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ISSUE 39 | DEC '15
CONTENTS

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ALSO INCLUDE:
• Health Science Special

REGULAR STUFF:

04: Cafe Listing
10: Cheat Sheet: Diets
17: The List: Medicine Cabinet
30: Open House
31: Out and About

02: Wan-derful Taiwan
Foodie Paradise

06: Cafe Map

08: Supermarket Wastage
Where does all the food go?

09: Food Has to Look good
Ugly Ones are Left Behind

10: Kopitams
A thing of the past?

14: The Maize to Date
The Battle of HFCS

15: Sugar
Killing Us Slowly

16: You Are What You Eat
Fast Facts on Gut Microbiota

18: Obesity
A Big Problem

20: Hangry
Hungry + Angry

21: Ah Boon Winners
A comic showcase

24: Craft Beer
The Rise of the Craft

25: Asian Hangover Cures

26: The Real Price of Meat
What's the state of our food supply?

27: Food or Fuel
The Fate of Agriculture Crops

28: The Foreign Invasion
Influx of International Food

29: The Luxury Effect
Impact of Expensive Foods

BY RIN YEO AND GERMAINE LEOW

WANDER-FUL TAIWAN

FOODIE PARADISE

LET US SHOW YOU AROUND TAIWAN!



Most of you may know Taiwan as a foodie nation, but there's so much more to food than you can imagine! From traditional aboriginal fare to street nosh sold in night markets, follow Ah Boon and Oh Bear as they travel around the country in search of something to suit each and every taste bud out there!

MARKETS

Taiwan's traditional wet markets are great places to try some fresh catch. For example, housed within an old market building in the middle of a traditional wet market is Addition Aquatic Development (止引水產) which features standing sushi bars with tanks of king crabs, lobsters, scallops, etc.

In dry markets, including supermarkets, you'll find cooked food readily available too, offering dishes in huge trays, and mostly priced by weight. Similar to that of our mixed vegetables stalls, they offer an array of food, and sometimes include steamed desserts, like yam paste and sweet glutinous rice.



Famous Ah Zhong oyster mee sua

HAKKA FOOD

In Hakka towns, like Nanshuang (南庄老街) in Miaoli, you can try out Hakka cuisine such as Thunder Tea (雷茶) - a mixture of grains ground into a thick drink - as well as soup brewed from preserved radishes (菜脯). In the mood for desserts? Try ice shavings with red bean, barley and sweet potato. The town is also famous for Osmanthus flowers, which can be found in all kinds of desserts and drinks.

Bamboo rice and stir-fried bamboo shoots

ABORIGINAL FOOD

Aboriginal food can be found not only in aboriginal villages, but also along old streets in places like Wulai (烏來). You can find items such as bamboo rice, stir-fried bamboo shoots, and even wild boar meat at restaurants that line the street, along with white rice mixed with millet - an aboriginal staple (which is also used in the making of their famous rice wine).

Thunder tea rice

Oden

Osmanthus tea

THEMED CAFES & RESTAURANTS

Themed cafes and restaurants are popular in Taiwan. At Ximending (西門町), you can find themed cafes like Risotto with in-house golden retrievers, as well as the marine-themed Fishnest Leisure Tea House which is bathed in blue lights, with swings for chairs. At YongKang Street (永康街), there's the rabbit-themed Duke's Cafe which offers both drip coffee and baked goodies such as quiches and cookies.

Architecture lovers will appreciate Five-Dime Driftwood House (伍角船板), with branches across Taiwan, which uses driftwood for their interior decor. For craft beer lovers, Le Blé d'Or (金色三麥) offers 100% wheat beers as lager, dunkel and honey lager, with tasting glasses available.

Meet Miru, Risotto's friendly mascot!

Mango shaved ice

Quiche at Duke's Cafe

3 tasting glasses at Le Blé d'Or

Five-Dime Driftwood House

QUIRKY FOOD

Like flower-themed snacks? Artemis Garden's flower-filled greenhouse has a cafe serving flower-related goodies while Lavender Cottage features lavender-based food and beverages. At Xinshe's Sea of Flowers you can find people eating out of flower pots filled with ice cream and topped with cookie crumbs. In Chiang Kai-Shek Shilin Residence, you can tour the gardens while sampling flower-shaped ice cream sticks.

Taiwanese food creations from the town of Jiaosi have hit the blogosphere with a number of interesting items, including watermelon bread from Jimmy's Bakery (礁溪幾米西瓜麵包) - bread that's cleverly coloured to look like watermelon, both inside and out, with coloured powders. Only 100 are produced per day. For a unique taste, try some chilli ice cream with a range of spiciness at the Chilli Hunter Creative Museum (辣椒文創館), where you can also purchase chilli snacks, chilli chocolates and chilli liqueurs!

Artemis Garden

Flower pot dessert

Flower ice cream sticks

Watermelon bread

Chilli-infused ice cream

Lavender milk tea

NIGHT MARKETS & STREET FOOD

Taiwan's night market culture is a well-known phenomenon, offering cheap shopping options as well as food. In Taipei alone, there are as many as 24 night markets, and each with their own speciality.

For instance, Fu-Da Night Market (輔大夜市) offers fried onigiri (rice balls) as well as whole roasted pigs, while Gongguan Night Market (公館夜市) is known for their bubble tea.

Along the streets of tourist destinations you can find almond tea, and food like grilled sausages as well as deep-fried or grilled squid (a local speciality). You can also find craft beer and ice cream sandwich here, all sold at affordable prices.

Deep fried squid - a local speciality

Bubble tea

FOOD-ON-THE-GO

Convenience stores in Taiwan offer quick bites and the selection varies with the seasons as well. In summer, you can find cold noodles, and in winter, there are baked sweet potatoes as well as oden (like our local yong tau foo). Every convenience store will have their own selection of foods, which range from bento sets to salads, sandwiches and onigiri.

Both Taiwan's high-speed trains and normal railways offer bento set selections on the trains and at certain stations, costing TWD\$50 - \$200 each. The meal includes chicken or pork, vegetables, rice and the occasional braised egg, with vegetarian options like mock meat/fish and a huge helping of vegetables.

Pork Chop Railway Bento

Vegetarian Railway Bento

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CAFE LISTING

If you are a cafe hopping addict or you just love food, then check out these upcoming cafes!
For further information check out our reviews at www.campus.com.sg

Richmond Station



Eggs Benedict are a dime a dozen now but nowhere else is as dedicated to offering English staples as Richmond Station, where they bake their English crumpets and muffins freshly onsite for the oozy poached eggs to lay on. Their fish pie is highly recommended too! A British-inspired cafe, the menu showcases the marriage of British grub to the Singaporean taste, with prices kept affordable for their generous servings.

