

NP Sets Up Singapore's First Child Study Centre

New waves of research opportunities will be available with the development of Singapore's first child study centre in Ngee Ann Polytechnic. **ROBYN LEE** reports.



STUDY CENTRE LAYOUT: Current blueprints showing the layout of Singapore's first-ever Child Study Centre being built in NP, opening in November this year. (Picture: Courtesy of Ms Jeanne Liew)

Ngee Ann Polytechnic's (NP) Diploma in Early Childhood Education (ECH) will have greater value, as Singapore's first child study centre will reside in NP by January 2007.

In addition to its main focus of providing care for children, the centre will also serve as an observation lab for research on the development of children in Singapore and will focus on student learning.

Located at the School of Humanities (HMS) at block 52, level three, the child study centre aims to be the model centre for childcare practices and teaching curriculum in Singapore.

According to Ms Jeanne Liew, manager of the Organisational Development Office (OD), the centre's practices will follow closely that of "established child study centres in Australia and the United States".

These centres include Mia-Mia from Macquarie University (Australia), Frank Porter Graham Child Development Institute from the University of North Carolina Chapel Hill (US) and Eliot-Pearson Children's School, an affiliation of the Tufts University (US).

The children will receive top-notch education from teachers, all of whom will have a minimum qualification of a diploma in ECH.

According to NP Principal, Mr Chia Mia Chiang, the unique approach of the child study centre is that the "facilities allow researchers and NP students to selectively do observations on how a child interacts and develops over the years".

He explained that the centre will be a "very refreshing environment for the children" as each room and facility is custom-made and "outdoor play areas will be superior to the current National Trade

Union Congress (NTUC) Child Care Centre at block 16".

The Estates Management (EM) Office said that the cost of the child study centre is estimated at \$800,000.

First-year ECH student, Sheranne Wong Chu Wen, 17, looks forward to the new centre. She said, "The centre will bring the standard of childcare and kindergarten teaching in Singapore to a higher level, and the kids will receive a 'grade A' education."

In addition, the child study centre will include practices that cater to children who have developmental delays or who are mildly autistic.

Ms Liew told **Tribune**, "These children with special needs have shown, from overseas child study centres, that they are able to adapt and have better developmental progress in an inclusionary environment."

Mr Chia said, "By including both children with special needs together with other children, researchers will be able to observe and study... child development. This practice [will] be better in developing the children's social skills and reading and writing abilities, [rather] than sending the children to special centres."

The centre will also "create a holistic learning environment for the ECH students to decide on the most appropriate approaches for each child", according to Dr Kathleen Theresa Walsh, Programme Director of the Diploma in ECH.

The child study centre will also be used to teach some final-year modules for the ECH students.

Dr Walsh added, "They'll also be able to see and observe an ideal childcare centre with the best practices and... equipment and be able to take the theory, put it into practice and see it in action."

Child Study Centre Top Advantages

- Provides opportunities for final-year student projects.
- Works as a platform for NP to embark in consultation with an advisory committee made up of representatives from universities, Early Childhood Education industry practitioners and NP.
- Boosts Singapore's only Diploma in Early Childhood Education.

Top Challenge

- To get parents to accept the concept of the Child Study Centre.

The centre will bring the standard of childcare and kindergarten teaching in Singapore to a higher level, and the kids will receive a 'grade A' education.

Sheranne Wong Chu Wen, 17,
First-year ECH student

Dr Walsh also assured that the child's privacy is top priority.

Besides informing parents, the centre will first seek their consent before any research is conducted.

If parents were to disagree, the child will not be included in the research.

Ms Liew added that all the findings will result in better practices in child development in Singapore.

Kelvin Boo, 18, a second-year Chemical & Biomolecular Engineering (CBE) student welcomes the idea of a child study centre in NP as it will "bring life to campus".

The child study centre will enrol 18-month-old to six-year-old children and will be open to the public.

60 percent of the intake will be reserved for NP staff.

Construction of the child study centre is expected to be completed in November this year for administrative matters, such as the enrolment of children.

The centre will finally open in January 2007, so as to coincide with the children's academic calendar.



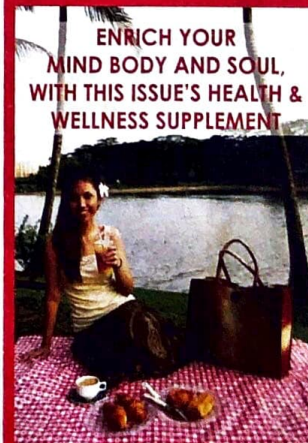
FLOWER GARDEN IN NP Page 8



TANYA ROCKS NP Page 10

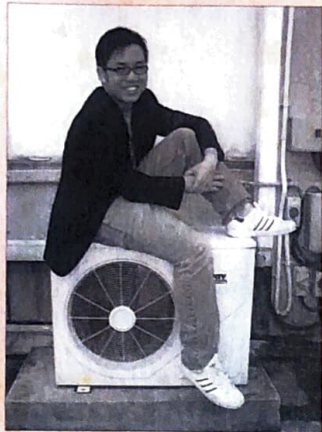


DRAGON LOSES GOLD Page 12



ENRICH YOUR MIND BODY AND SOUL, WITH THIS ISSUE'S HEALTH & WELLNESS SUPPLEMENT

When Personal Health Is Secondary



BY CHONG YI HAN
yihan.tribune@gmail.com

It is ironic that for this issue of **Tribune**, the editorial team decided to run a supplement centering on the theme of "health and wellness".

No, it's not ironic because I am too lazy to exercise and like all sorts of oily and considerably fatty foods. It's ironic because I never considered health to be my top priority in life.

Since enrolling in Ngee Ann Polytechnic (NP), but more so in my final

year, on average I get about two to three hours of sleep a night and maybe one meal a day.

You might be guilty of it too, seeing how most of us with our active work life juggling projects are bordering on putting some workaholics to shame. Maybe some of us take pride in our "healthy" social life, clubbing the night away and staying out till five in the morning.

Putting work and play ahead of health is not foreign to me. Still, I do nothing about it because I've been brainwashed into thinking that in life, being successful at work should take the highest priority. I also believe that being a teenager, I have an invincible immunity system, and can never fall ill.

Once in my first year, I caught a terrible cough while doing my Location Video Production, a project which required filming for a few days straight. Any smart person would have immediately seen a doctor and rested, but I refused to take time to do that as deadlines were coming up.

I tolerated that cough for two days, and soon I had trouble breathing and was wheezing non-stop.

By the time I went to see a doctor, I discovered I had asthma and had to be prescribed an inhaler. To top it off, the doctor said that if I did get worse, I would

have to admit myself into a hospital.

Well, I obviously did get better, but if you thought that the incident scared me and got me into a healthy frenzy... you thought wrong. I didn't change my ways, and still felt that health was a secondary concern in life.

Constant nagging from my parents didn't change my mind about my lifestyle. Advice from friends to eat proper meals fell on deaf ears.

Thinking back, it is amusing to see everyone worrying about my health when I didn't bother much with it.

The message that health is wealth finally sunk in while we were working on this issue of **Tribune**.

The health supplement made me re-analyse my lifestyle and decide on an alternative healthy way of living compared to my workaholic lifestyle.

Who would have thought that having a quick breakfast of a sandwich can actually be a huge benefit to starting off your day?

The supplement has also taught me what kinds of outfits will complement my natural physique, with tips from no less than former Ms Singapore Universe, Bernice Wong.

So if you see me around school, you can ask me about my healthy living plan, and I shall also ask you, "Did you eat your breakfast today?"

Tribune is a publication by third-year Print Journalism students of the Diploma in Mass Communication course

TRIBUNE
Ngee Ann Polytechnic's campus newspaper

Advisors: Sng-Fun Poh Yoke
Robin Yee
Kwek Chin Ling (Chinese)

Editors: Chong Yi Han
Loretta Perera
Shila Naidu
Syed Arafat
Seah Zhixin (Chinese)

Designer: Arman Shah

Advertising: Elin Wong

School of Film & Media Studies
Blk 52, #07-01, Ngee Ann Polytechnic
535 Clementi Road
Singapore 599489

Letters should include your full name, contact number and school. The editorial team reserves the right to edit all letters where necessary.

For more stories: <http://www.theurbanwire.com>

Tribune, Jul to Sep 2006

NP-NUS Team Wins Global Competition

BY SYED ARAFAT
syed.hype@gmail.com

A composite team from Ngee Ann Polytechnic (NP) and National University of Singapore (NUS) came out tops in the Lee Kuan Yew Global Business Plan Competition.

Low Ying Liang, 18, a second-year Banking & Financial Services (BFS) student from NP, her brother Low Jun Liang, 24, and Mahesh Uttamchandani, 26, both from NUS, beat 220 other teams from 19 countries to win the top prize money worth US\$20,000 (S\$32,000).

They also took home the HSBC Youth Enterprise Fund worth \$100,000 for their business investments.

The prestigious bi-annual competition, organised by Singapore Management University (SMU), is named in honour of Singapore's Minister Mentor, and was launched in October 2001 to promote and provide a platform for young entrepreneurs from colleges, polytechnics or universities with business ideas.

According to The Straits Times, on July 21, the trio, who set up the company ND-array Technologies, presented an innovative way of screening drugs and diagnosing patients "in clinical diagnostic testing laboratories" at a cost much cheaper than the current method used by pharmaceutical companies. This will bring costs down from \$2 to less than 15 cents per screening.

While most of the participants hailed from top universities around the world, Ying Liang was one of the youngest participants in the competition. However, youth was not a hindrance and she did not let her teammates down.

"Ying Liang was an excellent teammate. I never had a doubt about her and in fact, she exceeded all my expectations," said Mahesh, the team leader and an NUS PhD student in biological sciences.

Ying Liang acknowledged that despite



CLINCHING THAT DEAL: ND-array Technologies, the trio's company, has received substantial interest from investors Mobile Award a success. (Picture: Courtesy of Dorene Yeo)

facing stiff competition, the team managed to pull it off due to their drive.

She said, "The teams at the competition were pretty good, especially the Chinese teams. They came from top universities and are some of the most brilliant minds in China. The most important thing in success is having the passion in dealing with what you do."

Echoing her sentiments, Mahesh attributed their achievement to their passion to succeed and the unique composition of the team.

"The team we put together is unique in a sense that though we may not be experts in our field, we managed to capitalise on our own expertise to pull this together."

While I'm versed in the scientific field, Ying Liang is much more capable in the financial and business part and Jun Liang acts as a bridge. He has a good understanding and passion in business, although he's taking a degree in life sciences," he said.

"Furthermore, we were really dedicated to the project and although most of us have our own commitments, we assisted each other whenever possible," Mahesh added.

While there were some jitters during the final presentation to a panel of seven judges, such as 77th Street's Entrepreneur Elim Chew, Ying Liang brought forth her experience learnt from the classroom.

"The competition requires you to be able to present well and make what you say matters. You have to make other people not look at you as a small fry. For parts like the Q&A section, having frequent class presentations prepared me well and gave me a better understanding of what is required and needed," she said.

Miss Dorene Yeo, lecturer from the School of Business & Accountancy and also advisor of Ying Liang's team, admitted that she never thought the NP team would go that far.

"When we heard the news that they were

Never believe you can't do it. If you believe you can't, you're doomed to failure. It won't kill you by trying; do what you believe in doing. Take the first step and try your best.

Low Ying Liang, 18,
Second-year Banking & Financial Services student

champions, we were pleasantly shocked!" laughed Miss Yeo.

However, she spoke highly of Ying Liang's ability.

She said, "Ying Liang was composed from the start and was confident on their business plan. They did a good presentation and were confident of their idea. They were also able to bring in people interested in investing in their project."

While she might have been working with her brother Jun Liang, who has flown back to the States for his attachment, she insists that there was no sibling rivalry between the two.

"There wasn't much tension between us. Of course, there are the usual squabbles and disagreements, but we manage to sort things out fast. Besides, I see him as a business partner more than a brother. But we often brought business and work home and basically speak, eat and sleep business!" joked Ying Liang.

However, she was serious when it came to her advice.

She said, "Never believe you can't do it. If you believe you can't, you're doomed to failure. It won't kill you by trying. Do what you believe in doing. Take the first step and try your best."

NP Beats Unis To Research Grants

BY PENNY LIEW
penny.tribune@gmail.com

The stereotype that polytechnic students are strong in practice but weak in theory and research took another bashing when five teams of final-year students from the School of Film & Media Studies (FMS) beat undergraduates to clinch National Youth Council (NYC) research grants.

This is the second batch of Mass Communication (MCM) students to receive the Youth Research Fund (YRF) from NYC.

The first team that applied for the YRF was led by recent Ngee Ann Kongsu Gold Medal winner Yong Shu Ling in the last academic year. It received \$1,000 for their topic, "Youth's Internet Behaviour".

Encouraged by the success of Shu Ling's team, FMS lecturer Mr Brian Lee Chin Hin encouraged all who were planning on doing a research paper to apply for the YRF.

This time, five of eight proposals sent were accepted.

The \$3,400 research funds helped students pay for their Mass Media in Singapore and Asia (MASINA) projects.

MASINA is a compulsory module for final-year MCM students that requires a research or policy paper from teams of not more than six people.

The five successful teams are headed by 20-year-olds Amanda Soh Li Ting, Debbie Teo Bee Tin, Robyn Lee Yan, and Agnes Koh Shi Min and Charlotte Choo Wan Ting, both 19. All five are student reporters for *Tribune* and *theurbanwire.com*.



NYC GRANT RECIPIENTS: Representatives from the five teams that received funding from NYC for their research. (Picture: Penny Liew)

The highest grant of \$800 was presented to the three teams led by Amanda, Debbie and Agnes.

The other two teams received grants of \$500 each. The funds will be used mainly for transport and printing costs.

Mr Lee, who teaches MASINA and supervises all MASINA teams, said, "Although the amount is not much, it means a lot to the students as most university students find it difficult to get this research fund."

He added that the other three teams

failed to get funding mainly because their research topics did not fall into NYC's area of interest.

Amanda, who will work with her team on Effects of 3G and Video/Camera-enabled Phones on Singaporean Youths, was "relieved because the focus groups cost a lot even though we tried to cut down on the sessions".

The research has already been completed and the results were presented during their MASINA tutorial.

