Mission

Studios were shrewd enough to avoid similarities with rival games. What strikes you as you get more engrossed with this game is that there are fewer buttons and function keys to commit to memory. With an impressive arsenal of weapons such as laser-guided Maverick missiles and Vulcan cannons, and the option of two fighter planes (the F-22N Lightning II and the F/A-18 Hornet), this will be an instant hit among aspiring combat pilots.

The outstanding features of JetFighter III are the incredibly realistic graphics and the heart-pounding sound effects. There is actually a smooth sense of speed especially when you bring your aircraft down low to the surface. This is due to the improved texture mapping and 3D terrain generation techniques used.

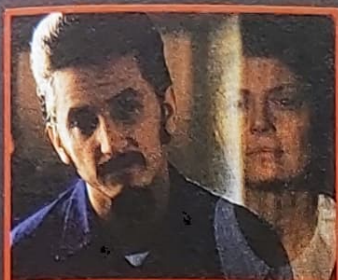
The digitized voices of your

wingman over the thunder of the engine adds an element of realism that immerses you almost completely in the virtual environment of the game.

The downside of JetFighter III is that it places heavy demands on your system. Although the combat program will run on a 486 with 8MB RAM, visual details have to be compromised and the resulting graphics are jerky and "pixelated". For optimum gaming pleasure, a Pentium (100 MHz or faster) with 12MB RAM is recommended, along with a joystick.

This flight simulator may be a trendsetter for future simulation programs. It is certainly one mind-blowing experience not to be missed!

JETFIGHTER III had a nationwide launch in October and is distributed by Telahin Enterprises Pte Ltd. Visit the Mission Studio website at www.missionstudios.com for a demo of the combat flight simulator.



dead man
walking

Convicted and sentenced to death, Sean Penn plays Matthew Poncelet, a man who was believed to have killed two teenage lovers. Susan Sarandon, winner of the Academy Award (Best Actress) for her portrayal of Sister Helen Prejean in *Dead Man Walking*, is the nun who embarks on a journey to fight for his life and soul.

Beneath the hard facade of Matthew lies a terrified human who writes to Sister Helen for spiritual guidance. She finds herself confronted with the anger of the community and families of Matthew's victims.

Based on true events, this film's excellent screenplay pierces our hearts with Sarandon's and Penn's emotional acting.



stand by me

Many things happen when teenagers grow up. Four adolescents find out what growing up is all about in *Stand By Me*, a film about friendship and adventure.

The peaceful air is stirred up when these four young friends venture into the forest in search of a missing teenager's corpse and get a lesson on the subtleties of life and the bonds of comradeship. Confronting a group of bullies, they learn an early lesson on courage and manly mettle.

The cast lends strength to the movie on the whole as each character plays his role with heart and soul. Last but not least, who can forget B.B. King's classic song of the same name, which so aptly encompasses the qualities of courage and camaraderie.

- LISA TAN



good morning
vietnam

In the abject brutality of the Vietnam war, deejay Adrian Cronauer (Robin Williams) and his unconventional ways in a Saigon military radio station, bringing hope to the American GIs with his witty rapid-fire humour.

Cronauer struggles within himself to find answers to the happenings amid a world gone mad and emotionless. Along the way, he discovers the truth of courage, friendship and his humanity.

This movie epitomises Williams' unique talent to penetrate the soul and touch the heart of the audience. His moving performance in the movie artfully demonstrates the buoyancy of the human spirit.



snaps/
triple snaps

like music.

Some examples of snaps are "your shoes are so old, when you step on gum you know the flavour" and "your breath smells so bad, people on the phone hang up". Imaginatively written, these three volumes are a must-read for the politically incorrect and mildly sadistic.

- RAVINI THENABADU

live from death row

Take a new look at different aspects of Afro-American humour and culture. *Snaps*, *Double Snaps* and *Triple Snaps* are three first-time sensational bestsellers which boldly present the more outrageous and insulting side of American black society.

The books form a collection of some of the funniest, most creative and certainly the most offensive statements ever heard or read and are for those not easily offended.