20 Bali Lane

www.richmondandcoffeegroup.com



Spizza Mercato



Part of Spizza, this cosy Italian diner is set in the basement of the snazzy revamped Capitol Piazza. Enjoy the same awesome pizzas with the additional option of taking home some of the ingredients available in the retail section. Their pizza specials change monthly, with unusual ingredients like lamb chipolata and breakfast toppings (ie. bacon and eggs). Students enjoy 15% off from Mondays to Thursdays!

13 Stamford Road,
Capitol Piazza,
#B2-S2

www.spizza.sg



The Coffee Cart



Featuring an entire coffee cart in their premise (hence their name), the cart doubles up as a pop-up cafe for rental too. Cakes here are baked in-house daily – their most popular being the Rainbow Cake – and they're also open to cake commissions. Another popular dessert is their Buttermilk Waffle, which is topped with ice cream. Of course, the main draw of this cafe is its range of coffees which are non-acidic.

465 Crawford Lane

www.thecoffeecart.co



Motorino



Using only the most natural, simple and freshest ingredients (flour and organic extra virgin olive oil imported from Italy), even the cheese is of a higher grade mozzarella called Fior di latte. They take their pizzas seriously – even a simple one has been prepared for 30 hours, and then cooked over their custom wood-fire oven. They also serve roasted wings and meatballs as starters, in addition to the unique brussel sprouts pizza.

3A River Valley Road,
Clarke Quay,
#01-01A

www.motorinopizza.com



Creatures



Feast in creations that combine Peranakan flavours with influence from everywhere else. Take for instance their Italian Yong Tau Fu, which looks just like our local offering but filled with cheese, or their Miso Cod and Ulam Onigiri which pairs Japanese flavours with Peranakan herb rice. This double-story restaurant is ideal for both dining couples and larger groups, with an interior that is filled with gigantic displays of fresh-cut flowers.

120 Desker Road

www.creatures.com.sg



Marco Marco



For a touch of international cuisine in your pasta, pizza or panini, this Italian restaurant serves up unique concoctions. These include paninis with names like The Chiang Mai and The Cubano, to pastas with flavours of India (tandoori/masala) and Singapore (laksa). They also serve traditional Italian pizzas with toppings like serrano ham and spicy pepperoni. This rustic restaurant serves up food with fresh ingredients at affordable prices.

23 Circular Rd

www.marcomarco.com.sg



Glacier Frozen Yogurt Café



Conveniently located at the basement of Orchard Central, Glacier is a yoghurt bar with dispensers mounted on the wall, with up to six flavours offered each day. Besides the usual plain frozen yogurt, you can also get interesting flavours such as Earl Grey and Mangosteen. You can have it as a parfait with your choice of toppings – both wet and dry – or even pair it with fresh Belgian waffles.

277 Orchard Road,
orchardgateway,
#B2-09

www.glacieryogurt.com



Alt. Pizza



You will definitely be spoiled for choice, as Alt. Pizza offers plenty of unconventional yet inventive toppings, such as white anchovies, blue crab and even wagyu short rib meatballs. The adventurous can also customise their own pizza by choosing their own sauce, cheese and toppings, meaning you can get 650,000 unique combinations! In addition, they also serve chicken wings and pizza doughnuts.

Suntec Tower 4,
#01-602

www.altpizza.com.sg



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CAFE MAP

OF SINGAPORE

If you're an adventurous foodie, nothing beats trying something new (and then posting your food photos on Instagram for all to see).

From pastries to lattes and beyond, here's our list of cafes that we've tried first-hand. For a full review of any of these locations, head over to our website (www.campus.sg) and search by restaurant name!

To read about more cafes and restaurants we've reviewed, head on over to page 4.

REFER TO
LARGE MAP

Map not to scale. Follow this at your own risk!



01 CAFE SALIVATION

Priding itself as the first Western vegetarian cafe in Little India, CAFE Salivation has a mind-boggling array of pastas, sandwiches, burgers and pizzas. There's something for everyone, even if they're not vegetarian.

176 Race Course Rd

02 VEGETARIAN EXPRESS

Home-cooked vegetarian meals that are wallet-friendly are what you'll find here. Besides the familiar Chinese zi-char offerings, Vegetarian Express does Japanese bento sets, baked spaghetti and other fusion dishes as well.

205 Hougang St 21, Heartland Mall, #02-04

03 HOUSE OF COMMONS

An unpretentious cafe that serves up excellent espresso-based drinks and yummilicious sandwiches and desserts like Chocolate and Peanut Butter Tart. It also has a variety of teas and milkshakes for non-coffee drinkers.

138 Owen Road

04 COLLECTIVE BREWERS

Collective Brewers adds a local twist to your usual Western cafe favourites. Randang Grilled Cheese Sandwich, Milo French Toast and Ondeh-Ondeh Pancakes anyone? Pair these up with their speciality brewed coffees.

301 Changi Road

05 IPPIN CAFE AND BAR

You'll find a variety of home-cooked Japanese dishes here, from yaki-soba to tuna with yuzu-miso sandwich and a bowl of salad. You can also try a variety of fruit sake and umeshu, plus most of the food and drinks are retailed at their store.

18 Mohamed Sultan Road

06 KOKOMAMA

In addition to the variety of Korean fusion dishes, from baked rice served with Korean spices in mess tins to patbingsu desserts, Kokomama also offers a spread of breads, cakes, pastries and french artisan croissant to go with that cuppa.

1 Zubir Said Drive, School of The Arts, #01-01

07 CAFE MONDO

Located in Orchard Central, this is a halal eatery with an extensive menu consisting of pastas, burger and light bites. For the sweet-toothed, dig into their tray of 12 Mini Putts which consists of 12 scoops of ice cream of your choice.

181 Orchard Road, Orchard Central, #02-31/32

08 AJUMMA'S

Ajumma's cosy setting offers homely traditional Korean fare such as Beef Kalbi, Army Base Stew and Kimchi Pancake. Choose from a range of soft drinks from Korea to accompany your meal that's prepared fresh.

2 Handy Road, The Cathay, #B1-23

16 TAMOYA UDON

Tamoya Udon is one of few places in Singapore offering the wheat flour noodle as its speciality. Enjoy a bowl of thick chewy udon immersed in your choice of broth that range from pork to miso to Japanese curry.

177 River Valley Road, Liang Court, #01-32

15 LES DELICES

This cutesy cafe in Chinatown is where you can savour French pastries with Chinese tea. Their signature Choux pastries come in a variety of flavours: Earl Grey, Matcha, Oolong with Peach, and Hojicha.

333 Kreta Ayer Road, #01-14

14 AFTERWIT

Sister cafe of Working Title, it originally started off as a brunch cafe before going Mexican by offering gourmet tacos with artisanal coffee. Think Cajun Chicken Tacos and Smoked Duck Burrito to marry that nice cuppa.