"Without the grant, we would have to

pay a lot. Besides, it encourages us because we know that our effort is not going to waste," said Amanda, whose team used \$600 for their focus group.

Mr Lee said that if the research findings are "good enough", there might even be a press conference to announce the findings to the public.

Mr Lee, who is working very closely with the research teams, hopes that the research findings will be of media interest, as he finds all the chosen topics "interesting and fun".

5 Winning Proposals

- Effects of 3G and Video/Camera-enabled Phones on Singaporean Youths
- Sex and the Telly (Effects of American Pop Dramas on Youths in Singapore)
- The Singapore Tertiary Student's Perception of the Local Television Media on its Coverage of Politics
- Sexual Content in Popular Television Drama: its Effect on Singapore Youth
- Youth, and Media and Sexual Innuendos

BA Takes First Step To Sell Wares To External Market

BY GRACE YAP
grace.tribune@gmail.com

Enterprising students from the School of Business & Accountancy (BA) participated in a bazaar held at the JTC and successfully boosted their exposure to an alternative consumer group.

"First-Step! A Learning Journey with JTC", required stall holders to target their goods at working professionals.

This change in target market is a drastic difference from Ngee Ann Polytechnic's (NP) usual range of bazaars, which are targeted at students.

Ms Geraldine Sim-Leow, BA's lecturer-in-charge for this event, said, "In terms of marketing, promotions and decorations, the students had to think on a higher level. It was quite challenging for them, because office workers expect a certain amount of [business] standard."

From July 6 to 7, the stall-holders, comprising of mainly second-year BA students taking the Enterprise Creation and Development (ECD) module, peddled their wares at the atrium of the JTC Summit building.

Each stall had an average of five members, making it about 75 participants in all.

The team that is behind the co-ordination of First-Step included Steven

Rusli, 19, Gabriel Loh, 19 and Yip Siu Ming, 19, all final-year Business Studies (BS) students specialising in the Entrepreneurship option.

Ms Sim-Leow, who was their project advisor, said that they had chosen to manage the event as part of the academic requirements for their Business Planning (BP) module.

First-Step marked the very first collaboration between JTC and NP, according to Gabriel.

Ms Sim-Leow said that the bazaar aimed to give them a "new learning methodology" and [expose] students to the options available if they embark on a business.

"We are constantly finding ways to facilitate exchange between students and third parties," added Ms Teh Huay Hoon, JTC Senior Marketing Officer.

Students had to undergo a selection exercise for a chance to operate the stalls.

"BA has over 400 ECD students, but there was only space to accommodate 15 stalls. The lecturers came up with the idea of a tendering process whereby interested groups had to submit their tender document," said Ms Sim-Leow.

Gabriel explained that a panel of nine judges selected the teams by looking at what they were planning to sell and the amount of money they were willing to pay for the rental of the stalls.



A NEW ENVIRONMENT: Students from the School of BA selling items at a bazaar at JTC. (Picture: Courtesy of Ms Geraldine Sim-Leow)

He added, "The lecturers set these few criteria... to keep it simple."

Ms Sim-Leow said that ECD students who were unsuccessful in their application had to "submit a more comprehensive business plan" for grading purposes.

Stall-holders at First-Step sold products ranging from Korean jewellery to French cosmetics. The profit of \$150 will be donated to NP's Student Aid Fund.

"Since the students knew who their target group was, they were able to specifically target their products to meet the needs and buying power of office workers at JTC," said Gabriel.

Vanessa Lai, 18, a second-year student from BS and a stall-holder at the bazaar, thought that it was quite difficult understanding and also adjusting to a different market segment initially due to different preferences in products.

She observed that the office crowd

preferred to ask more about a product first before deciding if they would finally make the purchase.

This was unlike the usual school bazaars where students were more easily persuaded into parting with their money.

Siu Ming felt that First-Step's emphasis was placed more on providing stall-holders with the experience of marketing to a different demographic, rather than on their profit making skills.

ECD students were also encouraged to go through an interactive exhibit at JTC.

Called the "JTC journey", it gives an insight into the history of JTC's efforts at supporting Singapore as a modern state.

Students also managed to pick up valuable lessons related to the spirit of entrepreneurship owing to First-Step.

Vanessa said, "I learnt to be more decisive and to take greater risks when I'm in a business situation."

Project "One NP" Wins IE Challenge

BY PENNY LIEW
penny.tribune@gmail.com

An area where students can hang out while watching shows on a plasma television and eating snacks from a cafe, are some winning ideas that a team proposed to draw students to the Assembly Area — the area under the Convention Centre car park which connects to Canteen One through the underpass.

One of the teams that presented, R2, emerged champions in the first-ever Innovation & Enterprise (IE) Challenge.

Their project, "One NP", was done by final-year Internetworking & Communications (INC) students Chuang Chin Tuan, 19, Woon Jiali, 21, and final-year Electronic & Computer Engineering (ECE) student Lu Wen Liang, 19.

Organised by the IE Office, it invited top IE students from the previous academic year to conceptualise and re-define the Assembly Area in hope of attracting the student crowd.

The groups that performed best competed in the finals on June 30 at the Innospark at block 25.

The judging criteria for the competition included creativity, practicality, quality and the 'X' factor.

R2 won the competition and walked away with \$1,000 after beating two other finalist teams.

The proposal was praised by all the judges: Mr Mui Cheng Hock, Director of Estate Management (EM) Office, Mr David Lui, Director of Student Development & Alumni Relations Office (SDAR), and Corporate Communications Officer Ms Sadiyah Ahmad, as "creative and bold".

Chin Tuan believed that the judges were impressed because of their teamwork.

He said, "In our team, we have this free format. I may say one point and then I can direct the next point to be made by my other teammate and he or she will continue for me. In that way, we are also showing the judges that we know our work well."

But it was not all smooth sailing for R2, as they lost a member right after the challenge started.

Chin Tuan also added that the team had some conflicts in the creative area as "guys have a certain style, [and] girls have another", but they still managed to



THE WINNING PITCH: Team R2 delivering their winning idea, project One NP, to the judges at the IE Challenge. (Picture: Arman Shah)

compromise in the end.

Mr Peter Tang, Director of IE Office and the Chairman of the IE Challenge Committee, commented that the IE Challenge can help students to "go beyond their own discipline[s]" because in their future endeavours, they will need to practice resourcefulness.

According to Mr Tang, it has been decided that the IE Challenge will be held

every year, but next time round, there will be "new elements... incorporated to make it [more] exciting and fun".

Currently, plans to refresh the Assembly Area are being discussed by EM. Construction is set to begin by the next semester break this September.

EM will incorporate ideas from the various groups that presented, and not use R2's idea wholesale. ■

Boy Survives Railing Stunt

BY ROBYN LEE
robyn.tribune@gmail.com

A nursing student was in need of urgent medical attention when he got badly injured jumping off the railing at block 81. He miraculously healed in days.

Rudy Irwan Bin Ramli, 17, a first-year Health Sciences (Nursing) (HSN) student, jumped over the guard railing at the third level while attempting to do a stunt.

He was trying to land on the other side on the same level, but missed and fell through the fibre glass canopy, landing on the stair landing almost two floors down.

"I told him not to do anything foolish," said Rudy's good friend, Theinesh S/O Packirisamy, 19, also from HSN. Theinesh was present when Rudy made the jump.

According to Theinesh, Rudy went into a fit and was trembling badly immediately upon landing.

He was also bleeding severely from his nose, mouth and head, and his left eye was bruised and "as swollen as a tennis ball".

Rudy was in such a terrible state that Theinesh "thought he had lost a friend". Rudy was unconscious and was heavily sedated for two days.

HSN lecturer, Ms Siti Muslehar, who attended to Rudy after he fell, said he had a blood swelling in his brain but that he "did not sustain any other physical injury and has no visual impairment".

Ms Siti described Rudy as an extremely cheerful and friendly student who "has a heart for nursing".

Following the incident, an e-mail was sent to all staff, "to remind students not to sit on the railings and not to attempt any stunts", said Mr Alan Choy, Manager Student Relations & Discipline of Student Services (SS) Office.

Many people may have noticed that the red painted mild steel railings have been replaced by stainless steel ones that are higher. Mr Mui Cheng Hock, Director of Estate Management (EM) Office, however, said that this was done as part of regular



THROUGH THE ROOF: The place where Rudy jumped off the railing and landed on the stairs. (Picture: Robyn Lee)

maintenance. The original railings are built in accordance to the regulated heights of 1.2m, assured Mr Mui.

Suffering from memory loss, Rudy was unable to recall why he jumped over the railing in the first place.

Although he feels that it was definitely the most reckless decision he has ever made, he is "thankful as it opened [his] eyes" to see how good his friends truly are as they "showered him with presents and letters".

The accident also brought him closer to his family and friends.

According to Theinesh, the doctor told Rudy's parents and friends that Rudy would "suffer from [a] loss of memory, a change in personality and [also] have speech defects".

Thankfully, Rudy seems to have only lost his memory of what happened on the day of the incident.

What makes it doubly miraculous is that Rudy only spent five days in hospital and recovered in 10 days.

The expected recovery period for Rudy was supposed to have been between six and seven months.

"Rudy has returned to school and is doing well," said Ms Siti.

Theinesh is also extremely grateful that he is all right.

He said, "His being perfectly normal is a bonus, a change in personality would be a pity." ■



A FRIEND INDEED: Professor Leo Tan (right) receiving the Distinguished Friend of Ngee Ann award for his many contributions. (Picture: Courtesy of Mr Ong Chong Kiti)

Prof Leo Tan Is NP's Distinguished Friend

BY KHAIRIN NAZURA
khairin.tribune@gmail.com

For contributions over more than two decades, Professor Leo Tan Wee Hin became the second person to receive the Distinguished Friend of Ngee Ann award at a grand award ceremony on campus on July 4.

The prestigious award is given to individuals who have played a significant role in moulding Ngee Ann Polytechnic (NP) through continuous contributions of ideas, leadership and advice.

The Director of the National Institute of Education (NIE) has been an active member of NP's Council and Chairman of the Biotechnology Advisory Committee for more than 20 years.

The NP Principal, Mr Chia Mia Chiang, said that Professor Tan "is not only an inspiration, but also a mentor and a friend". He cited personal anecdotes including one

of Mr Tan going out of his way to give advice to a student about university life.

Professor Tan said that he felt very happy, honoured and humbled to be recognised.

"What I did is something that anyone would do, which is to contribute and share ideas and help others. Receiving this award is just a bonus, and Ngee Ann Polytechnic is very generous to give this award to me," he added.

Professor Tan's many contributions include helping the School of Life Sciences & Chemical Technology (LSCT) by starting new courses such as the Biomedical Science course in 2000. He also helped to start the new Diploma in Chinese Studies, which is a joint collaboration with NIE.

Guests who attended include recipient of the inaugural Distinguished Friend of Ngee Ann and President of Wolfson College at Oxford University, Sir Gareth Roberts, and his wife, and about 300 other staff and students of NP. ■



University of Canberra

An Australian Government owned university
in the capital of Australia

CRICOS Provider Code: 00212K

**Rank 8th out of 38 Australian universities for Excellence
in Learning and Teaching** The Australian Government, DEST, 2005

Rank 5 Stars for Getting a Job in the Graduate Employment
Good Universities Guide 2006

The courses offered to international students are registered with the Commonwealth Register of Institutions and Courses for Overseas Students (CRICOS). The University of Canberra is a member of the Unified National System, and of the Association of Commonwealth Universities (ACU).

MASTER OF BUSINESS ADMINISTRATION

CRICOS COURSE CODE: 008841E

Admission Requirements (Intakes in January and August)

- An undergraduate degree and 2 years relevant work experience or equivalent as approved by the university admission committee.
- Applicants without an undergraduate degree but with seven years work experience or equivalent as approved by the university admission committee will be considered on a case-by-case basis.

BACHELOR OF BUSINESS ADMINISTRATION

CRICOS COURSE CODE: 025564

Admission Requirements (Intakes in January, April, July and October)

- Diploma from Singapore Polytechnic, Ngee Ann Polytechnic, Nanyang Polytechnic, Temasek Polytechnic, Republic Polytechnic or equivalent.
- University Preparation Program - Diploma of Business Administration from Asiainstitut of Management, AM School of Business Studies.
- 2 GCE "A" level at least grade C.
- Diploma from other recognized professional institutions.

UNIVERSITY PREPARATION PROGRAM DIPLOMA OF BUSINESS ADMINISTRATION

It is a 1 year intensive university preparation program in Singapore and an additional 6 months IELTS program for foreign students. The programs are registered with the Ministry of Education, Singapore and the Diploma of Business Administration is awarded by Asiainstitut of Management, AM School of Business Studies.

On successfully completing the program and attaining good grade, students will be able to gain direct entry and articulation into the University of Canberra's Bachelor of Business Administration program either in Australia and/or Singapore campuses.

Admission Requirements (Intakes in January, April, July and October)

- GCE "A" Level or equivalent.
- Students without GCE "A" level but with good results in the GCE "O" level (English Language and Mathematics) or equivalent will be considered on a case-by-case basis.

20 Bideford Road, #01-03, Wellington Building, Singapore 229921.

Tel: 68380151 (5 Lines) Fax: 68380154

Email: amedu@singnet.com.sg



Terrence: One Of The President's Men



RIGHT ON TARGET: Terrence Chiang, the recipient of the President's award. (Picture: Courtesy of Terrence Chiang)

BY REZA OMAR
reza.tribune@gmail.com

Terrence Chiang Wing Kain is the first Ngee Ann Polytechnic (NP) student to receive The Boys' Brigade (BB) President's Award.

The prestigious award ceremony was held on July 20 at the Istana, and honoured only 13 out of the 250 BB members who graduated from the Seniors Programme.

Only held for the second year, it is the highest award that can be achieved in the BB's Primers Programme.

The award is also the highest accolade in a BB member's development.

According to the BB website, www.bb.org.sg, this honour is only awarded to promising young men who have fulfilled the demanding requirements of leadership and service.

The person awarded is prepared not only for continued service in BB but also for young adulthood, and to remain as an active and useful member of society.

The second-year Early Childhood Education (ECH) student is one of the lucky 13 to attain this recognition.

"This award is bestowed by the President, so I am indeed very proud and honoured," said the 17-year-old.