Although the abusive language might seem rough, each snap has its own lyrics, cadence and rhythm, very much

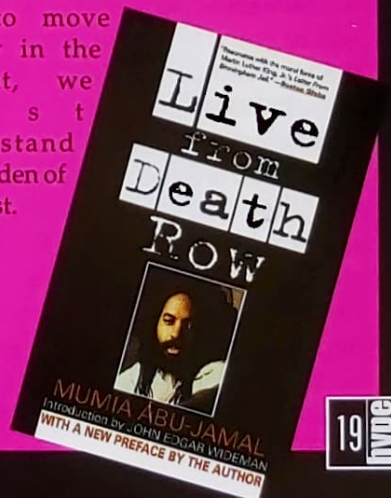
On December 9, 1981, Mumia Abu-Jamal, a well-known Philadelphia-based African-American journalist and activist, was charged for the murder of Philadelphia police officer Daniel Faulkner. He was the President of the Philadelphia chapter of the Association of Black Journalists.

In 1982, he was convicted and sentenced to death. Once a Peabody Award-winning radio reporter, Mumia Abu-Jamal is now in a Pennsylvania prison awaiting his state-sanctioned execution after a trial many have

criticized as profoundly biased because of all the allegations and controversy that surrounds it.

LIVE FROM DEATHROW is a collection of his prison writings - an impassioned yet unflinching account of the brutalities and humiliations of prison life. It is also a scathing indictment of racism and political bias in the American judicial system.

Mumia Abu-Jamal's writing insists on gut checks and reality checks. He reminds us that to move clearly in the present, we must understand the burden of our past.



ER of a Different Kind

By Larry Loh

On 18 July 1996, intelligent aliens launched a coordinated worldwide takeover attempt in Singapore through the magic of the silver screen. On that same fateful day, another invasion of a quieter sort was occurring on the unsuspecting streets of Holland Village... ..

Entertainment Reality came into being.

The invading extraterrestrials of *Independence Day* had long been beaten into oblivion by patriotic American forces from the local entertainment scene. However, remnants of their chilling presence linger on... in the form of exclusive posters, tee-shirts and mugs found only in one shop - **Entertainment Reality** (ER for short).

Step beyond the dark, narrow staircase and suddenly the astonishing contents and cheery atmosphere of the shop jumps out at you. A 10-inch *Star Wars* figurine (the bounty hunter Boba Fett) glares at you menacingly from the counter top. An official *Star Trek* Federation uniform beckons from the large collection of tee-shirts hanging from the clothes rack.

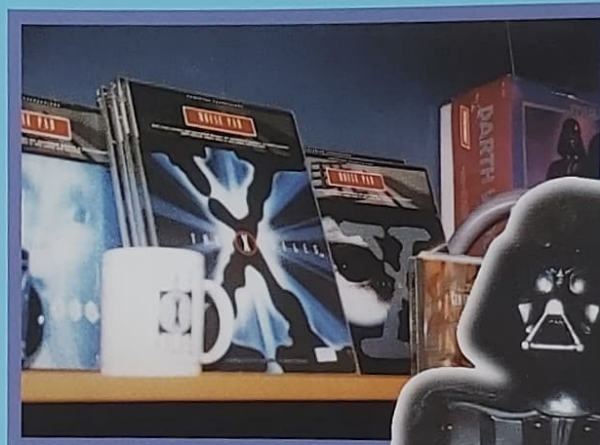
Designed to be the only one of its kind, Entertainment Reality opened its doors for business only a few months ago, and it has already taken Singapore's entertainment merchandise industry by storm. "The shop is a total concept which combines all the different elements of entertainment merchandise. We wanted ER to be a one-stop place where you can get everything from the television, movie and music scenes", says Gary Lewis, the store's managing director.

Look around the place and you'll see that they've succeeded admirably in their goal. The shelves stock an astounding array of items from every popular show, movie and video imaginable. Exclusivity is no barrier here. One example was a limited edition X-Files T-shirt on sale

which is reputed to be one of the only 16 in the whole world. For its opening sale, the store also gave customers an opportunity to purchase an exclusive UK release of *Les Misérables*, *The Dream Cast* 3-hour video at a 40% discount.

The merchandise on sale ranges from movie and television posters, sci-fi videos, model kits and figurines, special scripts, genuine autographs, as well as CD soundtracks and LDs not found elsewhere.

Entertainment Reality also offers



special procurement services - if you want an unusual item really badly, say a rare poster from the movie *Pulp Fiction*, ER is willing to search from its numerous overseas sources for you at no extra cost.

The store is the brainchild of Gary and Corinna Ong, who was the president of the local *Star Trek* Fan Club before she relinquished her post to devote herself to ER. Their dream is to turn "entertainment into reality", hence the name of the shop.