778 North Bridge Road

13 WORKING TITLE

A cosy, no-frills quaint cafe that changes its menu every 3 months, dig into their signature fusion grub like the Darkwing Burger (Chinese smoked duck and hoisin sauce) and Iced Dirty Bandung (rose syrup in a cafe latte).

48 Arab Street

12 L'ATELIER TIRAMISU

This little gem focuses on perfecting only Tiramisu which comes in an array of flavours, including Lychee and Matcha. Light in density and sweetness, the recipe has been thoughtfully tweaked to suit local taste buds.

6 Eu Tong Sen Street, The Central, #B1-03

11 LEPARK

Located on a rooftop in Chinatown, this indie joint is stocked with over 80 types craft beer, while the kitchen cooks up a variety of fusion nibbles, from Poached Chicken Rice Sushi to Otah Bomb wrapped in wonton skin.

1 Park Rd, #06-00 People's Park Complex

10 THE ASSEMBLY GROUND

This trendy cafe serves all your brunch favourites like scrambled eggs, wiener sausage and thick toast - with ingredients sourced from around the world. Accompany these with their speciality tea lattes!

2 Handy Road, #01-21

09 THE DAILY SCOOP

This 11-year old local creamery continues to churn out unusual flavours with the use of quality ingredients to pair with their waffles. The best-selling flavours here include Coconut, and Mao Shan Wang (durian!).

1 Zubir Said Drive, SOTA, #01-03

FOOD WASTAGE IN

SUPERMARKETS

BY KIRSTIN SOW

Mention 'supermarkets' and what comes to mind is the convenience of strolling down countless aisles and being fascinated by the wide selection of food and household products. However, to maintain this glamorous façade, supermarkets generate huge amounts of waste by throwing away foods that have gone past their prime, but are still edible.

FILTERING THE GOOD, THE BAD AND THE UGLY

As consumers, we judge and associate the physical characteristics of products – their packaging, colour and shape – as a gauge for its quality and freshness. For products that might look defective, we simply toss them aside. Sometimes, food arrives in supermarkets in poor conditions which can be attributed to inadequate packaging or the long distance it takes to be delivered.

Supermarkets that pride themselves in selling and displaying quality food products are those who engage in cosmetic filtering. To meet consumers' demand for large displays of fresh and undamaged produce, many supermarkets end up discarding tons of perfectly edible – but blemished – food. Even though the foods are safe to eat, those with slight defects are often discarded since they do not meet market standards.

NTUC Fairprice is addressing this issue with a simple plan: they cut up the fresh but blemished fruits (and vegetables) and repackage them as cut fruits.

AS A RESULT,

90%

OF REPACKAGED FRUITS WERE SOLD.



PERISHABILITY OF CONVENIENCE FOOD

Our dietary habits are influenced by our hectic lifestyles – we tend to buy foods that require less cooking, or ready-made meals that are easier for consumption. Catering to consumers' needs, many supermarkets display large quantities of perishable food products like cakes, breads, sushi and deli meats to induce purchase.

When it is nearing the supermarket's closing hours, prices of food items tend to be slashed to entice customers to purchase. However, at the end of the day, when there are still leftovers, it is common for the food to be thrown away.

These days, in an effort to cut waste, some supermarkets – like Sheng Siong – are feeding their staff with leftover food, and some others are looking into technologies to convert food waste into feed or fertilisers.

IN A YEAR, NTUC FAIRPRICE WASTES ABOUT

2,200 TONNES OF FOOD.

SHENG SIONG JUNKS UP TO

15% OF ITS FRESH PRODUCE.



NUMBER CONFUSION

A food product has several expiration dates printed on its labels. Sometimes, having too many dates and numbers might confuse consumers and mislead them into thinking that the food has expired and is therefore unfit for consumption.

Often there are a few types of expiration dates and they mean different things. A 'Sell By' date acts as an indicator for how long a supermarket can display the product for sale before its quality deteriorates.

'Best Before' dates appear on a variety of frozen, dried and tinned foods. These dates are advisory and refer to the quality of the product. Foods kept after this date may lose its optimum flavour and texture. On the contrary, food must not be consumed after their stated 'Use By' date, as they will spoil immediately and may be detrimental to health should it be consumed.

Foods that have gone past their 'Sell By' and 'Best Before' dates were often tossed out, but these days, more and more supermarkets are donating their food instead to charities like Food From The Heart.



FOOD HAS TO LOOK GOOD.

BY GERMAINE LEOW

UGLY ONES ARE, WELL, LEFT ON THE SHELF.

Food – just like anything else on the shelf, has to look good. If Apple didn't package its products with such classy simplicity, the streets wouldn't be filled with people on iPhones. If that cup of latte didn't make a kitten out of foam, the café's plain lattes wouldn't get a spot in magazines. Similarly, there is a saying that the less good-looking people are left on the shelf – unless, their inner beauty crushes all that is superficial. However, food is not as lucky as us humans; if they fail to impress our eyes, they'd miss the chance to impress our taste buds – no matter how good they may taste.

CAUSE

Sight is the most important sense.

According to a study done by Oklahoma State University, our sense of sight ranked as the most important sense in response to food, weighing at 83%. On the contrary, our sense of taste sits at the other end of the scale. This means that when it comes to food and eating, taste seems to be the least of our concerns.



Colour can fool our taste buds.

An experiment proved that a blindfolded person cannot tell red wine from white wine. Even when the blindfolds were taken off and white wine was dyed red, the experiment was concluded with similar results – colour can fool your taste buds. This could be the reason children go "yuck" whenever they see greens on their plate.

The influence of printed media.

Food magazines and cookbooks rely largely on the appearance of the platter. What makes a fast-selling cookbook? One stashed with pages of gorgeous treats that could make the reader drool right there and then. These 'visual aids' have more ability to influence a customer compared to detailed descriptions of the dishes.



EFFECT

Food presentation is essential to the success of a dish.

As a Food and Nutrition student in secondary school, I found that our teachers judged our food solely by appearances. I was no chef, so I used the art of food presentation to mask the burnt ends of my chicken pie and got myself a good grade. Quoting David Wynne, a Culinary Arts instructor at The Art Institute of Seattle, "We eat with our eyes first."



Result in picky eaters and food wastage.

Consumers deter from off-coloured fruits and vegetables at supermarkets, as they have an impression that the least appealing of the lot would not taste as good, resulting in perfectly good vegetables possibly thrown away. Similarly, it's not surprising that people would often choose food at restaurants based on how they look on the menu as well.

...and social media.

Everyone's probably guilty of taking photos of their food and posting them on social media before tucking in. This has resulted in the birth of many social media accounts contributing to the widespread phenomenon of #foodporn. People often fork out a few more dollars for a cute dessert just to take a good picture of it.



The importance of food appearance to our society has resulted in several habits – both good and bad – which is becoming our way of life.