Terrence told **Tribune** that he has been active in the Boys' Brigade since his secondary school days, and that he has continued to serve BB at each of its three integral levels.

The three levels are the Company level, the NP BB Primers level and the BB Headquarters level.

At the Company level, the Swiss Cottage Secondary School (SCSS) graduate had to oversee the operations of the Company's administrative department.

He also helped to look after the welfare of fellow BB members by mentoring and coaching them.

At the NP BB Primers level, Terrence was involved in committee-planning projects such as the annual Charity Gift Box.

This was then further extended to participation in projects such as BB Cares and Camp Temasek IV during his service at the BB headquarters.

In a phone interview, Ms Catherine Chia, BB Headquarters staff-in-charge of the ceremony and Executive Officer

(Programmes) said that it is not easy to get the award.

"BB boys need to fulfil at least 150 hours of service and leadership within BB and the community at large," she affirmed.

She described how Terrence took the initiative to write letters to parents informing them of upcoming activities in the Company.

"He interacts with them through house

Just like a seed that needs a gardener to groom it into a beautiful plant, I want him to be the gardener that impacts the lives of youths, and groom them into responsible and contributing citizens.

Mdm Goh Siew Huay
Proud mother of Terrence Chiang

visitations and phone calls when the need arises," she said of the inspiring individual.

Terrence proudly counts Mr Reuben Yong, the previous teacher-in-charge of BB in his secondary school, as his main source of inspiration.

"He not only did his normal operational duties, but also spent a lot of time outside school hours with the Boys, impacting a lot of our lives positively."

One of the challenges he faces as a BB member is to constantly advise his peers on their problems.

Having to give advice sometimes puts a lot of pressure on him.

"Sometimes, I also have to communicate with their parents, and this is a challenge to me, but I am taking it as a new and healthy experience," he said.

Terrence also tries to advise students to take up at least one CCA instead of using lack of time as an excuse to not participating in any CCA.

He said, "In their free time, [some] students might engage in Local Area Network (LAN) gaming, [for example]."

"If this is where their interest lies, they should champion it as a CCA in school, so as to learn something fruitful in their three years here," he later added.

"As BB has impacted me positively, I would like to serve as an adult volunteer as BB lacks manpower," said Terrence.

Terrence added that he would like to continue to spend his time helping young people, addressing the problems that they might be facing and guiding them on the right path.

His mother, Mdm Goh Siew Huay, 54, shared the pride of her son's triumph with **Tribune**, and will continue to encourage him to try and pass on what he has learnt to others.

"Just like a seed that needs a gardener to groom it into a beautiful plant, I want him to be the gardener that impacts the lives of youths, and groom them into responsible and contributing citizens," she said, clearly proud of her son's accomplishments.

Champions At Winning Hearts

BY ROBYN LEE
robyn.tribune@gmail.com

The Ngee Ann Polytechnic (NP) team lost the top "prize" of a trip to Paris to represent Singapore, but won the hearts of the judges.

Six tertiary institutions competed in the preliminary rounds of the 2006 Students In Free Enterprise (SIFE) Singapore National Competition which was held on June 3 at The Ritz-Carlton hotel.

The NP SIFE team lost to Singapore Management University (SMU), who have been the defending champions for three years running.

They lost the opportunity to represent Singapore at this year's 2006 SIFE World Cup, held in Paris this September.

Instead, the NP SIFE team won the sole Harvey Norman Spirit of SIFE award, which is presented to teams whose projects are substantial and also had an impact on all the judges.

SIFE is a global, non-profit organisation based in the United States that provides promising students a platform to try and create economic opportunities for their own communities as well as all those around the world.

The competition required the teams to present their community outreach projects which benefitted communities both locally and overseas, and the results attained over the past year.

Mr Dennis Lee, Regional Vice President and Managing Director of SIFE Asia, said

that winners of the Harvey Norman Spirit of SIFE award must have projects "of good quality and have the potential to develop equity and dividends."

The award was a "consolation to the team," said Stanley Chia, 19, a final-year Accountancy (ACC) student, as well as the Vice-President of NP SIFE.

More importantly, he added, it showed a promising path for NP SIFE, as "NP has the potential to create better projects to win in the future".

President of NP SIFE, Alvin Lim, 20, told **Tribune** that the team "thought [they] stood a good chance".

Although it was disappointing, the competition served as a good learning experience for the whole team.

"The competition meant so much to the team that half of the presenters [skipped] their common tests to participate... but at the end of the day the lessons learnt, the memories and experiences gained were very enriching," said the final-year Banking & Financial Services (BFS) student.

The teams competing were National University of Singapore (NUS), SMU, NP, Singapore Polytechnic (SP), Temasek Polytechnic (TP) and Republic Polytechnic (RP), who took part for the first time.

The six teams were divided into two leagues, which put NP in the same league as NUS and SMU, both of whom were strong competitors.

The judging of each team was based on five criteria: Market Economics, Entrepreneurship, Success Skills, Financial



ENTERPRISING STUDENTS FROM NP: The competitors from the School of BA, competing to represent NP in this year's SIFE world cup. (Picture: Robyn Lee)

Literacy and Business Ethics.

There was also a five-minute question-and-answer session conducted by Singapore's top business leaders.

"NP displayed a very brave effort," said Mr Stanley Lee, Chief Executive Officer of SIFE Singapore.

Agreeing with this point of view, observing judge Ricky Sim said, "NP's projects are of the correct calibre. There is no doubt that they can conduct themselves well and spontaneously."

Mr Sim is the Managing Director of Chesterton International, an international property consultancy.

According to Mr Dennis Lee, making the final decision was a very "painful" one as the "gap between NP, RP and SMU was

very close".

Judge for both the preliminary and final rounds, Dr Freddie Low, Systems Manager of Polo Ralph Lauren, agreed with Mr Dennis Lee.

He explained to **Tribune**, "They have good projects with good efforts, but they have to present a better picture. Overall, they did a good job."

The end of this competition does not mark the end of the NP SIFE. As secretary of NP SIFE, Audrey Lam, 18, a second-year Business Studies (BS) student, said that "the team is gearing up, and we have started our recruitment drive".

For those who are interested in joining SIFE, please send in your contact details to np.sife@gmail.com.

MIND, BODY AND SOUL

DO I LOOK FAT IN THIS?

Ms Singapore Universe gives advice on different body shapes

ENOUGH IS ENOUGH

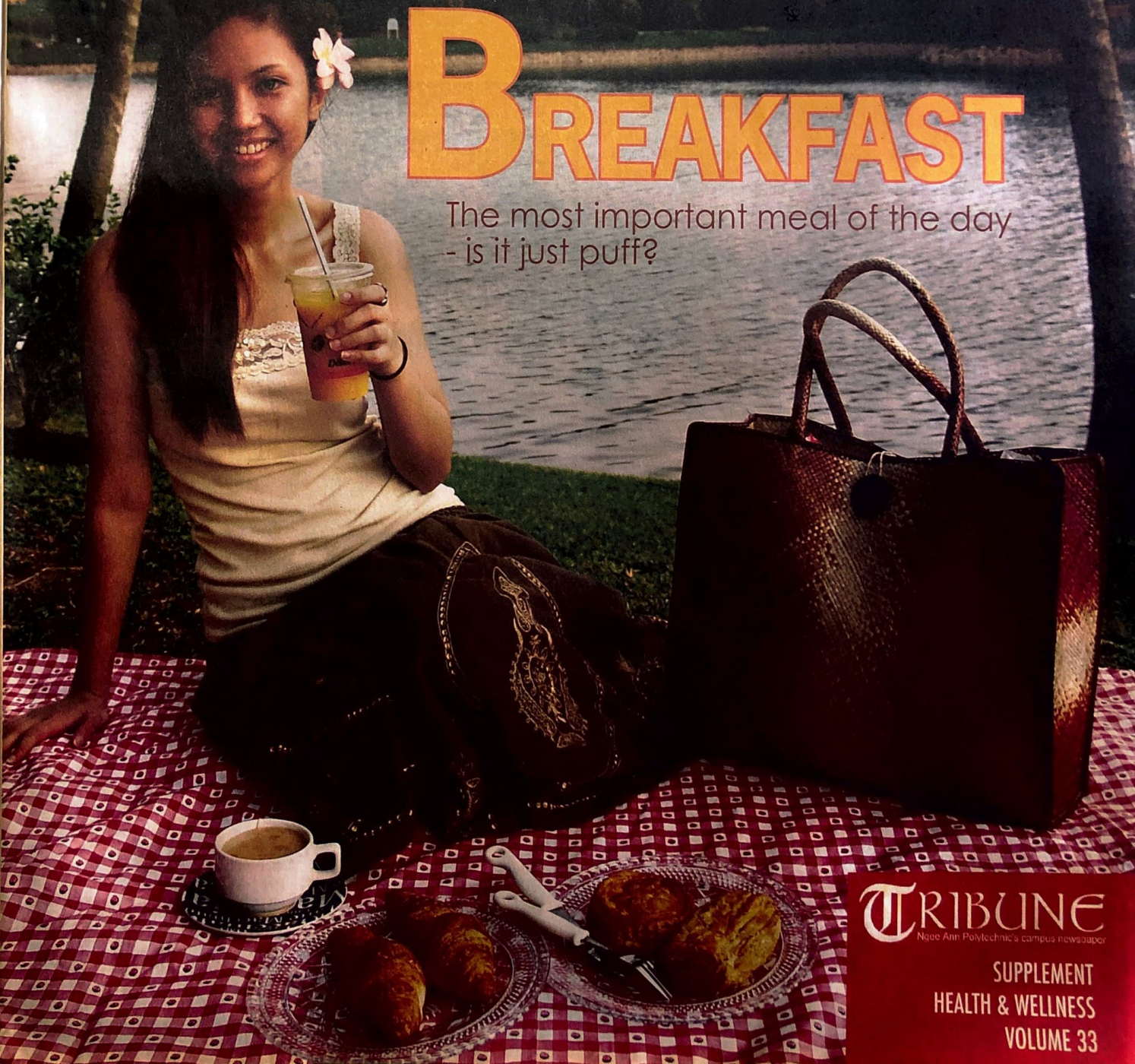
When pill consumption becomes an overload

LAUGHTER, THE BEST MEDICINE

Laugh your way to health with special laughing techniques

BREAKFAST

The most important meal of the day
- is it just puff?



TRIBUNE
Ngee Ann Polytechnic's campus newspaper

SUPPLEMENT
HEALTH & WELLNESS
VOLUME 33

FOOD

GET READY FOR BREAKFAST!



You can stop creating excuses like, "I'm just not a morning person to have breakfast" or "I've got no time to eat breakfast, what more prepare one." Let **NURUL HUDA RASHEED** show you how quickly you can prepare a simple breakfast.

Asaying that's definitely worth repeating is "eat like a king for breakfast, a prince for lunch and a pauper for dinner". But sadly, most people turn it around by resorting to eating like a pauper when it comes to the most important meal of the day.

Miss Sherlyn Quek, a nutritionist and lecturer from Temasek Polytechnic's Applied Food Science & Nutrition, explains that your body needs a refuel after going through the "fasting state" from the time you have dinner to the time you wake up in the morning.

This is especially important so as to maintain normal body functions like breathing, for instance.

She adds, "If you skip breakfast, your body gets a drop in blood glucose level, and glucose is the main fuel for the brain to function. So, when your blood sugar level begins to drop, your body experiences

a sense of fatigue, inability to concentrate, irritability and you get very lethargic."

It is apparent then, that students who consistently eat breakfast will benefit by having a longer-attention span, better memory, and of course, a healthier body.

But while eating breakfast is necessary and beneficial, eating a **HEALTHY** serving of breakfast is what everyone's common goal should be.

So what constitutes a healthy breakfast?

According to Miss Quek, it should include "foods from the different food groups of the pyramid and preferably low-fat choices".

Ideally, having at least one serving of whole grain, through either wholemeal bread or cereals, can "prolong hunger" and "make you fuller for a longer period of time". This will in turn help to make sure that you won't succumb to overeating during lunch.

irresistible quick and healthy breakfast...



You know you don't have to spend all morning preparing breakfast. You may need to eat like a king for breakfast but now you only need to spend like a pauper to get a decent one. Do try these easy, delicious and healthy recipes.

Nutty Banana



2 slices of high fibre or wholemeal bread (toasting is optional)
Spread it with peanut butter (protein) and low-sugar fruit jams or jams made from natural fruits, and then cut small slices of banana and place it in between the peanut butter and fruit jam.

Tuna Rush



Drain brine from tuna first because it's high in salt.
Dice cucumber and mix it together with low-fat mayonnaise and store in a little container. Put container in the refrigerator for use the next morning. When morning comes, spread it on slices of high-fibre white bread.

Citrus Shake

Ingredients

- 1) 1 cup of orange juice
- 2) 1/2 cup of chopped, peeled mango
- 3) 1 cup of soya bean milk
- 4) 1 tablespoon of honey
- 5) 1 cup of ice

Instructions

1. In a blender, combine orange juice, soya bean milk, and honey. Cover and blend for 10 seconds. Add mango and ice cubes. Cover and blend until mixture is smooth.
 2. Pour into glasses immediately.
- This makes two servings.



*The recipes for Tuna Rush and Nutty Banana are courtesy of Ms Sherlyn Quek

Finding the health in breakfast...



Though breakfast is the most important meal of the day, we must remember that having a healthy breakfast is a far more important factor. With us always being on the rush, we have little time to eat a proper meal at home, thus Ms Quek gives us some quick insights into finding out the healthy side of either canteen or on-the-move breakfast.

Fast Food

If you think having breakfast McDonald's is unhealthy, here's a piece of good news.

Get yourself an Egg McMuffin, which gives you a satisfactory 290 calories.

According to the Health Promotion Board website on nutritional value, the ideal average daily energy intake 2,500 calories for men and 2,150 calories for women.

Ms Quek adds that taking one third of this amount will equate to the ideal energy intake you need for your breakfast - average of 800 calories for men and 700 calories for women.

Ms Quek recommends that you eat the Egg McMuffin with a cup of Milo or fruit juice. You can also enjoy hotcakes - but just a little syrup and no butter, Ms Quek says. If you love hashbrowns, go ahead and savour it, but ensure that you take the serviette and dab the hashbrown with it to absorb the excess oil.