Needless to say, Entertainment Reality is popular with fans of *Star Trek*, *The X-Files*, *Babylon 5* and other cult series, as it

offers a wide array of related merchandise. In fact, the establishment is the official home base of the *Star Trek* Fan Club and the *X-Files* Fan Club, which is scheduled to launch on Halloween (October 31).

So make your way down to the speciality store today and discover for yourself why Entertainment Reality is "the ultimate source for TV, Movie, Music & Sci-Fi Merchandise"!

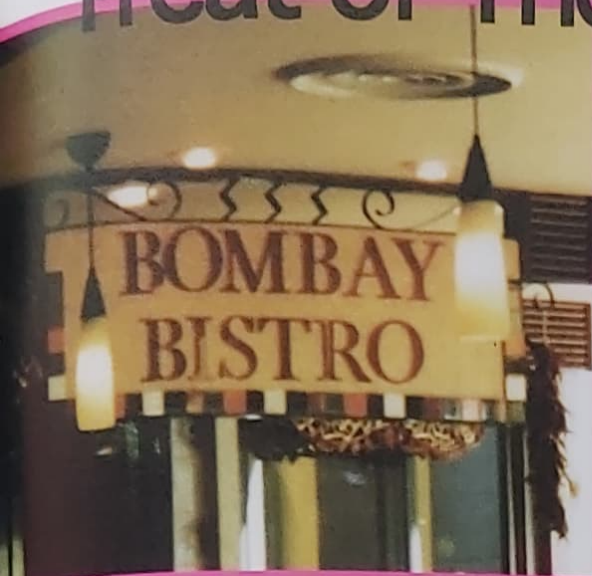
ENTERTAINMENT REALITY is located at 27C Lorong Liput. Take bus service 61 or 75 to Holland Village and walk towards Sharif's, the Indian eating place. Look for a small stairway, which leads to the shop on the second floor.

ER is open from 12-10 p.m. on Mon to Thu, 12-11 p.m. on Fri & Sat, and 12-6 p.m. on Sun.



Treat of The Millenia

By Joy Tan



corner, Bombay Bistro lures you with the delicious smell of Northern Indian curry wafting through the air. Take a seat at the sitting area specially set aside for Bombay Bistro diners. Enjoy the bright and cheerful decor with colourful paintings as a starter before going for the main course.

Try the *chicken briyani* or the *murtabak*, which is cooked with the right amount of spices. If you're afraid your stomach will set off the fire alarm after a spicy feast, don't

worry. You can douse the flames with some refreshing lime juice or *bandung*. Enjoy good ol' *prata* served piping hot from the chef's griddle. You'll be able to see your *prata* or *murtabak* being twisted and tossed through a glass panel. The 80 cents *prata* is good value compared to the famous Thasevi fare at Jalan Kayu.

Bombay Bistro's two chefs are by no means the average cook found

in any coffee-shop. They have all been recruited from five-star hotels and each has more than 20 years of experience.

The search for Indian food can be effortless in multi-racial Singapore. But what makes Bombay Bistro most attractive is the enticing array of food prepared by top chefs, and sold at reasonable prices right in the heart of the city.

If you want a taste of something zesty, visit the Bombay Bistro to savour bona fide North Indian cuisine, which can be found literally, once in a millennia!

Bistro Land is located on the third level of Millennia Walk. A connecting path from Metro Marina (Pan Pacific exit) connects the Bistro directly to Marina Square. Bombay Bistro is open from 11 am to 10 pm daily. There is another branch at Orchard Promenade's Eatz Food Court known as the Indian Banana Leaf. The food served at both outlets is halal.

Having wandered through the food courts in almost every major shopping centre in Singapore, most people will agree that cheap and good food is rare. However, Bistro Land, a small food court tucked away in a cosy corner of the second level at the newly-opened Millennia Walk, has an outlet worth checking out by every foodie — Bombay Bistro.

Standing at an inconspicuous

The Wild Thing about Chicken

By Roy Chew



The rage for broiled chicken, touted to be healthier and lower in fat content, has reached the foodie paradise, Holland Village. Known as The Wild Chicken, this food outlet promises good food and eye-pleasing funky decor.

The whole restaurant is one montage of brilliant reds, greens and yellows. Located at the corner of a two-storey shophouse, The Wild Chicken has open-air seating where diners can relish the food while watching the world pass them by. Additional seating space on the second storey also offers a great view of village life.

With an ancient family recipe that includes a fine blend of herbs, spices and citrus juices as marinades, the chicken is flame-broiled to perfection and served piping hot.