GOOD

1. Restaurants, cafés and eateries strive for better food presentation, adding onto the appeal of their dishes and quality of food.

2. Cultivates and nurture the artistry of food art such as Japanese bento art as well as well-designed food packaging.



BAD

1. Consumers reject ugly looking food, resulting in frequent wastage of edible and good quality food.

2. We select good-looking food just for the sake of photography and social media, regardless of quality, taste or even personal preference.

As the saying goes, "do not judge a book by its cover." Just as how looks are not everything there is to a person, bad-looking food can taste just as good. Why lose out on the opportunity to try a remarkable dish only because it didn't look tasty?

KOPITIAMS WERE ABUNDANT IN SINGAPORE IN THE PAST, BUT AS OF 2014 ONLY 930 FOOD COURTS, COFFEE SHOPS AND EATING HOUSES REMAIN, COMPARED TO A TOTAL OF 6,859 F&B ESTABLISHMENTS.

KOPITIAMS

A THING OF THE PAST?

BY SHARMAINE CHAN



THE KOPITIAM

For many of us, the kopitiam (Hokkien/Malay dialect for coffee shop) is seen as a part of our daily routine. At any given time of the day, weary eyed residents who need a buzz of energy flock to the nearest open-air kopitiam to get their dose of kopi gao (strong coffee) or teh siu dai (tea with less sugar).

Remember being served ta-bao (take away) kopi in condensed milk cans? Who would have ever thought of that? However, with Singapore having transitioned from a third world to a first and locals having greater and bigger ambitions other than taking after the family business, these once omnipresent safe havens for the sleep-deprived seem to be slowly coming to an end.

PAST AND PRESENT

In the earlier stages of its life, the kopitiam was a place of recuperation. Cheap food and drinks were sold to immigrant workers working in the area and for those in search of a place to relax and re-energise themselves by having a drink or a meal.

Soon after, it was only natural that the kopitiam became a social centre for immigrant workers to catch up on news and socialise in between shifts and after work. The variety of foods found at the kopitiam soon expanded – at almost every corner you would see a kopitiam boasting a variety of foods, from classic kaya toast with soft-boiled eggs to full-fledged meals such as chai png (economy rice) or ban mian (chinese noodles) for a mere dollar or two. Some kopitiams even started opening twenty-four hours a day, seven days a week. It was seen as a sanctuary for those who worked past midnight or in search of a bite in the wee hours of the morning.

However, the classic scene of a kopitiam's sole proprietor, donned in a white singlet and pants making coffee or sitting by the cash register reading the papers is now a thing of the past. Kheng Hoe Coffeeshop (now known as Killiney Kopitiam), the oldest Hainanese coffee shop in Singapore that opened in 1919, was bought over in



1992 and soon developed into a franchise in the local and overseas markets due to globalisation and modernisation.

Children of many kopitiam owners have been reluctant to take over their parents' businesses due to the long hours, poor wage, low status and physically demanding workload. In the process, several culinary skills and secret recipes have been either left at the hands of a stranger who has bought over the business or vanished completely due to the lack of apprentices. In addition, rising costs and competition have driven many to close their doors or to retire for good.

The appearance of global Western franchises such as Starbucks and Coffee Bean & Tea Leaf have resulted in fewer of the younger generation patronising their local coffee shops – these patrons often opt for trendier places with an assortment of (expensive) drinks and sandwiches instead. With newer and trendier cafes being opened by young entrepreneurs, the idea of the traditional kopitiam seems to be slowly phasing out of the F&B scene in Singapore.



STAYIN' ALIVE

In a bid to try to revive the dying tradition of the classic kopitiam, concepts such as kopitiam by day and bar by night have taken flight in places around Singapore, which encourages the spirit of the kopitiam to live on. Areas like Tiong Bahru has a number of these types of establishments.

Bigger establishments such as Ya Kun, Killiney Kopitiam and Nanyang Old Coffee have revamped their menu and infused a myriad of breakfast, lunch and dinner sets to encourage customers to patronise them.

BIGGER ESTABLISHMENTS OFFERING MORE TYPES OF FOOD



ADDING A CONTEMPORARY TWIST TO THE KOPITIAM



Newer establishments such as Café Colbar and Sinpopo have added a contemporary twist by maintaining an old school (read: hip) exterior with old-fashioned menu items. In addition, the reinvention of traditional dishes by combining contemporary and classic recipes have been taking over the F&B scene in Singapore, as can be seen in places like LePark. Those who wish to be transported back in time can visit places such as Tian Kee where the concept of a true kopitiam has been preserved, and rightly so.

Even with the evolution of the kopitiam there still exist several old-school breakfast joints such as Chin Mee Chin Confectionery and Seng Heng coffee shop; these places serve as a reminder of what it was like having coffee and toast by the roadside before starting the day.



WHAT'S NEXT?

Indulging in the culture of eating, drinking and socialising is probably Singapore's national pastime. Thus, the multicultural kopitiams in the heartlands continue to remain as the bedrock of local community and everyday life.

But with the dying culture and change of ownership every few years, what will remain of the classic kopitiam and its traditional dishes sold at affordable prices? From the closure of several kopitiams to the dying tradition of carrying on a family legacy, perhaps it is time we put a stop to labelling a career in this environment as a low status job and instead, embrace the culture our forefathers have introduced.

For us consumers, patronising these stores could mean that such places will still exist for the generation to come. If we continue to turn a blind eye to our heritage, Michelin star restaurants, over-priced brunch foods and branded coffees will take over cheap, good and traditional food, signalling the death knell for the kopitiams we've grown up with.

Diets are everywhere nowadays, with new ones popping up almost every month. To keep track of them, here's our Cheat Sheet on the latest range of diets out there.

The DASH diet is good for your heart



DIETARY APPROACHES TO STOP HYPERTENSION (DASH) DIET

While not a new concept, this one is gaining popularity because of how good it is for weight loss and overall health. Originally created to prevent and manage high blood pressure, its simple premise makes it a breeze to follow. It's all about eating healthy and not cutting out any major food groups, meaning what you can eat includes fruits and vegetables, low-fat dairy, nuts, whole grains, lean meats, chicken, and fish. Health benefits including lower blood pressure and cholesterol while reducing the risk of certain diseases such as diabetes.

FLEXITARIAN DIET

The name of this one comes from the joining of two words - flexible and vegetarian. The theory goes that you don't have to remove meat completely from your diet to get the health benefits of being a vegetarian - you can stick to veggies most of the time and eat meat when you feel the need. It's all about adding food groups, namely meat substitutes like tofu and lentils, fruits, veggies, whole grains and dairy. Basically you cut back on the meat and go heavy on the plants, so this diet is easy to follow as well as being healthy.