Muesli Bars



When it comes to muesli bars, be careful of the different types you end up buying. According to Ms Quek, "those with no added sugar and granola flakes, raisins, almonds all mashed up are fine".

But labels can be deceiving. Some brands claim to be high in fibre and low in fat. Take a closer look at the nutritional information behind and you'll be amazed at how high the sugar content of the bar is.

Ms Quek explains, "Whenever you take away a nutrient, you need to replace it with something else so in this case when it's low in fat; they will replace it with sugar to compact it."

By consuming a 40g bar alone, you'll be consuming 16.58g of sugar, equivalent to three teaspoons of sugar.

However, muesli bars are not a total no-no. A muesli bar still makes a good "pick-me-up, [it's a] once-in-a-while kind of convenient snack", said Miss Quek.



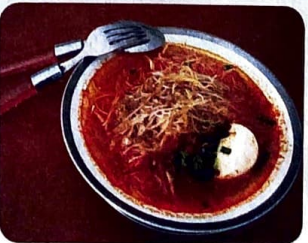
Asian Delights



The next time you trot down to the school canteen to grab some *char siew pau* for breakfast, bear in mind that although *char siew pau* are steamed, one 120g *pau* contains 303 calories and 12g of total fat, according to Miss Quek. This could probably be due to the fatty pork filling.

A bowl of *Mee Siam* is one of the healthier choices for breakfast as it contains only 106 calories and 3.7g of total fat. The gravy is also fairly watery and hence does not contain much fats. The toppings of hard-boiled egg and small pieces of *taupok* are acceptable.

A packet of basic *nasi lemak* (*lemak* rice with fried egg and chilli *sambal*) contains 235 calories and 7g of fat. Miss Quek advises students not to consume it more than twice a week. Dietary guidelines in the Health Promotion Board website also indicate that deep fried food should not to be consumed more than twice a week.



NO-GUILT SNACKS? FOOD

Snacking on sweet treats might be a guilty vice, but SARAH MARTENS is here to tell you the art of healthy snacking.



We've all been there: it's not yet lunch, nor dinner. You're succumbing to the rumblings in your tummy.

You're standing in the snacks aisle in the supermarket, staring at the array of potato chips, chocolates, sweets, candies, cookies, cakes - the selection is endless.

Lays or Ruffles? Hershey, Cadbury? At last you'd pick your favourite, or the one nearest to you.

At home, you gobble away until the bag is empty or you're too sick for another bite. Guiltily, you contemplate whether you

made the right choice, or whether you're going overboard with the munchies.

Everyone snacks. And while it may seem as an unhealthy indulgence, it is actually what you snack on that really matters.

"Some food give a sudden spike in energy, after which it'll just go down. Usually it's the high-caloried food," says Ms Lydia Li, a food and nutrition teacher.

So now, with more choices than we can handle, we look at different common snacks that you can find in your fridge, and how to make sure you do not over-indulge on those tasty treats.

Chips



Sometimes we just need that crunch and salt to satisfy our fickle taste-buds. "High fat content, high calories, no nutrients and high salt content," Ms Li says about chips. "Fruit chips have more fiber and lower calories. But, the salt content is comparable." She added. Ms Li explains that salt is used as a preservative for keeping the fruit fresh. So, for a healthier choice albeit a little salt, go for apple chips and crunchy pretzels or unsalted air-popped corn.

Candy/Sweets



It may not seem unhealthy to chew on fruit tips, but actually, there is an excess of sugar in these sweets. Ms Li says, "it depends on what kind of candy [it is]." If you want a candy with less fat, put it to the test. She says, "Put a sweet against the light. If it's transparent or translucent, it doesn't have much fat, but if light can't go through it [has] more fat." So Ricola is a good choice, but be warned: when overly consumed it has a laxative effect, says Ms Li.

Chocolates



No one should ever cut out chocolates from their diet. Not only does it contain antioxidants, it can lift your mood too. However, there are plenty of fats, calories and hardly any nutrients warns Ms Li. Solution? She suggests: always compare the calories or try chocolate coated nuts and fruits. Although they contain more calories, because of the nuts and fruits, it also has more nutrition because of the fiber and "is more beneficial for your health".

Pastries/Ice-Cream/Cakes



Picture: Arman Shah

"These are the worst snacks!" she exclaims. This food category will dehydrate your body, leaving your skin high and dry.

To top it off, pastries and cakes contain lots of carbohydrates, sugar and even oil. So what do we do when tea time comes around and you are craving for all sorts of pastries and cakes? "Eat one," she advises, no buts about it. Or, sink your teeth into a juicy piece of watermelon and also drink plenty of water.

MORE THAN YOUR AVERAGE BEVERAGE

Before drinking your cup of coffee, there is something you must know. CHARLOTTE CHOO speaks to Michelle Funk, a dietician at Raffles Hospital, to find out what lies beneath the froth.



When it comes to a healthy diet, it is not only what you eat but also what you drink that matters. Be it your regular dose of coffee, tea or juice, there is always a recommended amount that you should drink. So quench your thirst for knowledge, with these bite-size facts regarding your favourite morning drinks.

tea



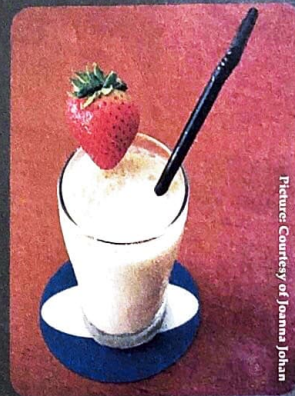
From cooling oolong tea to detoxifying green tea, "tea therapy" has become the latest craze in natural healing. Yet, like most other forms of natural healing, the effects of tea on the human body are still unclear.

What we do know is that tea does contain antioxidants, and they improve your immunity, says Ms Funk.

Some teas also contain caffeine. However, the caffeine content is 50-70 percent lower than that of coffee. Herbal teas like peppermint are caffeine-free.

Ms Funk recommends that black tea, which contains caffeine, should be taken in moderation - a maximum of five cups a day. However, the caffeine-free variety can be enjoyed freely.

fruit juice



Picture: Courtesy of Joanna Johari

Fruit juices have always been regarded as the perfect drink in a healthy diet. It is said to do everything from replenishing your body with vitamins and nutrients to helping combat diseases.

While this is may be true, some juices, such as apple, grape and cranberry juices are high in sugar and calories, and can also cause you to gain weight.

Some people think a glass of fruit juice is as good as a serving of fresh fruit. A glass of juice contains a larger quantity of sugar - thus more calories - and far less fibre than the original fruit.

Thus, Ms Funk strongly recommends eating the fruit over just drinking its juice.

When it comes to juices, Ms Funk recommends that you have at least a glass a day. However, you should also watch your personal diet to prevent unhealthy weight gain, and to never stop taking fresh fruits.

coffee



Coffee is probably one of the most popular beverages around the world. Nonetheless, here's something to think about every time you take a sip.

According to Ms Funk, "[e]xcessive caffeine can reduce bone density by increasing urinary loss of calcium. It also reduces absorption of minerals such as iron and calcium."

Have you ever considered the fact that the coffee you drink is not exactly 100 percent coffee?

The reason why the kopi-o at the local coffee shop is so 'o' (black), it's because the coffee beans are first roasted with sugar and margarine before the beans are ground.

This means that on top of the caffeine count, you also get saturated fat which can increase blood cholesterol.

If you really need coffee, Miss Funk recommends that in a day, you either drink two cups of brewed coffee or three cups of instant coffee at most.

Picture: Arman Shah



Shape Your Look

Do you know what colours best enhance your skin tone? Which accessories best bring out your personality? Or better yet, what type of clothes hide that bulge in the tummy? **DORCAS LING** brings you advice from Miss Singapore Universe 2003 Bernice Wong to create your unique look.



TOPS:

"You can go for a rather fitted cotton pullover or T-shirt which is very simple, for the casual look. Go for collared shirts that draw attention away from your shoulders. Don't wear sleeveless because your shoulders slope downwards. Try printed shirts, graffiti-inspired shirts, stripes or checks. Avoid at all costs wearing shirts that are too small for you!"

BOTTOMS:

Slightly baggy, straight-cut jeans or casual draw-string trousers will look great on you. You don't look good in bermudas as your legs are thin and narrow.

ACCESSORIES:

"Go for a belt with a thinner buckle, which is more discreet. Go for a nice, sleek, rimless pair [of glasses], with slim transparent or silver sides. You can also look very good in full-framed, deep red or brown glasses, like those that advertising personnel always wear! Or go without glasses and stick to lenses."

MODEL STATISTICS

Name: Reza Omar
Height: 178cm
Weight: 60kg

BODY ANALYSIS

His woe is his skinny frame!

BEFORE MAKE-OVER



CLOTHES

Reza is wearing a blazer (\$59), t-shirt (\$30), jeans (\$95) and a brooch (\$69). All apparel courtesy of Haut, #03-01H.



MODEL STATISTICS

Name: Khairin Nazura
Height: 153cm
Weight: 53kg

BODY ANALYSIS

her fuller figure.

CLOTHES

Khairin is wearing a floral top (\$75.90 from Kelp, #05-01H/J), dark grey capris (\$42.90 from Issys, #05-01P) and a beaded necklace (\$10.90 from Best Asia Fashion Jewellery, #03-01A).

BEFORE MAKE-OVER



TOPS:

"Wrap dresses work. Avoid clothes with darts – the two lines sewn down the bodice of some tops. Go for oversized blouses and mid-length, loose or draping tops. A clash of colours is fine. You can experiment with styles, just work with your body shape. Go for something a bit tighter, but button the top and leave the bottom open, so it doesn't pull the stomach in an obvious way. Cowl-necks, boat-necks and scoop-necks are good. You don't suit the asymmetrical or the tube."

BOTTOMS:

"Drawstring pants. Go for low-slung jeans and trousers, but not tight jeans or tapered pants. Knee-length, A-line or wrap skirts are fine."

ACCESSORIES:

"Don't emphasise the waist area. Wear belts around the hips."

TOPS:

"You've got nice shoulders and well-proportioned hips – not too big – so you can wear almost any style. Play on colour because you're quite tanned. Try warmer shades like cream, beige, pumpkin, apricot, peach and salmon pink; tones with a yellow hue to give a bit of warmth, but not too striking colours like fuchsia, bright yellow or bright green. Go for anything from off-shoulder tops to spaghetti tops to tube tops to halter-necks, long-sleeve flowy patterns to tunics, and empire-line dresses."

BOTTOMS:

"Go for cigarette pants which will look very good because you've got a nice lower half. An A-line skirt or a nice pencil skirt will show off the curves. Shorts work too, and tight, dark blue capri pants."

ACCESSORIES:

"Long necklaces, chokers, wooden or metal bangles will look good."

MODEL STATISTICS

Name: Cynthia Quek
Height: 161cm
Weight: 45kg

BODY ANALYSIS

She's slim with an hourglass figure.

BEFORE MAKE-OVER



CLOTHES

Cynthia is wearing a vintage smocked dress (\$75.90 from Bohvint, #03-01P), and a necklace (\$8.90 from Best Asia Fashion Jewellery, #03-01A).



Photographed by Arman Shah
Coordinated by Elin Wong
Make-up by Judith Tan

"Before Make-Over" and Bernice Wong's photos courtesy of Dorcas Ling

Clothes provided by ICON @ Bugis Point
[530 North Bridge Road, Singapore
188747 (Opposite Bugis Junction)]

MODEL
STATISTICS

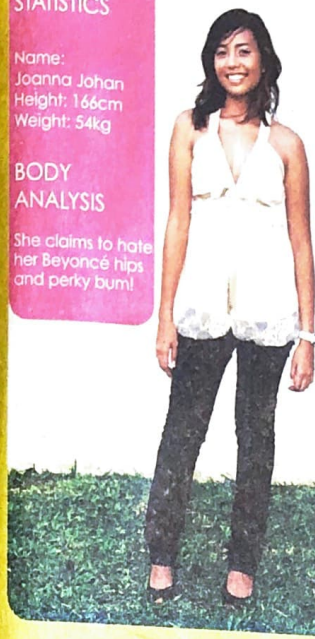
Name:
Joanna Jahan
Height: 166cm
Weight: 54kg

BODY
ANALYSIS

She claims to hate
her Beyoncé hips
and perky bum!

CLOTHES

Joanna is wearing a
top (\$38.90 from Issys,
#05-01P).

BEFORE
MAKE-OVER

TOPS:

"Wear long, over blouses with low-slung belts. Your [skin is] quite dark, so go for deeper, richer hues like camel, golden brown, sunset yellow, navy blue, forest green [or] deep pink."

BOTTOMS:

"Wear well-fitting bottoms and jeans. Choose jeans with pockets or labels behind so the curves are enhanced and your butt looks the size that it is. Wear jeans that have embroidery or embellishments on the back or side. To hide the tummy, go for side-zip pants instead of front-zip. Stay away from high-waisted pants, and belts at the waist area. A-line skirts will look fantastic because it will flare out."

ACCESSORIES:

"Go for straw, metallic, shoulder or low-slung bags... there endless varieties to choose from! Try middle-length necklaces that end around the base of the neck. You're also tall enough to carry off long necklaces."

TOPS:

"For skinny arms, you will have to wear long sleeves. Even short sleeves don't work. Go for beige, cream, white, stone, camel, and brownish, mahogany tones."

BOTTOMS:

"You are a little bow-legged. Wear baggy, cargo pants or jeans like the ones you have on, which are fine. Show off a chunky belt with metal studs by tucking your shirt halfway in to go with the slouchy look!"

ACCESSORIES:

"Guys can afford to play up on accessories, as long as they're comfortable with them. If you get bigger, go for chunkier necklaces. Play up on masculinity! Go for haversacks, not side-slings that can look quite feminine. Stay away from accessorising on bags, or go for metal clips like those that mountain-climbers use, which look quite funky and goes with your style. Don't use ribbons or badges. For glasses, go for dark-coloured angular frames which frame up your face and look funky. Spectacle frames with tapered sides will look nice."

MODEL
STATISTICS

Name: Melvin Tan
Height: 165cm
Weight: 55kg

BODY
ANALYSIS

He says he has
problems gaining
weight.

BEFORE
MAKE-OVER

CLOTHES

Melvin is wearing jeans
(\$69 from Eaze Fashion,
#03-01 B/C).