As the name suggests, the food

at Wild Chicken is really hot! For the adventurous, try the Chicken Fajitas (\$7.25 each), the Mexican version of our local popiah, which you do everything yourself, including the rolling.

One piece of advice though: you can give anything in the world a miss but not the Wild Flame-Broiled Chicken. You can almost feel the tenderness of the meat, the citrus juices flowing once you sink your teeth into it.

With whimsical names such as Jumping Pinto Beans, Cucumber Dills and Rock Me Lah for its dishes and drinks, The Wild Chicken promises originality for you and your buddies to enjoy!

The Wild Chicken is at No 2 Lorong Mambong, Holland Village. The other branch is at Jurong Point Shopping Centre, with another due to open later this year at Millennia Walk.



Skate Park

By Roy Chew

Buckle up, all you skateboarders and in-line skaters out there! Time to wipe the dust off your decks and blades at Go Sports Skate Park, located in the scenic surroundings in Bishan Park.

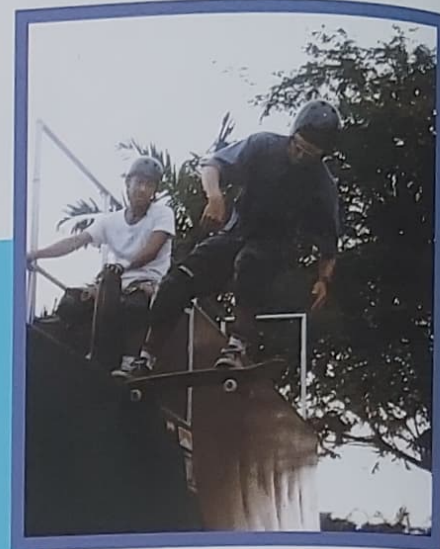
For a truly exhilarating and adventurous time skating, test-drive the 'ramp' and half-pipes and let your adrenaline rush as you attack these and other challenging obstacles. To heighten your excitement and pleasure, skate to the contagious beat of pop music in the background.

'Safe' is the word to describe this unique park where essential skating safety gears such as elbow and knee pads, are offered for rent.

As for those who need a helping hand, a strong spirit of camaraderie from other fellow skaters is always present to lend you that helping hand should you ever slip and fall.

So, if it's serious and wholesome fun you're into, Go Sports Skate Park is the place to be.

Go Sports Skate Park, located at Bishan Park, is open daily from 1 pm to 9 pm.



Mocha Ado

By Tay Tsen Waye

Asking someone if they fancied a coffee wouldn't be specific enough in today's booming coffee culture. With more than 20 varieties available, the coffee bean now has reached designer status.

The coffee bean's energy-enhancing qualities were first discovered by members of the Galla tribe in Ethiopia. Indeed, many have depended on instant coffee to get through today's tight deadlines and heavy schedules.

For those confused by the growing number of cafes, HYPE recommends two outstanding gourmet cafes - the Coffee Club and Rick's Cafe.

The Coffee Club outlet at Boat Quay, one of its chain of five outlets, is the most unique and high on ambiance. With six floors to choose from, each with a distinctively different theme and decor, this place will suit every mood and fancy.

The service is amicable and the staff are a jolly bunch, more than willing to aid in your choice of exotic brew. Choose from top-selling gourmet coffees like *Jamaica Blue Mountain* (\$6.50), and *Sumatra Mandheling* (\$7.50), considered

one of the best coffees in the world. Or try Coffee Club's most popular item, the *Iced Mocha Vanilla* (\$7).



(\$5.80), a concoction of coffee and ice-cream.

Rick's Cafe clearly believes that its customers should not be rushed. Unlike many joints in Singapore, they do not make you feel guilty for taking your own sweet time over your drinks and meal. The service is efficient yet unhurried. Sit back and chat with friends for hours or surf the net over a few leisurely cups of coffee.

Coffee Club is located at 52 Boat Quay. Rick's Cafe is at 3 Tamasek Boulevard, #02-001, Suntec City Mall, Singapore 038983. For reservations dial 3342433.

On the other hand, if you're a cyber freak and want a chat on-line rather than face-to-face, try out Rick's Cafe in Suntec City. For \$10 an hour, you can exchange a few words with like-minded human beings halfway around the world.