Eat your greens

PALEO DIET

Currently one of the most popular diets in the world, this diet is based on emulating what our hunter-gatherer ancestors used to eat. This means eating 'real', unprocessed foods like meat, fish, fruits and vegetables while avoiding all processed stuff such as sugar, soft drinks, grains and most dairy products. The reason is because even though our ancestors were genetically similar to us, they were free of the obesity,

diabetes and heart disease that plague us today, because they ate differently. Studies have shown that this diet is good for weight loss and improvements in one's general health.



Eat like our ancestors

INTERMITTENT FASTING

How this diet works is simple. You have a dedicated 'fasting window', where you consume little to no calories, and a 'feeding window', where you can eat. The reasoning is that when you are in a 'fasted' state, your body is more likely to burn your stores of fat for energy. Since this state does not occur until 8 to 12 hours after eating, you have to achieve it by 'fasting'. The easiest method of Intermittent Fasting to follow is Lean Gains, which requires you to fast for 16 hours and eat for the remaining 8 hours of the day. Most people start eating from noon and stop by 8pm.



THE 3-1-2-1 DIET

The basics of this diet involve a strict non-processed, low-carb diet for 3 days of the week and for days 4 and 7, you have your 'cheat' days when you can have a cake or drink a glass of wine! This apparently shocks your body and speeds up your metabolism. The main diet is half protein, and involves 'double-duty food combinations' - like vitamin C and monounsaturated fats which together lower cortisol levels and promote muscle growth, or fibre and healthy fats which keep blood-sugar levels stable. The plus point is that you have 'cheat' days to maintain a social life.



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THE HEALTH SCIENCE ISSUE



BY VINCENT TAN

THE MAIZE TO DATE: HIGH FRUCTOSE CORN SYRUP

High Fructose Corn Syrup is at the centre of a major food controversy, linking it to dire health issues like obesity, diabetes and heart disease that have risen sharply in the developed world.

What is this contentious syrup, you may ask?

High Fructose Corn Syrup, or HFCS by its moniker, is a sweet syrup made from corn. First, corn is processed into a syrup, which is almost entirely glucose – a sugar beneficial to the brain. Then enzymes are added to change the glucose into fructose, which is considered bad for your health, with the resulting HFCS being about 44%-55% fructose.

On its surface, HFCS is more versatile than table sugar. Being a liquid it is easier to transport, it is sweeter than sugar and being acidic, preserves food to a certain extent.

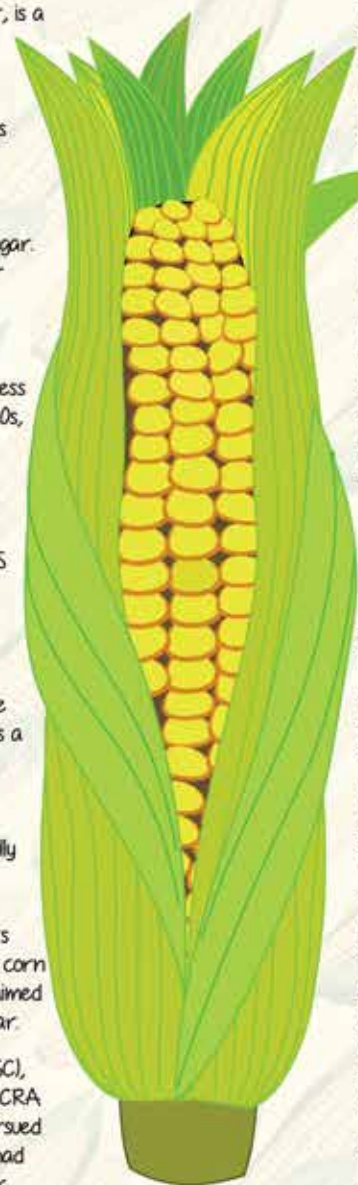
Due to its advantages (not least its relative cheapness in the US), the use of HFCS rose rapidly in the 1970s, and superseded table sugar as the sweetener of choice in myriad sweet products from baked goods and drinks to ice cream and yoghurt. In fact, if you pick up a processed food product made in the US, it has a more than 50% chance of having some HFCS in it.

Taking sugar to court

It is alleged by several studies that the broader use of HFCS as a sweetener in the American diet was a significant factor in the rise of obesity and heart diseases.

The health effects of HFCS were brought forcefully into the public consciousness when the sweetener appeared as a defendant in court. Due to negative reports of HFCS' health effects, the Corn Refiners Association (CRA), a trade association representing corn refining, put out a TV advertisement in which it claimed that corn syrup was basically the same as table sugar.

This incensed the Western Sugar Cooperative (WSC), a grower-owned beet sugar producer, which sued CRA for US\$1.1 billion over false advertising. CRA countersued for US\$530 million, saying the WSC's newsletter had falsely claimed corn syrup led to obesity and cancer.



The case started in 2011 and ended only in November 2015, when both WSC and CRA reached a settlement, the details of which remain "confidential". They both agreed publicly to "practices that encourage the safe and healthful use of their products, including moderation".

Now that the health concern over such an ubiquitous food additive has been brought to the public's attention, how can we as consumers weigh its truth? One way is to look at the scientific studies that support, or speak against it.

A sweet study

In 2010, a research group from Princeton University found rats that consumed HFCS showed worse health effects than those that consumed table sugar. They gained more weight, more fat around the belly and more triglycerides, a dangerous type of fat that circulates in the blood. These symptoms in humans signal an increased risk of high blood pressure, heart disease, cancer and diabetes.

More recently in 2014, University of Utah researchers exposed female mice to a similar experiment. They fed some mice a fructose-glucose diet (the sugars found in HFCS) and other females a sucrose diet. The female mice taking the fructose-glucose diet died at a rate 1.87 times higher than the females on the sucrose diet and gave birth to 26.4% less young.

While the results seem alarming, the caveat must be given, rodents remain rodents, and these results while troubling, are not directly applicable to human beings.

Then there were tests on the effect of fructose, a large component of HFCS, on the human body. For instance, a study by Dr. Kathleen Page, an expert on diabetes and obesity from the University of Southern California's Keck School of Medicine, showed that people who drank beverages containing pure fructose added, experienced more hunger than those who drank beverages with pure glucose added.

Subjects consuming pure fructose tended not to experience fullness and thus to eat more heavily – a behaviour that could result in obesity and diabetes.

While sugar, in general, is best taken in moderation, it's not that easy a task for many. Found in everything from sodas to salad dressing to granola bars due to its low cost when compared to other sweeteners, HFCS can be hard to avoid.

One also has to keep in mind that HFCS is not a natural product, and although studies so far cannot conclusively prove how bad it is for us, they have produced some worrying findings.