MODEL
STATISTICS

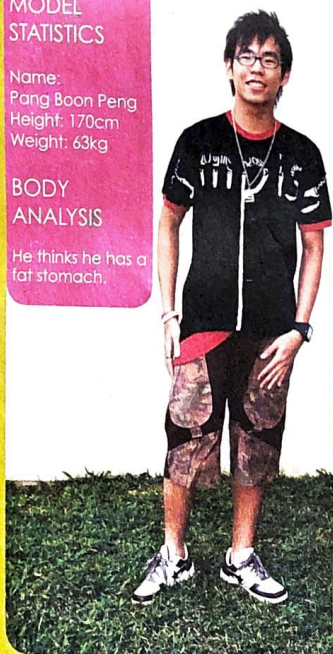
Name:
Pang Boon Peng
Height: 170cm
Weight: 63kg

BODY
ANALYSIS

He thinks he has a
fat stomach.

CLOTHES

Boon Peng is wearing a
T-shirt (\$33) and a pair
of 3/4 pants (\$45). All
apparel courtesy of Eaze
Fashion, #03-01 B/C.

BEFORE
MAKE-OVER

TOPS:

"Your upper half is better built. Clothes can hang nicely on your shoulders. Try fitted polo tees, V-neck or crew neck T-shirts, as you've got nice arms. Show them off with short-sleeve or even sleeveless shirts. Dark-coloured cotton long-sleeve shirts for formal events at night paired with grey or black trousers, or cotton linen shirts and cargo pants or jeans for weekends."

BOTTOMS:

"Bermudas fit you very well. You have nice, well-toned legs, so don't always hide them in jeans or long trousers."

ACCESSORIES:

"You should go for glasses with a bold yet clean-cut design; one with a heavier frame to add more years to your face, because you have a 'baby face'. Try a chrome coloured metal frame, or a dark gun metal grey frame."

MODEL
STATISTICS

Name: Dawn Koh
Height: 166cm
Weight: 47kg

BODY
ANALYSIS

Her issue is with
having "no hips".

BEFORE
MAKE-OVER

CLOTHES

Dawn is wearing a
dress (\$45) and a
necklace, (\$25). All
apparel courtesy of
Dolly apparels
accessories, #04-01A.



TOPS:

"Play up the feminine vibe by going for ruffles, bows, ribbons and cuter types! Go for lime green, pastels, pinkish tones and sweeter pink. You can wear all the tops I've recommended for Cynthia. You can also tie a scarf around and wear it as a top. Show off the neckline with tube tops, scoop-necks, draping cowl-necks. Go for soft, stretchy fabrics, but not too-tight tops. A three-quarter length blouse with a high, stand-up collar that opens down to the chest area can also look very good."

BOTTOMS:

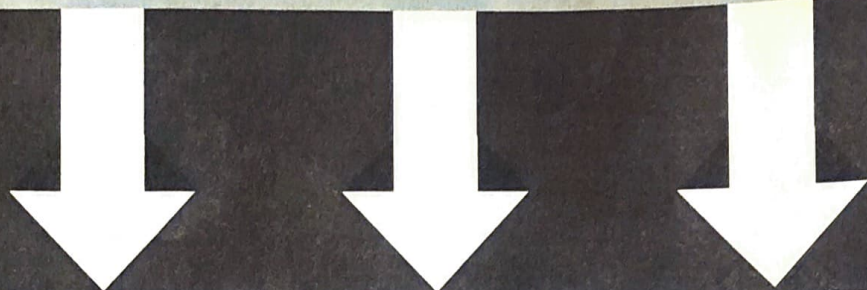
"Wear gathers or pleats around the waist, or even on the hips. This is, however, very dangerous if you have full hips because you'll put on 10kg! Wear front-zip pants or tight-fit jeans, because you've got a flat stomach. Grey, faded jeans look a bit dull. Spice them up with a louder top. You can wear anything from full, long skirts with gathers to short skirts."

ACCESSORIES:

"To add to the hips, you can tie scarves to emphasis the hip area, or use belts to draw attention to the hips."

STRESS ISN'T ALL BAD

Instead of letting stress wear you down, turn it into positive energy. ROBYN LEE tells you why.



STAYING POSITIVE

It is not easy to maintain positive thoughts in tough and demoralising situations, warns Mr Tham.

To counter these hurdles, he believes that "self-encouragement, self-talk and self-motivation" are good solutions.

Mr Tham adds, "What you say to yourself is usually what happens as the message is somehow absorbed into the unconscious mind."

Valerie Teo Hui Ying, 21, a third-year medical student at the National University of Singapore and a national bowler, agreed and says that stress can be your friend if you "turn [stress] into positive energy".

In this case, the choice of words and what you tell yourself is important. If you tell yourself, "I should never make that mistake again", already mentioning words like "never" and "mistake" are signs of pessimism.

However, if you say, "I'll do my best, because I know I can do it", you are thinking positive and will reap positive results. And when you think positive, the pressure will be what keeps you going.

SETTING GOALS

To manage stress, you have to set realistic and achievable goals that motivates you to take aim and achieve them. Mr Tham explains that there are three different types of goals:

1. Process Goals
2. Performance Goals
3. Outcome Goals

Lets imagine that you are an aspiring national sprinter - that would be the outcome goal.

To achieve this outcome goal, you have to perform under a certain timing such as 10 seconds or less for the 100-metre sprint (performance goal).

To achieve that, you would have to train every single day and maintain a healthy diet and also have ample rest (process goals).

So, basically, process goals are the building blocks that will play a hand in achieving performance goals, which will in the end help you attain your much desired outcome goal.

IDENTIFYING PERSONAL STRESS LEVELS

"People who are able to perform their best under stress are those who understand themselves well," says Mr Tham.

You should be aware of your own stress levels by knowing under which circumstances you perform most effectively and efficiently.

This can be identified in terms of high productivity and optimum performance within the limited time.

According to Mr Tham, if you are too stressed, you can take deep breaths and short meditations to calm down.

Listening to music and thinking positive thoughts are powerful measures to get you in the mood.

Also, using your imagination to calm yourself works just as effectively.

Lee Yu-Wen, 26, a full-time national bowler, feels that such techniques work and that it is "important to stay focused and [also] breathe during competitions".

*In addition to all the above techniques, taking basic care of your health by having ample rest is crucial. With these tips, you can transform your worst enemy into your best friend.

DON'T LOSE OUT ON SLEEP

Ever felt so sluggish during lectures that you just could not keep your eyes open?
Ever felt like you needed a spoon to prop up your eyelids?
You may be suffering from sleep deprivation, as NESSI ESTEFA finds out.

According to Dr Amir Adhha, a general practitioner from a local family clinic, Ar-Raudhah Medical Clinic, headaches, increased irritability, constant yawning and fatigue are evident symptoms when a person suffers from sleep deprivation.

Furthermore, hectic school schedules might just worsen this condition. "Good, deep, sleep allows our body to release growth hormones that boost our immune system and help repair and heal our cells and protect against disease," he said.

Suffering from sleep-deprivation? Here are a few Do's and Don'ts from www.bettersleep.org, that will guide you to slumber the night away.

DON'T

Drink Caffeine

This is a no-brainer. Be it sodas or coffee, stay away from them!

Drink Alcohol

Refrain from booze if you want to snooze.

Smoke

Nicotine will activate the brain resulting in difficulty to fall asleep.

Sleep Less Than Eight Hours

However, take note that different people require different sleeping hours. An average adult would need 7- hours of sleep.

Eat Three Hours Before Sleeping

Indigestion will just interrupt your sleep.

DO

Use Your Bedroom Solely For Sleeping

Having a proper sleeping environment would help you get undisturbed sleep.

Exercise Regularly

The best way to sleep well is to work out a few hours before you go to bed.

Regulate Your Bedtime Every Night

This will allow your body clock to adjust to a certain sleeping time for sufficient rest.

Sustain A Regular Waking Up Time

A momentum is a good thing to have.

Put On Some Soothing Music

Feeling relaxed is key to a good night's sleep.



High-Demand Sports

[Eg. Soccer, Rugby, Basketball]

Athletes who practise high-demand sports usually suffer from Anterior Cruciate Ligament (ACL) tear.

Located at the knee joint, an ACL tear occurs when an athlete makes an abrupt pivot or an awkward landing, thereby placing excessive force on the ligament.

Those who have experienced this often recall the knee joint buckling, then giving out with an audible "pop".

Dr Lim Jit Kheng, Consultant Sports Physician and Orthopaedic Surgeon at the National University Hospital (NUH), says, "An ACL tear would require surgical reconstruction to allow [the athlete to] return to the chosen sport. Recovery after surgery... may sometimes [take a total of] four to six months."

Track & Field

[Eg. Running, Throwing, Jump]

While track and field athletes seldom suffer serious physical injuries, there is still a high chance of getting injured.

"Track and field athletes are at a higher risk of overuse injuries or muscle pulls and tears," said Dr Lim.

Dr Lim explains, "Sprinters and hurdlers are at risk of Achilles tendon overuse injuries, tendinitis [an inflammation, irritation, and swelling of a tendon caused by injury or overuse], or even tendon tears. Long distance runners are at risk of stress fractures. Throwers are at risk of muscle tears, and ligament injuries at the shoulder, elbow and wrist."

According to Dr Lim, such injuries require weeks or months of rest, change in training regime and physiotherapy.

Contact Sports

[Eg. Silat, Taekwondo, Martial Arts]

The greatest fear of an athlete is a permanently crippling injury.

Such an injury, although uncommon, does occur in semi-contact sports such as rugby, as well as full-contact sports like Taekwondo, Silat, Wushu and other forms of martial arts.

"A particularly terrifying injury... is catastrophic spinal injury resulting in paralysis, which may be permanent. It may occur when one receives a high tackle [or] is performing a low tackle..." says Dr Lim.

As this form of sports involves lots of hard contact and collisions, injuries to the limbs are very common. Fractures, dislocations and sprains often occur when a fall forces the limb into an awkward position, or when the limb is dealt a forceful blow.

Preventing Injury

It is important to take an active role in preventing an injury.

One of the most basic steps will be doing warm-up and cool-down exercises before and after participating in any sort of strenuous sports.

Wear suitable shoes for the sport you are playing and make sure your shoes have good support to prevent ankle injury.

If you do sustain an injury, do not resume any form of strenuous activity before adequate rehabilitation.

"Avoiding these injuries, [firstly], involves using proper training techniques. [Secondly], technique analysis by coaches to avoid improper technique, [followed by] complete training of the entire body... and [finally], a gradual progression of training in intensity and duration," Dr Lim advises.

SORE SPORTS

Sports and games are fantastic for your health, but injuries are far from fun. CHARLOTTE CHOO discovers the common injuries that recur in some sports activities.

If you were to ask any professional athlete about the dangers of sports, it is very likely that they would say that injuries are part of the game. Well, the truth is that certain injuries are peculiar to certain sports. That is because of the different kind of muscles used in different sports. **Tribune** takes a look at some categories of sports and what common injuries to look out for:

PILL

POPPING

Are you treating your headache the right way? Do you know the limits of pill popping for common aches and pain resulting from tension? SYLVIA LIM finds out more.

DOs & DON'Ts

There is no doubt that students feel pressured when examinations are around the corner. You may then start to feel a tension in your head, a throbbing pain that does not want to go away. Simply put, you have what is known as a frequent headache.

Ms Uma Devi, a pharmacist from Guardian, tells **Tribune** that the three most common medications that people consume to relieve headaches can be easily obtained at any pharmacy.

These medications are Paracetamol, Aspirin and Ibuprofen. The third medication can only be purchased upon consultation with a pharmacist.

Vitamins such as B Complex are also regularly consumed to aid in relieving tiredness and tension.

Still, it is advised that one does not consume a variety of vitamins at one time

because it might cause an overload or lack of minerals in the body.

There is a myth in the medical world that Ms Uma would like to clear up.

It is true that taking alcohol with your medication is a big no-no, but when you take your medication with fizzy drinks, there will be absolutely be no form of interaction to counteract the effectiveness of the medicine.

However, if you are prone to suffer from gastric problems, the acidity of the drinks may cause further irritation to your digestive system.

Hence, plain water is still the best choice when consuming medication.

While Over-The-Counter (OTC) medication is easily available, you will need to know the recommended consumption and safe and dangerous levels when taking these pills.

Aspirin

Recommended Intake

300-900 milligrams or 2 tablets/pills every 4 to 6 hours

Maximum Intake

4 grams a day or 8 tablets/pills

Side Effects

Gastric problems. Avoid if asthmatic

Common Brands

Asproclear and Alka Seltzer

Paracetamol

Recommended Intake

1 gram or 2 tablets/pills every 4 to 6 hours

Maximum Intake

4 grams a day or 8 tablets/pills

Side Effects

May lead to rashes

Common Brands

Panadol and Tylenol

Ibuprofen

Recommended Intake

400 mg or 2 tablets/pills every 8 hours

Maximum Intake

1.2 g or 6 tablets/pills

with prescription from a pharmacist

2.4 g 12 tablets/pills

with prescription from a doctor

Side Effects

Gastric problems. Avoid if asthmatic

Common Brands

Nurofen



Picture: Courtesy of NP Corporate Communications



LAUGH OUT LOUD

A grumpy face makes for a lousy social life. **GRACE YAP** dives in on the wonders of laughter, one of life's great treasures that you could have overlooked.

There goes a saying among the Irish that "A good laugh and a long sleep are the best cures in the doctor's book". We have become so familiar with this casual form of expression that it's easy to see why any medical benefits associated with laughter have often been underestimated.

Smiles Spread

While the wise men in Dublin may have discovered the benefits of laughing and sleeping well, it's probably the Indians who first perfected the art of laughing.

Laughter was only used as a therapeutic tool in modern times by Dr Madan Kataria, a physician in Mumbai, India.

Convinced it could enhance well-being, he started practising laughter yoga in 1995 at a park, to his School of Laughter Yoga.

Singaporeans only got caught up in the wave of laughter in recent years. According to Mr Thomas Peh, Assistant Director of the Community Learning Network in People's Association (PA), the Joo Chiat-East Coast Laughter Club was set up in 2001.

The local club gathers on Saturday mornings at East Coast Park.