At Rick's Cafe, you'll enjoy affordable cups of coffee in an environment that is both conducive for work and for leisure. Although Rick's Cafe has a smaller menu (17 varieties), with less exotic-sounding names, the quality of its roasts is just as superior. Savour freshly-brewed cups of coffee like the *Guatemala Espresso Roast* (\$6.50), or Rick's Special



Ngee Ann Polytechnic

Caution - Your Health Matters by Darryl Tan

Hi-ho, hi-ho.....here we go a hunting! This was the spirit of the 400 Ngee Ann Polytechnic student participants during the launch of Health Fair '96, held on 17 September 1996. They searched along an NP trail for the "mystery treasure." The event was flagged off by Mr Khoo Chin Hean, principal of NP.

The treasure hunt was one of nine events jointly organised by the PE Centre and the Students' Sports Council from 17 to 27 September, 1996. This annual fair was organised to promote a healthy lifestyle throughout campus.

Mr Khoo demonstrated his support for this year's Health Fair theme, "Exercise for a happy, healthy heart," by joining 180 students and 40 lecturers in the Ngee Ann Polytechnic "Fun & Fitness Workout" which was based on low-impact aerobics, similar to the Great Singapore Workout.

The launch bustled with activities such as a health screening at \$12 per person. Held at the NP atrium, this screening enabled each individual to check his cholesterol level and blood pressure. At the NP library, a "Healthy Lifestyle" exhibition displayed information on the essentials of a healthy body and useful dieting advice.

However, the best advice still came from Mr Khoo. Rounding up his speech, he said, "It is never too early to start, therefore, take your health seriously, watch your diet and exercise regularly."

The Choice Is Yours by Darryl Tan

Lights, camera, choose the action! Taking a step beyond the conventional movie-making concept, a team of Ngee Ann Polytechnic students are in the midst of producing the first hypervideo outside the United States. This unique film is based on the concept of an interactive motion picture where the audience can choose the outcome of the movie.

The script-writing, filming done on a high-quality Super VHS camera and the editing of the segments will be undertaken by the team of MCM students. AITAC will then digitise the edited segments using high-technology software.

One of the team members, Koh Boon Luang, commented, "Hypervideo is one way where conventional movie-makers can move towards a more audience-oriented and participative approach."

Chai Theong Ham, the manager of the Advanced Information Technology Application Centre (AITAC) and co-ordinator of this project agrees "The fun part in watching such a movie lies in the audience's ability to decide, rather than follow the director's predefined sequence."

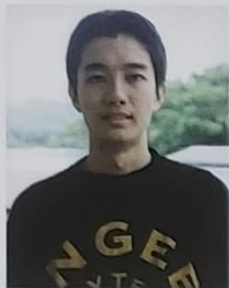
Set in modern Singapore, the story revolves around a typical polytechnic student is caught between choices. It is scheduled to be completed in 1997.

OUR SAY OUR SAY OUR SAY OUR SAY OUR SAY OUR SAY

In this new section, we publish your views, giving you a chance to air those views.
"Our Say" - specially dedicated to Ngee Ann students and readers.

Youth "isms"

In the light of all the current discussions about kiasuism and sexism, we asked you to invent your own "ism" — to sound off whatever moves you, amuses you, outrages you, or just pushes your buttons. *Pauline Teo and Tay Tsen Waye* make some discoveries.



STUPIDISM

"It means doing stupid things and not thinking before doing something, like putting one leg on the chair and tying your shoe lace. Hey, it's better to be smart than stupid, and that means think before doing anything."

Royvan Wong, BFS, Year 2

NOTHINGISM

"It's when people use the word 'nothing' as a lazy excuse to evade talking. It's irritating when you ask people something and all you get for a response is 'No, no, no.' I think that we should say how we feel and not keep things to ourselves."

Lolee Tan, BFS, Year 3



BOREDOM-ISM

"It comes with having nothing to do. Life in general is boring. There are no extreme cases and everything is so straight-moving. Routine is boring. We should try to break out of the routine of everyday life."

Adeline Teo, BS, Year 3

RACISM

"i don't like it when movies exploit the issue of racism for comedic effect, like *The Nutty Professor*. it's a really funny and good movie, i've got to admit, but morally wrong because it might send out the wrong message to teenagers watching the movie."

Sivadayan s/o C. Damohdaran, CCS, Year 3

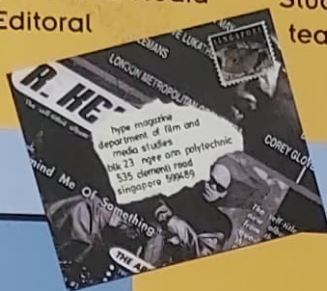
BASKETBALLISM

"It's the passion for playing basketball - there's a certain thrill about it, especially when you watch the ball leave your hand, sail through the air, and go through the ring. Cool!"