Sugar

KILLING US SLOWLY

TEXT BY JETHRO WEGENER

Everybody knows that too much sugar is considered bad for you. Parents tell their children how it'll rot their teeth, and it's said to make you fat, but did you know that the sweet stuff we love could also be considered toxic to us? Add to this the fact that recent studies have shown it to be as addictive as cocaine, and we have plenty of reasons to worry about what it's doing to us. What's most disturbing is that it's doing the damage slowly, so we may not even realise it until it's too late.

WHAT IT IS

Sugar is a carbohydrate that comes in a few different forms, from simple sugars like glucose, fructose, and galactose to more complex ones (sucrose, maltose, and lactose). While food such as fruits and milk contain naturally occurring sugars, it is also added to a large variety of other foodstuffs, like sodas and chocolates. It's this extra stuff that causes the problems.

HOW IT WORKS

When we eat sugar, it's either converted into energy, giving us a quick boost, or converted into fat and stored in our livers. The latter is more likely, but the worrying thing is that our bodies have an almost unlimited storage capacity for fat.

As the sugar hits the bloodstream, insulin is released to regulate its levels and help store it in the liver or give it to the muscles for energy. However, if we ingest too much, our body struggles to compensate and

releases too much insulin, resulting in low blood sugar levels. This leads to us wanting more, resulting to a vicious cycle that is hard to break.

It also activates the opiate receptors in our brains the way illegal drugs such as cocaine does, releasing large amounts of dopamine to result in a pleasurable 'high'. The more we eat, the less potent this effect becomes, leading to us needing a greater amount to get the same 'high'. Before we know it, we're addicted.

WHAT HAS IT?

So what foods contain sugar? There are the usual suspects – like soda, sweets and desserts – but it's in many more types of food, some that may even surprise you.

For example, foods generally considered 'healthy' can contain a lot of hidden sugar. One cup of Flavoured yoghurt can contain 19g of sugar, while fresh juices (apple, orange, etc) contain about 40g of sugar. That's equivalent to a can of Coke, although it's less than a Starbucks Caramel Frappuccino (64g). The list goes on, with canned soup (20g), fat-free salad dressing (42g) and chilli sauce (22g).



SUGAR VS ALCOHOL

Given that sugar has the same impacts as alcohol – pervasiveness, toxicity, potential for abuse and a demonstrable impact on society – a study published in Nature argues that regulation is appropriate. This also means that if you're a sweet cocktail drinker, you've got the worst of both worlds.



HOW IT KILLS US

If the body keeps getting overloaded with added sugars and insulin keeps getting released, something called 'insulin resistance' can occur. This means that we still produce insulin but are unable to use it to effectively control sugar levels, so it starts to build up in the blood. Too much build up leads to diabetes, a condition that can result in blood vessel and nerve damage.

Another consequence of excess sugar is non-alcoholic fatty liver disease whereby all the sugar that is converted to fat and stored in the liver builds up to unhealthy levels. In an organ that's supposed to have little to no fat, this surplus can shut it down completely.

Studies also point that going overboard with sugar can damage our cells and increase the risk of cancer. Sustained high levels of it in our blood streams, such as those found in diabetics, cause this damage and boosts the action of the gene implicated in cancer development – a protein called β -catenin which is linked to the growth of cancer with its ability to make cells immortal.



Sugar is not actually bad for us. Our bodies need sugar to survive: cells use it to reproduce and we need it for energy. The problems begin when we take it in excess. It is recommended that men keep their added sugar consumption below 375g a day and women below 25g.

So, in order to keep below this, one should consider a diet of whole, unprocessed foods because most of the added sugar comes from the processed stuff. With the sheer number of foodstuffs containing sugar out there, it might be difficult, but it is by no means impossible.

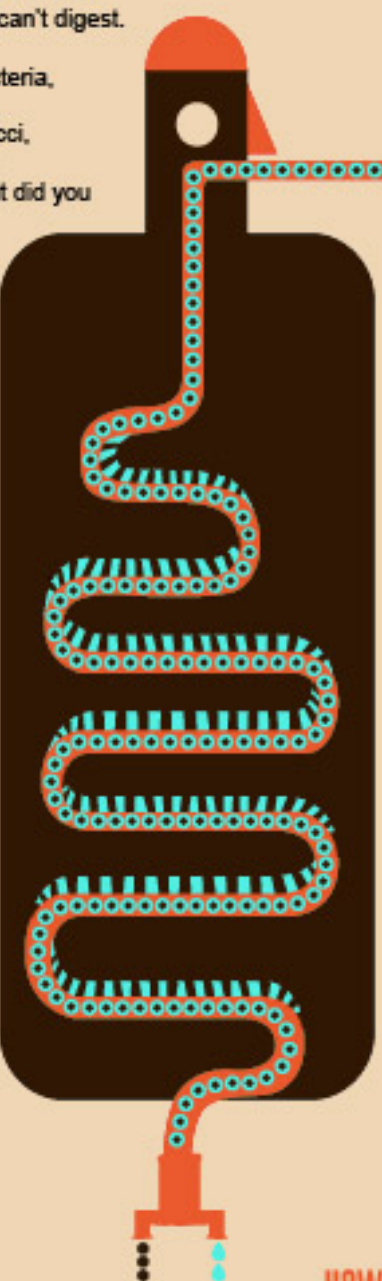
YOU ARE WHAT YOU EAT

FAST FACTS ON GUT MICROBIOTA

Text by Nina Gan

Also known as gut flora or gut bacteria, they're the friendly bacteria that live in our intestines to help digest certain foods that the stomach and small intestine can't digest.

Main members include Bifidobacteria, Lactobacteria, Propionobacteria, Peptostreptococci and Enterococci, collectively known as probiotics. You may have heard of them, but did you know that they do a lot more than digest your food?



Gut bacteria starts growing when we're born, and are fully developed by

AGE 3

Over time, it changes according to our diets and other habits.

2/3

Gut Microbiota are **UNIQUE** to each person

Most People

SHARE 1/3

Gut Microbiota

Each person has tens of trillions of these **MICRO ORGANISMS** which can weigh up to

2KG

83%

of our **immunity** is formed by a healthy and balanced gut

WHAT DOES GUT FLORA DO

It's our immune system, performing as a barrier from invaders like other bacteria, parasites, fungi, viruses, toxins, etc that are present in stuff we ingest.



Aids the production of vitamins like

B & K

Produce substances that break down proteins, carbohydrates, fibre and fats consumed, as well as transport vitamins, minerals and other nutrients through our bloodstream.

Influence how our bodies store fat and respond to our hormones that make us feel full or hungry, so it can influence obesity levels. It also affects our blood sugar levels that relate to diabetes.



WHAT IS BAD FOR YOUR GUT

Antibiotics and penicillin can destroy gut bacteria, which will need 4-8 weeks to regenerate.



Too much milk and red meat can cause imbalance in gut flora.



Too much sugar products and processed carbohydrates can damage gut flora by promoting the population of worms and other parasites.