Funny Facts

Laughter has been a topic of interest among scientists in recent years, and the proven benefits are aplenty. Mr Peh found that laughter stimulates the release of body chemicals, such as endorphins, which helps in de-stressing and boosting self-esteem.

He said that during exercises, the body takes in extra amounts of oxygen improving blood circulation and keeping the body functioning at its optimum condition.

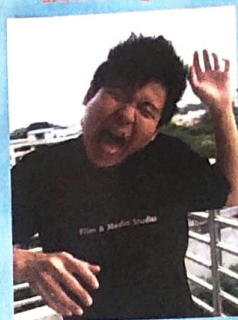
Breaking the Ice

Mr Peh recommends practising this exercise in a group, as laughter is infectious. You'll be more likely to break out in hysterics if people around you are doing the same.

Firstly, warm up to minimise any injury. Mr Peh explains, "It starts off with a Ho-Ho-Ha-Ha exercise, which involves clapping your hands and repeating the words ho-ho-ha-ha continuously for one minute."

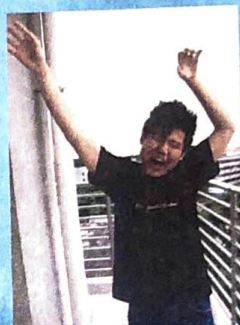
After the warm-up, participants can choose from a variety of laughter types. Mr Peh describes below two popular core laughter exercises.

Lion Laughter



Open your mouth wide and stick out your tongue fully. Your standing posture should also imitate a lion's - just that instead of roaring, you laugh.

Swinging Laughter



Stand in two groups and run towards each other, waving your arms and laughing along the way. This is similar to Indian romance movies when the couple dive dramatically into each other's arms.

Pictures: Arman Shah

* Remember to end off by doing some simple stretching exercises, like shoulder and neck rotations, to cool down the body. Mr Peh advises that you "devote a maximum of about 20 minutes for an entire laughter session", so as not to strain the body.

DO-IT-YOURSELF FACIAL FIXES

Crunch time's just around the corner. The tension and lack of sleep are skin killers.

AMANDA SOH shows you how to bring that sparkle back to your skin with - without busting your budget.

It's the highly tensed period just before the final examinations and once again students burn the midnight oil in order to catch up with work. It's common knowledge that this affects our health and your skin also begins to reveal tell-tale signs of stress.

Dr Ng Liang Wei, 32, a general practitioner, explains that burning the midnight oil repetitively will affect that "sleep-wake cycle" and a "sleep debt" will definitely be incurred.

He adds, "[Firstly], the sleep debt is difficult, if not impossible, to replace. [Also], the constant disruption to sleep will

result in concentration lapses."

If all the relentless studying is taking its toll, and you're getting accustomed to your eyebags, it's time to pull out all the stops - and relax.

There are any many ways to do so, and we show you how simple home-made facials can work wonders to bring that smile back to your face.

Ms Cindy Low, owner of Cindy Beauty Awareness and certified skin beautician, says, "Facials are a really relaxing. The cleansing and exfoliating get rid of all the dirt on and under the skin and the motions also soothe the muscles on the face."

While a facial at a spa doesn't come cheap, there are fortunately affordable alternatives available.

Just look in your kitchen for a quick facial fix! They can be as simple as fresh milk, honey and eggs!

Lalitha Krishnasamy, 50, a homemaker, does home-facials regularly for herself and her daughters.

She says, "The beauty of it is that you don't have to worry about it being complicated. All you have to do is add everything together, mix it, and use it." She finds that buying her facial ingredients from the supermarket saves money as well.



Picture: Courtesy of Lin Xuan Bin



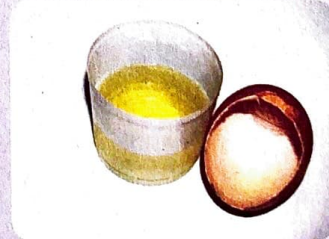
Yoghurt Booster

Mix one teaspoon of plain yoghurt, one teaspoon of green pea powder and the juice of one lime. Mdm Krishnasamy says this is ideal for rejuvenation. She adds that just applying plain yoghurt on your face helps to moisturise it. Leave on for 10 to 20 minutes. Prepare the portions according to how much you need.



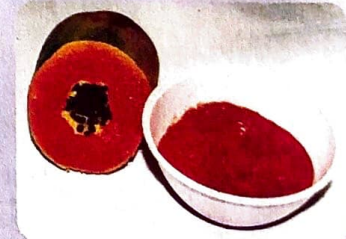
Milk & Honey Haven

Mix 2 tablespoons honey with 2 teaspoons of milk. Honey is a popular ingredient in homemade facial recipes. Milk is believed to help hydrate and whiten the skin (you must have heard of Cleopatra's famous obsession with milk baths!) Leave this mask on for 10 minutes.



White Mask

Use 1 egg white and spread it on your face. Leave it on till it dries. Egg whites are said to help pep up the skin and tighten your pores! Leave this mask on until it dries.



Papaya Puree

Mash some ripe papaya spread it on your face. Madam Krishnasamy says that this is another popular facemask used by many Indian beauty salons as papayas contain helpful properties that nourish the skin. She recommends that you only leave it on for 5 minutes and then rinse it off with warm water.

Up Close With Adventurer Khoo Swee Chiow

BY AMANDA SOH
amanda.tribune@gmail.com

Students of Ngee Ann Polytechnic (NP) got up close and personal with professional adventurer Khoo Swee Chiow, as he recounted his inspirational journeys and everyday lessons that students can take away from his experiences.

Mr Khoo shared his experiences at LT 79 on July 7 to second-year students of the Innovation & Enterprise in Action (IE) module. The talk was also open to all students who were interested.

Khoo fell in love with Mount Everest at first sight, sealing his decision to climb her. Taking that first step in 1989, he is recognised today as Singapore's number one adventurer.

He was the first man to swim across the Singapore Straits, and recently set the world record of scuba diving for the longest period of time - nine days.

With such achievements under his belt, he surprised everyone by revealing that he did not know how to swim until he hired a coach in June 2004 for his first lesson.

Mr Khoo also used his failures to show the audience how he learnt his lessons.

Talking about his failure to reach the North Pole on his first try because of frostbite in his left thumb, Mr Khoo said that he had to choose between preventing himself from suffering more serious injury or letting down his sponsors.

Despite the disappointment that his

sponsors would feel and the media pressure that he was under, he decided to preserve his own life and not make a rash decision under pressure.

Eventually, Mr Khoo succeeded on his second attempt to reach the North Pole.

He showed that one should not give up despite failure, but that hard work and determination would bring success.

His brave attempt to swim across the English Channel also resulted in failure as he had hypothermia after six hours of swimming 15km.

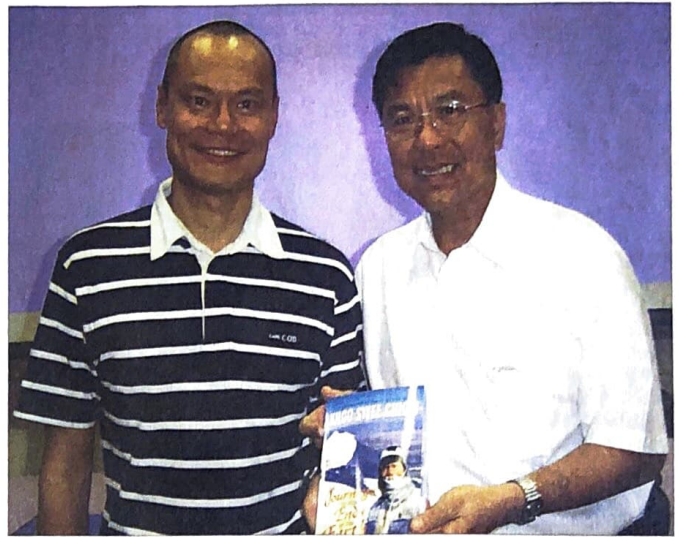
He had no choice then, but to give up his mission. Instead of dwelling on his failure, he learnt from it.

On reflection, he realised that he should have spent a couple of days getting used to the colder temperature of the English Channel before making the attempt to cross it.

In an exclusive interview with **Tribune**, Mr Khoo said, "The first step is to think differently and to have the courage to try and do something that you have never done before."

Mr Khoo will be pleased to know that his sharing has made a difference to the students. Yap Han Yang, 18, a second-year InfoComm Technology (ICT) student, told **Tribune**, "I have planned goals in my life, and now after this talk I am very sure that I can achieve them."

The talk was organised by iSpark coordinator and Interdisciplinary Studies (IS)



ADVENTURER ALWAYS: Mr Khoo Swee Chiow came down to NP to give an inspirational talk to students about his experiences and his determination. (Picture: Courtesy of Mr Tan Kheh Beng)

lecturer, Ms Sharon Ismail.

This inspiring series is known as "IS Connects! Network Talks" or "Up Close and Personal", featuring different professionals from less common lines of work.

Mr Khoo was the third speaker in the series of talks. The previous speakers were the owner of Hobbs Advertising, Mr Desmond Soon as well as directors and presenters from SAFRA Radio.

With similar talks being held in future, students have much to look forward to. As of now, Ms Ismail is unable to confirm the next speaker.

Students who are interested in such talks can give their names and particulars to IS lecturers so that they will be informed about future dialogues. ■

The first step is to think differently and to have the courage to try and do something that you have never done before.

Mr Khoo Swee Chiow
Professional Adventurer

Wheelchair Basketball Fundraising

BY SARAH MARTENS
sarah.tribune@gmail.com

Students from Ngee Ann Polytechnic (NP) temporarily lost the use of their legs, as they played basketball on wheelchairs to raise funds.

Ngee Ann Polytechnic (NP) students invited the Handicap Welfare Association (HWA) down to Kismis, a residential area behind NP, to compete in a friendly game of basketball.

The twist in this game was that every player had to be in a wheelchair.

The game was organised by five second-year students from School of Engineering (SOE) for their Innovation and Enterprise (IE) project. The event also had the aim of raising funds for the association.

The members in the association have been playing basketball for more than 30 years, and it was clear that HWA was more experienced in playing basketball while in a wheelchair paid off, winning the game 68-36 points.

Mr Edwin Khoo, the captain of the HWA team, was not surprised they won.

The club-team, whose members are not wheelchair bound, has been playing competitively for years and are used to "faster paced and aggressive" games.

Invited by students, the club-team "won't hesitate to say yes" to such events. HWA hopes to raise awareness of the association



TAKING AIM: One of the players takes a shot at the net, in the name of charity. (Picture: Courtesy of Mr Max Lam)

and their interests in sports especially for those wheelchair-bound.

Compared to HWA, the NP students could not control their wheelchairs well.

"We had [only] one training [session] before the game, and it was challenging to work with the wheelchair," said Neo Wee Teck, 19, a second-year student from Mechanical Engineering (ME).

Wee Teck added, "We expected them to be very good opponent[s]," he said.

While the NP team did not win, there was a little victory for them off-court. A total of \$500 was raised from ticket sales and donations, and that sum will all be given to HWA.

This came as a happy surprise for the students, who expected less than \$400.

Mr Khoo who was pleased about the donation said, "Anything that comes our way is useful." ■

Upskirt Video Suspect Nabbed

BY LIM JUN XUE
junxue.tribune@gmail.com

A male student has been suspended for the whole semester for using a camera phone to take upskirt snapshots of a female student in the Ngee Ann Polytechnic (NP) library.

Details of the culprit cannot be revealed in order to protect him, even though the male student has already been confirmed as the perpetrator behind the incident, said Mr Alan Choy, Manager, Student Relations and Discipline.

The polytechnic was able to identify the student through information gleaned from web blogs and CCTV [Close Circuit Television] surveillance.

Since it was an internal case and no victim came forward to complain, the crime was not reported to the police even though the culprit confessed.

The case was brought to the attention of the school's authorities only after a Chinese magazine ran a report that a female NP student had her modesty outraged by someone who had used a camera phone to shoot a video.

The Library Director, Mrs Caroline Loh, said that even in the absence of a complaint, the library took the U-Weekly report seriously and spent much time trying to identify the culprit from CCTV surveillance tapes.

Mrs Loh commented, "From the tape, we were able to identify the cause of the problem, which was mainly to do with the furniture design." The library's desks do not shield the legs of the person from the view of someone on the other side of the

adjoining desk.

She assured that measures have been taken to solve the problem. These include stepping up patrols in the library and improving furniture design "where design could open up opportunities for abuse".

She added that to ensure the safety and well-being of students, notices have been put up "to inform users that the library premises are under CCTV surveillance".

All 11 female library-goers **Tribune** spoke to seemed clueless that such an act had happened under their noses, but most of them seemed unconcerned.

Sudahe d/o Dasan, 17, a first-year student from the School of Health Sciences, still feels that the "library is a safe place".

Sakinah Saaban, 20, a third-year Electronics Computing Engineering student, is not worried and is confident that the school administration can handle the problem.

To assure students, Mr Choy said, "If they are being victimised, we will step in to protect the students."

His advice is to watch out for anyone who is suspicious and "to report the matter to us [staff]".

Mr Choy added that any student or staff caught for such offences will face harsh disciplinary action. He would not elaborate on what this would be. If the culprit is not from NP, the case will be referred to the police immediately.

Students who wish to report any suspicious behaviour can notify the Student Services by calling 6460 8182 or visit Mr Choy at the Student Services Office at Block 18, #02-06 in NP. ■

Let A Hundred Zinnias Bloom

BY WILSON YEO
wilson.tribune@gmail.com

The Convention Centre of Ngee Ann Polytechnic (NP) was transformed into a field of Zinnias when 300 students competed to show off their most beautiful blossoms.

This competition for secondary schools was the key event of the Zinnia Festival organised by the School of Life Sciences & Chemical Technology (LSCT) on July 19.

Already into its third year, the first festival featured the sunflower while the celosia was featured in 2005.

Dr Hedy Goh, LSCT Senior Lecturer, and Head of the Organising Committee, commented, "[It] teaches them [students] about plant science and promotes awareness

of horticulture among them."

One hundred teams, consisting of three students each, from 40 different schools spent 12 weeks growing Zinnias for the competition.

The students first learnt how to take care of their flowers in a workshop conducted by LSCT on April 19. They then proceeded to plant, care for and monitor their zinnia plants until the competition date.