Clement Tay, FMS,



Here's your chance to voice those opinions of yours! Whether it's constructive criticism or practical praise, HYPE welcomes one and all! Keep those letters rolling in so we'll know where we're going wrong (or right)! Please include your full name, address, telephone number, student number and department, and send your mail to: HYPE Magazine, Department of Film and Media Studies (Blk 23), Ngee Ann Polytechnic, 535 Clementi Road, Singapore 599489. The Editorial team reserves the right to edit all letters.



Dear hip Hyppies,

Hi people. I realised that most of the letters being sent to you were from the 'happening' departments like Business, Building, Film and Media Studies, etc. I think it's high time you heard from another corner of the campus. First of all, wow! I never knew that our campus had such a great magazine in existence until I saw a copy lying about in my project room. Being the inquisitive person I am, I picked up the magazine and was totally blown away - so blown away that I decided to take it home. Too bad for the guy who left it around! Where do we get a copy of this from anyway? It's great to see that you guys and girls are producing something that is on par with what we find outside. I especially loved the section you did about the restaurants (Time-out) 'cos I love to eat.

Now the bad news. Firstly, I feel the magazine is far too thin. You people have missed out on other happening stuffs like toys and comics. I think it's great to have a page designated solely for that. Anyone who thinks that these are for kids are probably idiots. Toys and comics are what keep our imagination alive. And how about some reviews for Chinese music as well? I'm not much of a Chinese music fan myself 'cos most of the time, I can't understand what they're trying to say! But I'm sure there're some people out there screaming for Andy Lau or Faye Wong (or whoever's hot now....I don't know).

And to that person who said that the magazine was too big, ignore her. I didn't have a problem bringing the magazine home unharmed. Who says you can't be fashionable carrying a big bag? She is probably carrying one of those Ah Lian bags that can only hold make-up. Get a bigger bag and start bringing your textbooks to school, girl!

In the meantime, keep up the good work and good luck to you guys!

Rennie Soh Wee Tiong
Electrical Engineering Department

1st

ED:

Yahoo !! Finally a letter from the other corner of our campus. You can pick HYPE up at the Co-op shops or at the library's exit counter. I'm glad you enjoyed our Time-out section but be careful...we wouldn't want you to have high cholesterol binging out on all those goodies. Sorry, HYPE is not about to increase its number of pages so soon but we will be considering it for the next few issues so, hang on tight! We're trying to give a wide variety of 'happening stuff', especially in X-Page thus, we're not able to fully devote so much space to comics and toys. But don't lose hope - we'll keep it in mind! You'll be happy to see Chinese CDs being reviewed in this issue (We hear your plea !) You're perfectly right about HYPE's size and you must be bringing your textbooks to school everyday (Good for you, my friend!) Well, enjoy telling the time 'cos there's always a next time !

Dear Hype Editors,

After reading the second issue of Hype, I felt remorseful because I had missed the first issue ! However, I really enjoyed this graduation issue.

Upon reading this issue, I realise that I should be planning for my future! I really enjoyed the interviews on the ex-NP students, especially the interview with Thomas Ong. He's just like any of us... sleeping in lectures or skipping classes.

However, one minor drawback about the magazine was that it was too colourful on certain pages causing great difficulty in reading the headlines at first glance.

On the whole, I think all of you have to put in a lot of effort and have done a great job! Do keep it up.

Joyce Wee Hong Keng
Business Studies

2nd

ED:

Thanks for your encouragement. I'm glad you acknowledge Thomas Ong as a human being like anyone of us and not 'God's Gift to Mankind'. The colourful pages' main aim is to attract attention. However, we will try our best to enable the headlines to be read more easily at first glance. Keep reading and don't ya skip classes !

There's more to life than

**"Studies... we need a future for ourselves.
That's why I feel a career is very important.
After all, money makes the world go round."**

Chia Hui Ling, Accountancy

**"Meeting expectations of others. It's
your own expectations that matter in
the end."**

Adele Sim, Mass Communication

**"The busy crowd.. Sometimes, we need time to
ourselves in quiet solitude to reflect on more
important things in life. ."**

Adeline Quek, Business Studies

**"Studying all day long. We need
time to spend with our friends and
go out with them as often as
possible."**

Gwee PeiPei, Shipbuilding and Offshore Engineering

**"Just spending time with our families. We need
companions too. Without which, our life would be
miserable."**

Katherine Cheong, Mechanical Engineering