EFFECTS OF BAD GUT HEALTH

The imbalance of gut microbiota is called dysbiosis, which can lead to conditions including:

- diseases and illnesses (even common cold), when bacteria or viruses invade our bodies
- allergies (like asthma or hay fever) and autoimmune diseases (like MS)
- bowel disorders like chronic diarrhea and chronic constipation which can be fatal



HOW TO HAVE A HEALTHY GUT

Prebiotics and probiotics are beneficial to promote and restore gut flora. These include:

- probiotic fermented foods like yoghurt, miso and kimchi
- prebiotic foods high in soluble fibre, like flax and chia seeds, beans, oats and bran
- raw vegetables like lettuce and spinach

TRIVIA



Elvis Presley died from constipation, attributed to his poor diet of bacon, peanut butter and banana sandwiches.

People with severe bacteria-related chronic diarrhea are either treated with fecal transplant (a fresh donation of someone else's poop via colonoscopy) or by swallowing frozen poop pills (made from someone else's poop).



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BY JETHRO WEGENER



Obesity is becoming an epidemic. According to the

World Health Organisation (WHO), over 1.4 billion people in the world today are overweight, and of that, over 600 million are obese. It is the leading cause of preventable deaths in the world at the moment. Diabetes, heart disease, high blood pressure and even cancer can all be attributed to it. And it's not just western countries like the USA or UK that have this problem - Singapore does as well.

A 2010 National Health Survey revealed that almost 11% of Singaporeans were obese, and that number is rising by a rate of about 1% a year. So if that annual percentage increase has been consistent, just since 2010, the percentage is now 16%.

WHAT IS OBESITY?

Obesity happens when a person has too much body fat, so much so that it affects their health. The easiest, and perhaps least accurate way, to determine it is to measure your body mass index (BMI) by dividing your weight (in kg) by the square of your height (in meters). Folks with BMIs over 30 are generally considered obese.

The most reliable way to tell is to measure your body fat percentage, although measuring it can be difficult if you don't have callipers. Fat is actually essential for us to survive, but not too much. The healthy range for men is 14-17% and 21-24% for women. Anything over 25% for men and 31% for women means they are obese.

CAUSES OF OBESITY

Several factors can contribute to a person becoming obese. Some people are genetically predisposed; someone with a family history of obesity are 2-8 times more likely to be obese than someone without.

The most common cause of obesity is poor diet. Everything from overeating to a diet high in simple carbohydrates (like sugar) can contribute to excess weight gain. However, many factors can lead to a poor diet. For example, some people overeat when they're coping with negative emotions like depression or body image issues. Others are simply addicted to food - according to research, certain foods

high in fat, sugar, and salt are addictive, causing some to overeat if they can't control their impulses. In the end, it all comes down to calorie consumption. Everyone has a recommended calorie intake - generally 2,200 for men and 1,800 for women. Not surprisingly, going over this limit while leading a sedentary lifestyle can lead to obesity.

PROBLEMS CAUSED BY OBESITY

Being obese isn't a purely cosmetic issue. There are several very serious diseases and health issues related to it. One of the most common is heart disease. As your body fat percentage rises, your arteries start to get clogged up with fat. Too much of it and the arteries can no longer supply blood to the heart, leading to a heart attack - one of the leading causes of death in Singapore.

Another problem is type 2 diabetes, especially if one carries extra pounds around the middle. In type 2, the body's cells don't produce insulin correctly, causing sugar to build up in the blood. Having this disease - which affects kids, teens and adults alike - puts you at risk of stroke, kidney disease and blindness.

PREVENTION

Governments have finally started to take notice of this epidemic, with obesity officially declared a disease by the American Medical Association in 2013. The Health Promotion Board is now working to encourage people to eat healthy and exercise regularly, with initiatives like the 10,000 Steps and the One Million KG Challenge.

Preventing obesity is not always as simple as diet and exercise. Scientists are also conducting ongoing research into obesity; they now know how the obesity gene works when it's faulty, a key step to eradicating this illness. Other areas of study include analysing risk factors, chronic disease, psychosocial factors, as well as nutrition.

While Singapore is still well behind countries like the US, which has an almost 70% obesity rate, we are way ahead of places like Japan (3.6%). Obesity is fast becoming a global issue, as hospitals around the world are seeing a rise in obesity-related illnesses. For most people, obesity is preventable and reversible - it's all a matter of education and control.

TEXT BY TINA GAN

THE LIST

KNOW YOUR MEDICINE CABINET

ANALGESICS (AKA PAINKILLERS)

Analgesics are used to help reduce pain, fever and inflammation.

There are 2 types: acetaminophen and NSAIDs (non-steroidal anti-inflammatory drugs). Acetaminophen relieves fever, headaches, and other common aches and pains except inflammation, and has fewer side effects, therefore it's available over the counter. NSAIDs like ibuprofen and aspirin (which is also a blood thinner) have the extra effect of reducing inflammation, including muscle sprains. Not recommended for folks with stomach problems, it's only available via pharmacists in Singapore.

USED FOR: headaches, fever, aches, inflammation (for NSAIDs)

EXAMPLES: Panadol, Tylenol (Acetaminophen); Nurofen, Cardiprin (NSAIDs)



ANTACIDS

Antacids give relief from heartburn, indigestion or gastric pain - the burning sensation between your ribs caused by an imbalance of stomach acids - by neutralising the acids with its alkaline base. A few types of antacid include sodium bicarbonate (which fizzes and gives instant relief) and calcium carbonate (which gives longer relief and provides calcium), as well as magnesium hydroxide (milk of magnesia) which is fast-acting but can be laxative. Antacids come in gel, tablet, and powder (to be dissolved) form and can be bought over the counter.

USED FOR: heartburn, indigestion, GERD, gastric pain

EXAMPLES: Alka-Seltzer, Gaviscon, Milk of Magnesia



ANTI-HISTAMINES

Allergic reactions like constant sneezing, runny nose, teary eyes or rash - which are caused by the body's production of histamines to protect the body against

These days, there are pills for every imaginable ailment - headaches, gastric attacks, or diarrhea? Just pop that pill. But before you ingest any of these pharmaceutical drugs, be sure to consult with your doctor if you have any health problems. Most of these are available without a doctor's prescription in Singapore, although most require a pharmacist present.

are exposed to pathogens they're allergic to (ie. pollen, dust mites, insect bites). Antihistamines (ie. loratadine) can block histamines, so it relieves symptoms like hay fever and food allergies, but it doesn't cure the problem. Antihistamine tablets, nasal sprays, or eye drops are only available via pharmacists.