"I learnt how to take care of the plants without them withering and I've also learnt teamwork in the process," said Ashwinnie Pillai, 13, a Secondary One student from CHIJ St Theresa's Convent.

The competition judges were Ms Kartini Omar-Hor, Assistant Director at the National Parks Board (NParks), Mr Danny Cheok, Managing Director of Far East Flora

Pte Ltd, and Ms Irene Hee, Director of the Singapore Floral Association and Principal of Tropifame Floral Design School.

The students' entries were judged on overall flower appearance, blossom size, lack of pest damage and the students' photographic records of flower growth.

Greenridge Secondary School took the first place, winning \$500 worth of prizes. Guangyang Secondary School and Tampines Secondary School won second place and third place respectively, bagging \$250 and \$100 worth of prizes. All students also received certificates of participation.

After the festival, pots of Zinnias grown by Horticulture and Landscape Management (HLM) students were sold for \$2 each, with the proceeds going to the Red Cross Home for the Disabled. ■



A FLOWERY DISPLAY: A garden of Zinnia's is planted for the annual flower festival (Picture: Wilson Yeo)



MINISTER AT FORUM: Last year's Poly Forum, hosted by NP, was graced by Member of Parliament Dr Amy Khor. (Picture: Courtesy of Siti Nur Fawzi)

Poly Forum Returns To Singapore

BY LIM JUN XUE
junxue.tribune@gmail.com

The annual Polytechnic Forum, which will bring together students from the five polytechnics in Singapore, will be hosted by Republic Polytechnic (RP) from September 18 to 23 in Downtown East.

The Polytechnic Forum will be jointly organised by Ngee Ann Polytechnic (NP), Singapore Polytechnic (SP), Temasek Polytechnic (TP), Nanyang Polytechnic (NYP) and RP.

The Forum, which first started in 1995, seeks to bring together students from all five polytechnics to discuss various local and regional issues, from politics to community development.

According to Ms Leong Cheng Yee, a Student Development Officer from Student Development & Alumni Relations (SDAR) of NP, the polytechnics "take turns to host" the event each year.

Last year, NP was the host polytechnic for the Polytechnic Forum, which took place in Johor Bahru. The theme that was chosen for last year's Polytechnic Forum was, 'Let's Make It Happen: Singapore - A Land of Opportunity'.

This year, the Polytechnic Forum will be discussing several topics like a global citizens role, the issue of information access and the aging population problem in developed countries.

This year, RP will make the Poly Forum a little different from previous forums.

Firstly, past participants of the forum will be brought back as student facilitators.

While previous Polytechnic Forums were held overseas in places such as

Bangkok and Johor Bahru, the Polytechnic Forum will be held in Singapore this year.

Ms Leong commented that this will allow "students to be in touch with the local context".

Every year, each polytechnic selects 65 students to participate in the forum. SDAR is also trying to reach out to various student body groups and Co-curricular Activities (CCA) groups, in order to encourage different representation.

Each School in NP will select a few students to represent them. Student CCA groups and interest groups, such as the Student Union, will be selected as well.

Ms Leong said, "Relevant students [who] meet the criteria have to be eloquent, interested in current affairs and be able to work in teams."

The Polytechnic forum is "an opportunity for students to be interested in current affairs", and for ministers to [better understand] the students' issues," explained Ms Leong.

Daphne Lee, 18, a second-year student in Biomedical Laboratory Technology (BLT), is excited about representing NP and "learning how to improve the image of Ngee Ann Polytechnic".

The LSCT team will work on a project to teach Singaporeans how to read nutritional labels on common food packages.

For the forum, participants have to present their ideas such as politics or community development for discussion. Soon after, the students will do follow-up actions upon their plan.

NP students with feasible proposals may even request for funding from the school through the Entrepreneurs-Connect scheme to carry out their projects. ■

IS Students Collaborates With Red Cross



TEAM RED CROSS: The group of second-year students with Ms Elaine Tham from SRC, who made the Blood Organiser Mobile Award a success. (Picture: Courtesy of Peh Kian Huat)

BY CASANDRA WONG
casandra.tribune@gmail.com

Innovation & Enterprise (I&E) in Action: Events Management, a second-year Interdisciplinary Studies (IS) module, prompted five Ngee Ann Polytechnic (NP) students to collaborate with the Singapore Red Cross (SRC) to organise the annual "Champion Blood Donor Recognition Ceremony" on July 1.

The two-hour event was held at the Grand Copthorne Waterfront Singapore Grand Ballroom.

Guests included the Minister of Health, Mr Khaw Boon Wan, and blood donors who have been actively donating for at least 18 years.

Peh Kian Huat, 19, a second-year Mechanical Engineering (ME) student, explained that while a blood donor recognition ceremony may be an unusual choice of event for students to organise, as they are more likely to host parties or sports events, it was done for a good cause.

"We wanted to do something helpful... [and] different. It gave us more opportunities to learn different things," he said.

Elaine Tham, 29, Manager of the Blood Donor Recruitment Programme at the SRC, shed some light on what the boys had to do.

Other than handling paperwork while working within a specified budget, they

had to send out invitations to the awardees, draft a thank-you letter to the Minister of Health, and on top of that, "come once a week to the office".

The team was pleasantly surprised with the numerous learning opportunities while working with SRC. Khian Huat agreed that it was an "interesting" experience that taught them how to better plan and manage time.

Lin Wei Lei, 18, a second-year ME student explained to *Tribune*, "We learnt how to do paper work... and how an organisation works."

The boys were also involved with creating and designing the trophy for the Blood Organiser Mobile Award, one of the four categories of awards which were presented at the ceremony.

This is an annual award presented to the school with the most number of blood donations during the blood donation drives held in the respective schools.

The boys agreed that the event was a success. The response was good, and Khian Huat recalled that, "71 percent of [the] blood donors attended the ceremony".

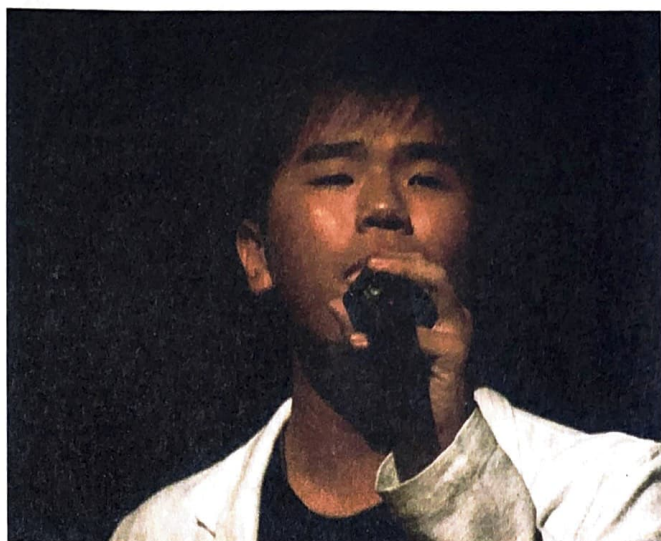
Miss Tham also considered the event a personal accomplishment for the boys. She explained, "For a group of students who know nothing about blood donation programmes, the boys worked very hard... [and] gave their very best shot. I will rate them seven upon ten." ■

NP Idol: 寻星梦的开始?

李蕙君报道
huijun.tribune@gmail.com
张炜萍报道
weiping.tribune@gmail.com

无论是《绝对Superstar》还是Singapore Idol, 这一系列的寻星选拔赛在我国掀起了一股热潮, 受到国人大力的回响。义安理工学院当然也不甘示弱, 抢先在6月21日, 星期三, 为NP Idol揭开序幕, 举办了第一场复赛。

举办NP Idol不只提供学生一个发挥歌唱潜能的平台, 也为校园注入绚丽的色彩。然而, 有些师生们表示这样的比赛纯粹是为了跟上目前的“寻星”潮流, 缺乏新颖感。NP Idol的主办者胡金国先生却认为这种校园比赛除了能让学生们表达自己的能力, 也象征着与时俱进。



在灯光四射与如雷般的掌声下, 参赛者们都成为许多青少年勇于追求的目标。[Picture: Courtesy of Lim Sifen]

少体验, 丰富了他们在义安的校园生活。成功进入第二场复赛的陈健业, 中文系, 18岁, 说: “也许很多人会觉得参加NP Idol这类型的比赛是在浪费时间。但从这次的比赛中, 我学到了如何待人处事, 而最重要的还是学习的过程。”

即使如此, 难免会有许多师长担心NP Idol会向学生传达错误的观念, 使他们追求名誉。担任当晚裁判之一的电影与传媒学院的讲师, 黄子安先生却说: “类似的比赛可能会让学生想成名。但我并不觉得这有什么不对, 毕竟不同的人追求着不同的生活

目标。”

NP Idol的另一名裁判, 中文系讲师郑君心先生也表示, 名利不会造成太多的问题。因为这个寻星选拔赛的最终目的, 是为了让学生们能够带着这些美好的回忆继续迈向他们人生的旅程。他说: “争名夺利(在这项赛中)可能就要因人而异。因为参加NP Idol是一种让学生们联络感情的活动, 因而造就各个部门的一种凝聚力。”

NP Idol意味着一个好的开始。因此义安理工学院的学生可以期待未来有更多类似的节目, 让他们有展现才华的空间。

有话说!

王怡玲报道
eileen.tribune@gmail.com
连文福报道
wenbin.tribune@gmail.com

万众瞩目的世界杯刚刚结束, 但是这股热潮并没有立刻退温。世界杯除了引起足球热, 也引起了新一波的赌球热。当足球滚进龙门时, 源源不断的金钱也滚进了卜基和投注站的口袋里。

据《联合早报》报道, 19岁的阿荣(假名)已赌输了十多万, 但仍然在这次的世界杯下注。最令人讶异的是, 父亲还来自传授赌球秘诀, 间接导致儿子染上毒瘾。这也许是个极端的例子, 不过赌球的现象的确令人担忧。

学生赌球是一种娱乐还是一种不良习惯? 我们访问了不同年龄层的人士, 了解他们对赌球的看法。

“世界杯四年只举行一次, 所以我都会小赌一下(\$5)支持喜欢的球队。我觉得在这期间赌球是相当正常的, 毕竟是四年一次的大盛事。但我非常有节制...只把它当成一种娱乐而不是赚钱的工具。”

Karryn, 18岁, 义安理工学院, 儿童学前教育系

“一些人因为下了注才追看世界杯。这是错误的观念。我们可以通过其它方法来支持自己心仪的球队, 例如买球队的周边商品, 无需赌球。”

连文林, 16岁, 科兰芝中学

“我觉得学生赌不赌球是个人的选择咯, 他们有权利选择怎么花自己的钱嘛。”

Lam Pui Yeng, 18岁, 义安理工学院, 生物科技系

“学生赌球未必是错的, 因为现在的学生都很穷嘛, 如果通过赌球可以赢一些钱又不犯法, 为何不赌呢?”

王钰雯, 16岁, 国专长老会中学

“在自己的经济范围内赌球是能够被接受的。如果输了钱也就罢了, 不要因为想翻本而越赌越大, 这会造成恶性循环。”

蔡健发, 22岁, 新加坡管理学院, 市场学

“赌球是大人的事, 如果学生真的是支持喜欢的球队, 为何一定要赌, 心里支持就好了。如果那么小就染上毒瘾就不好了。”

王庆良, 43岁, 生意人

“学生应该小赌为乐, 不要沉迷于赌博。因为赌球所带来的回报率并不高。赌球的风险很大, 你不能断定自己会不会赢。”

陈嘉俐, 18岁, 义安理工学院, 中文系

“学生最好还是不要赌球, 因为他们没有经济来源, 也没有控制自己的能力。不但如此, 他们可能会因为赌球而荒废学业, 而且会花很多时间在赌球上。不过, 我倒是不反对学生追看球赛。”

南治国, 义安理工学院, 人文学院, 中文系讲师

前涛后浪, 薪火相传



通过中西合并的优美音乐, 二年级的学姐们为新生们带来了一番风味的现代流行歌曲《天友》。

[Picture: Lee Hui Jun]

谢智信报道
zhixin@trimediabuzz.com

李蕙君报道
huijun.tribune@gmail.com

延续去年的新生交流会, 义安理工学院中文系的新生在南安会馆展现活力, 度过了一个难忘及充实的青年节。

“前涛后浪, 薪火相传”作为今年

新生会的主题, 是由人文学院的讲师南治国老师精心设想的。他表示这个标题象征着南安会馆及中文系的新血都有潜能超越长辈, 并且青出于蓝。

这次的活动除了让新生们有机会聚集在一起以外, 也通过会馆增进同学们对中华文化的认识。

负责这项活动的人文学院讲师, 郑君心先生说: “会馆是个很适合的场所, 因为它有着深远的历史, 而且在新加坡是非常具有特色的。此外, 学

生们也能够对历史悠久的南安会馆即先辈们有更深层的了解。”

坐落在莫里默苏丹路(Mohammad Sultan Road)的南安会馆虽然排场不大, 但会馆理事们的热情招待和丰富的表演项目却让师生们情绪高昂, 玩得不亦乐乎。

新上任的18岁中文系学生会主席廖玮珍表示, 她的委员们起初对于今年的活动场所感到很惊讶。她说道: “他们的反应很激烈, 认为为什么会选择这么老土的地点。但, 经过老师的解释后, 他们也意识到会馆正逐渐跟着时代进步。”

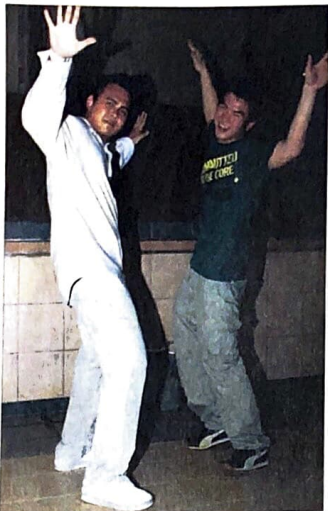
当天的节目也结合了传统及流行文化, 除了游戏及演唱项目以外, 其中一项就运用了琵琶和大提琴, 两种不同的古典乐器, 为SHE的流行歌曲《天友》带出另一番风味。

取至于台湾综艺节目《我猜! 我猜! 我猜!》的游戏《100秒NG》也搬上了南安会馆的舞台。

7位被抽到的幸运学生必须在100秒内把之前所背熟的台词演出来。若无法将台词诠释出来, 他们就得接受惩罚。7位参赛者对游戏的积极态度与诙谐动作, 使得台下观众的兴致迟迟都没有退温。

人文学院的院长杨静云女士表示, 并不排斥将来和南安会馆有更多合作的机会。

她说: “一个可能性就是学生们可以通过会馆的赞助, 到海外深造或漫游。”据她透露, 中文系已开始策划出一系列的活动, 希望能与会馆擦出更多的火花。



WINNING VOICES: The two new DJs rocking our air waves. (Picture: Courtesy of Norafiqin Hairoman)

New DJs Rock The Airwaves

BY WILSON YEO
wilson.tribune@gmail.com

One might be an aspiring tour guide, while the other is a future engineer, but the new Disc Jockeys (DJs) who emerged from a campus-wide hunt for fresh talent are so good that people thought they had been practicing for years.

They are Makoto Namiki, 21, a Business Studies (BS) student majoring in Tourism & Resort Management (TRM) and Razif Bin Sarman, 23, an Electronic and Computer Engineering (ECE) student.

Makoto hosts Music Galore with Norafiqin Hairoman, 21, Radio Heatwave's Promotion Executive on Mondays from 4 pm till 5 pm.

Razif hosts the same programme with Nursyazanna Syaira, 19, Radio Heatwave's Assistant Programme Director, on Thursdays from 3 pm till 4pm.

Out of the five remaining competitors during the finals on June 2, Makoto emerged champion and Razif took the first runner-up position.

The other three contestants were Nur Shameem, 17, from Health Sciences (Nursing), Matthew Liu, 17, from Business Information Technology (BIT), and Zainon Bte Ahmad Yusoff, 17, from Information Technology (IT).

They had to impress a panel of judges with their skills and talent.

The judges consisted of School of Film & Media studies (FMS) lecturer Anita Kuan, Ex-Music Director of Radio Heatwave, Nurul Ain, and current General Manager of Radio Heatwave, Premmlatha.

There were two segments during the finals. There was a talent segment where Makoto belted out Bon Jovi's "Thank You For Loving Me", while Razif sang a self-written piece to propose to a special girl. In the other segment, the contestants had to pick a topic from a bowl, and speak about that topic for about five minutes.

The top two both walked away with Swatch Irony watches, Swatch vouchers and movie passes and their new DJ job.

Makoto said, "I was really shocked that I won. I thought Razif really impressed the judges with his original composition. Maybe I really clicked with the judges."

T.Time With Tanya Chua

BY CASANDRA WONG
casandra.tribune@gmail.com

It was T.Time and local singer and composer Tanya Chua sent the T(emperatures) rising with her two-hour concert on the Ngee Ann Polytechnic (NP) campus.

Organised by Poly Stage Production (PSP) on July 13, the campus concert garnered positive support from students and fans. The event was open to the public and according to Jenny Toh, 21, the event's project manager, almost all "900 plus" tickets were given away.

Jade Lim, 18, president of PSP, and a second-year student from Accountancy (ACC), said, "The record company [Warner Music] actually told us Tanya wanted to have a campus concert in Ngee Ann."

The concert and signature event was named after Tanya's latest album, T.Time, and it was a chance for Tanya to promote it to the public.

Tanya said, "T.Time is a work that I am very proud of because I never thought that I would last this long in the industry, from where I started out as just a singer, and on to composing."

She later added, "All this just took a life of its own. And I just went along with it because I love music but I never really set a goal for myself... like what I wanted to do in the future."

The recent concert was Tanya's second performance at NP. The first time was three years ago at NP's Cultural Theatre.

Tanya just recently bagged the award for

Best Female Vocalist at the Taiwan Golden Melody Award 2006.

"But this time, the event is bigger. This concert is open to the public. Her parents are [here], and also those winners [of tickets] from 93.3FM," said Jenny, a second-year student from Accountancy (ACC).

Holding such large-scale concerts in NP is also something that Jenny really looks forward to.

She explained, "We are people who are interested in music and equipment."

It was clear that Tanya also enjoyed holding the concert at NP.

"It's great; I love performing in school. I think it's the most instant interaction with my audiences. I love the students because I have always felt like I stopped growing up... I am still like an 18 or 19-year-old. Every time I come back here, I feel that there is so much rapport here," she explained in an exclusive interview with **Tribune**.

The concert featured an array of songs from her career like Beautiful Love and *Mo Shen Ren* ("Stranger"), including two cover songs by artistes she liked. She sang her own rendition of Coldplay's Yellow, and David Tao's *Sha Tan* ("Beach").

Despite feeling unwell, she was jovial, playful and teasing.

At one point in the concert, she jokingly reprimanded the audience, when they were not singing loudly enough, by shouting in Mandarin, "Give you one more chance to sing [the chorus of the song]."

It was, therefore, no surprise that fans of Tanya loved her performance, and were



SINGING-A-LONG: Tanya Chua serenading her audience. (Picture: Arman Shah)

happy that they had the chance to be up close and personal with their idol.

Yamie, who only wanted to be known by her nickname, 21, and leader of SKY Toby, a Tanya Chua fan club, said, "[This] gives students an opportunity to reach [out] to the star... allows more interactivity and freedom... [as compared to] an official concert." Yamie is one among a group of non-NP spectators.

Hung Guojie, 19, a final-year student from Accountancy (ACC), and a fan of Tanya, readily agreed with Yamie and added, "Well, it's FOC [free-of-charge] and [we] have better interaction."

NP Idol: One Step Closer To The Finals



NEW TALENT: One of the NP idol contestants vying to be NP's first idol. (Picture: Lin Sifen)

BY SYLVIA LIM
sylvia.tribune@gmail.com

After three months of auditions and performances, Ngee Ann Polytechnic (NP) Idol reached the Semi-Finals stage on July 7 that showcased some of NP's best singing talent - 20 star hopefuls from more than 200.

Mr Ken Lim, Producer of Project Superstar, was also present to judge the semi-finals. He commented fluently in Mandarin that many had the potential to join the upcoming Project Superstar organised by Channel U.

Hossan Leong, a local familiar artiste and one of the nine judges during NP idol

The FINALISTS in the English category:-

1. Pan Caili, 19, School of Film & Media Studies
2. Matthew Liu, 17, School of Business & Accountancy
3. Jasmine Toh, 19, School of Business & Accountancy
4. Tiffany Kwa, 18, School of Life Sciences & Chemical Technology
5. Mohammad Rizuan Bin Rashid, 19, School of Engineering
6. Charlene Chen, 17, School of Film & Media Studies.

The FINALISTS in the Mandarin category:-

1. Andy Sng, 18, School of Engineering
2. Chua Wee Jian, 19, School of Engineering
3. Johnny Tan, 19, School of Life Sciences & Chemical Technology
4. Kwok Zhen Yuan, 18, School of Humanities
5. You Shimei, 20, School of Engineering
6. John Foo, 18, School of Infocomm Technology

said that he was "pleasantly surprised by some of them".

Charlene Chen, 17, a first-year student from the School of Film & Media Studies (FMS), swept audiences off their feet with her rendition of RnB singer Alicia Keys' "If I Ain't Got You".

Mr Ken Tay, a former singer and one of the judges of the competition, said that Charlene was "really good" and also that "her confidence really shines".

On the other hand, Mr Marc Jonet, a lecturer from FMS, who was one of the judges of the competition from the auditions, felt that more should be done.

"A competition should be addressed as a competition. At this stage, I expected more than karaoke. Some of them chose a song that they like, but the song does not like them," he said.

In the end, only 12 contestants, six from each category, moved on to the finals of NP idol, to vie for the title of first NP idol.

The finals of NP Idol will be held on August 4 at the Convention Centre.

CELEBS IN NP!

Chat with Jean Danker, and other Ngee Ann alumni celebrities on August 11 at NP's Lifestyle Library.

The media personalities will be at the library at noon in conjunction with the launch of the NP-LIME corner, a new corner stocked with MediaCorp Publishing magazines such as 8 Days and LIME.



OBTAIN YOUR JAMES COOK UNIVERSITY DEGREE IN SINGAPORE

One of the leading universities in Australia, **James Cook University** offers a prestigious and enriching curriculum to its students worldwide. **JCU** was recently awarded a **5-star rating for the quality of Students' Educational Experience** (Good Universities Guide 2006).

Immerse yourself in a vibrant and creative learning environment under the wing of our experienced lecturers at **JCU Singapore**. With its trimester academic year, you graduate ahead of the others, fully-equipped for an exciting career ahead.

Stimulate your mind with a professional education at **JCU Singapore** now.

For more information, please visit our website at www.jcu.edu.sg or email enquiries@jcu.edu.sg



Courses offered in JCU Singapore:

Undergraduate Programmes:

- Bachelor of Business
- Bachelor of Information Technology
- Bachelor of Psychology
- Bachelor of Tourism Management

Postgraduate Programmes:

- MBA (with Majors)
- Master of Education
- Master of Guidance and Counselling
- Bachelor of Psychology (Honours)
- Master / Doctor of Psychology
- Master of Information Technology
- Joint Master of Information Technology & Business Administration



JAMES COOK UNIVERSITY

For Learning. For Life. For You.

JCU Singapore

2, Bukit Merah Central, #03-01,
SPRING Singapore Building,
Singapore 159835

Tel: 6377 6833

Fax: 6272 5833

Hotline: 8222 6833 (After office hours)

Website: www.jcu.edu.sg

E-mail: enquiries@jcu.edu.sg

CaseTrust

The Fall Of The NP Dragon Boat Team



DRAGONS MAKE A SPLASH: NP's dragon boat team might have lost in the recent Singapore Dragon Boat Festival, but they promise to train harder for the next competition. (Picture: Lin Xuanbin)

BY ETHAN LEONG
ethan.tribune@gmail.com

Despite being one of the strongest teams in Singapore, NP dragon boat team finished with a disappointing fourth position overall in the Singapore Dragon Boat Festival 2006, making it a devastating loss.

Held at Bedok Reservoir on June 1 and 2, the Dragon Boat Festival attracted more than 1,000 participants representing

institutions such as Singapore Armed Forces Sports Association (SAFSA), National University of Singapore (NUS), the Singapore Peddler's Club and other tertiary institutions.

NP's Dragon Boat team managed to finish at an overall fourth position among the other 10 institutions.

The "A" team, NP's first choice team, represented the school in the National Championship category for mixed gender.

They were beaten by SAFSA, Nanyang

Junior College and the Aircrew Dragon Boat Club in the 800-metre competition, in which 65 of the 120 members of NP's Dragon Boat participated.

The team finished fourth behind tertiary rivals Temasek Polytechnic (TP) and Nanyang Polytechnic (NYP), as well as Nanyang Technological University (NTU) in the Tertiary Open category for women.

At last year's Dragon Boat Festival, the NP team finished runners-up after NTU.

NP Dragon Boat's president, Yeo Say

Meng, 21, said, "I think, basically, it's a team effort. We worked as a team, we lost as a team."

The final-year Electrical Engineering (EE) student said there was no particular reason that can be attributed to their loss during the competition.

However, he said the team would be adopting changes to enhance training in preparation for the SAVA Dragon Boat Competition organised by NUS, which will be held on September 23 and 24.

The NP's Dragon Boat team spirit will never die, [and] although we're upset over the result, we're training to do better in the next competition.

Yeo Say Meng, 21,
NP Dragon Boat's President

SAVA is one of the pioneer associations that supplies Dragon Boat equipment to various clubs in Singapore.

"The NP's Dragon Boat team spirit will never die, [and] although we're upset over the result, we're training to do better in the next competition," said Say Meng.

Melissa Zheng, a final-year Chemical & Biomolecular Engineering (CBE) Student, and Captain of the girls' Dragon Boat Team, said, "The experience has bonded us [all] together. I feel upset that we didn't manage to win anything, but I know we [gave] all we could, and that's all that matters."

She said, "We have to be... focused and determined in our next competition."

hype

MTV'S MAY & CHOY
SINGAPORE IDOL IN STYLE
JALAN KAYU MAKAN
+ WIN \$2,500 WORTH
OF PRIZES!

ISSUE 23
AUG-OCT 2006
FREE



WHEN ART
IS SKIN DEEP
INSIGHTS ON BODY MODIFICATION

GRAB A COPY AT THE NEAREST CANTEN / CO-OP
OUT NOW!

urbanwire / '3: .b^e nwaie^r / n
The definitive urban dweller's guide to music, games, movies, entertainment and lifestyle; jam-packed with contests and freebies.



LOG ON TO
WWW.THEURBANWIRE.COM



Fishing For A New CCA



FISHING GURU: The new CCA in NP, is set to take over the fishing world. (Picture: Courtesy of Shawn Seet)

BY REZA OMAR
reza.tribune@gmail.com

Ngee Ann Polytechnic (NP) Anglers, a new co-curricular activity (CCA), has grown since starting in May, having recruited more than 80 members.

The CCA is the brainchild of Shawn Seer Hao Ni, 18, a second-year Business Studies (BS) student, and his two best friends, Peh Jun Ming, 18, a second-year Aerospace Technology (AT) student and Chua Zhan

Feng, 18, a second-year Electronic & Computer Engineering (ECE) student. It was their passion for fishing that sparked off the idea.

"Even though the idea was meant as a joke, it stuck on and we couldn't forget it. The more we discussed it, the more excited we were. Our dream was realised on May 15 when it was officially accepted as a CCA," Shawn explained.

The three friends approached the Student Development Manager of Special Interest Groups, Mr Abdul Jalal Bin Mohd Tahir, and were ecstatic when their idea was approved by him.

Upon approval, the club started meeting up every Saturday at various favourite fishing haunts.

The cost of the equipment varies according to quality, from \$80 - \$100, while some is sold for a few thousand dollars.

The main objective of NP Anglers is to provide an avenue for those who enjoy fishing in the company of friends to pursue their passion. It is also an opportunity for students who have never had the chance to experience this relaxing hobby to get a feel of it, hook, line and sinker.

NP Anglers vice-president Zhan Feng said, "As I joined NP Anglers out of passion, I wish to meet people with the same interest."

To join NP Anglers, e-mail Shawn at mr_shawn_seer@hotmail.com.