USED FOR: hay fever, allergies

EXAMPLES: Zyrtec, Clarityne



ANTI-DIARRHEAL

There are two very different ways to approach diarrhea: antimotility pills (ie. loperamide) or activated charcoal. The former reduces the number of times you need to go to the toilet by slowing down the pace of fluids going through the bowel, therefore resulting in firmer stools. The latter binds to toxins you ingested and is highly effective for reducing flatulence (excess gas). Both are available via pharmacists. Usually no treatment is required with diarrhea - just drink plenty of fluids and stock up on probiotics.

USED FOR: acute diarrhea, traveller's diarrhea, bloating, IBS

EXAMPLES: Imodium (loperamide), Ultracarbon (activated charcoal)



ANTIEMETICS

Antiemetics are drugs used to control nausea and vomiting, and ones you can purchase at pharmacies (like dimenhydrinate and domperidone) are usually used to control mild nausea. Dimenhydrinate treats nausea, vomiting and dizziness due to motion sickness by preventing problems with body balance (meaning it also works for ear problems), while domperidone - also used for digestive problems like gastritis - works by moving the food in your stomach through your digestive system more quickly to relieve nausea and bloating.

USED FOR: nausea, vomiting, bloating, dizziness

EXAMPLE: Motilium (domperidone), Dramamine (dimenhydrinate)



• while these can be bought at pharmacies, you can also get them from your doctor.

HUNGRY + ANGRY = HANGRY

by Rin Yeo

Coined a good 10 years ago, 'hangry' is a phenomenon that occurs especially when one gets hungry - they get angry too. We tend to be the meanest towards those closest to us, and in a study in 2014, it was proven that couples stuck more needles into a voodoo doll of their spouses when they get hangry. Just how does 'hangry' occur, and what leads to it?

PHYSIOLOGY OF HANGER



The human body is powered by what we eat - From the carbohydrates to the proteins and even fats that we ingest. Broken down into simpler forms such as glucose, these nutrients pass into the bloodstream and is then sent to the body's tissues and organs for energy.

The nutrient level will drop beginning from the end of our last meal, so the stomach signals that you are hungry and would need food soon. Should you ignore it, and if the blood-glucose level falls far, the brain - the sole organ in the human body which is dependent on glucose to function - may view this as a life-threatening situation.



When that happens, even the simplest task may become challenging, including your attention, speech and even vision. You might even find yourself becoming agitated and irritable, all because you are unable to concentrate.

When your brain views the drop in glucose as a life-threatening situation, signals are sent to produce hormones to increase adrenaline for a fight-or-flight response. Hence, when someone approaches you when you're in the hangry state of mind, your body may see that as a threat, so you might be aggressive to them.



HANGER LEVELS

So why do some people seem hangrier than others?

Essentially hunger and anger are controlled by a common gene released by the brain, called Neuropeptide Y, when you are hungry, so that you would take action to eat. However, the amount of these genes released is highly dependent on the individual - some folks have more of these in their cerebrospinal fluid than others, which affects the level of anger that they project.



HANGRY!!

FOODS TO CURB HANGER

Nutrient-rich and natural foods are the best options to satisfy hunger - For instance, baked nuts, seeds, and fruits such as bananas which are high in glucose.

While you may crave for snacks and sugary stuff, these would not only give you extra pounds added onto your weight, but also cause your blood-glucose to fluctuate between the two extreme ends fast. In general, it is always best to have small amounts of healthy snacks to prevent hanger from happening.



The life and times of Ah Boon



Remember Ah Boon? Our loveable mascot who's been looking for a friend and a story to tell? Well, thanks to all you creative folks out there, his wishes have been fulfilled!

Let us take you on a journey of Ah Boon...

AH BOON FOUND A FRIEND!



Hi, I'm Bah-Boon!

Bah-Boon is a day-dreamer, creative and an adventurous friend of Ah-Boon. He's a great travel companion. You can imagine Bah-Boon and Ah-Boon ride a trishaw together, go to outer space wearing spacesuit, solve a case, or even do a crazy experiments at the science lab! Just be careful, he can be troublesome!

Bah-Boon is the winner of our Buddy for Ah Boon contest, submitted online by Stefany. Our Honorable Mention prizes go to Joshua Choo for MechaBoon and Yu Zhong for Ah Girl! Winners for this category got Chameleon pens as prizes!

AH BOON MADE A STORY

From our online entries, Savannah Logsdon's single-panel comic depicting Ah Boon as a loveable loser was our winner for the challenge. Her prize was a Wacom Intuos Pen & Touch tablet!

After we found him a friend (or two), it was time for Ah Boon to have his own story. So our Single-Panel Ah Boon Comic Challenge came about, depicting our dear Ah Boon as a loveable loser.

The caption for this 1-panel comic:

Ah Boon learns the hard way you can't actually fight fire with fire.



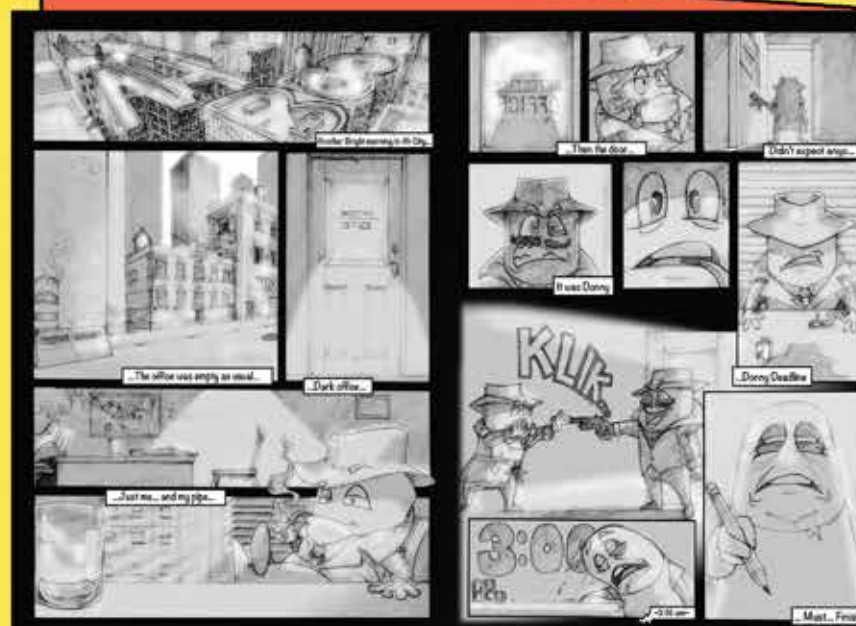
AH BOON IS IN A COMIC!

For the finale, we partnered with LASALLE College of the Art's Animation department during their 24-Hour Comic Marathon to come up with a 2-page comic featuring Ah Boon. Of the many worthy entries, 2 victors emerged:

Fan Favourite with 335 votes:
Alexander Matla

His prize is a Wacom Intuos Professional Pen & Touch tablet Special Edition!

Grand Winner:
Mirza Jaafar's
"The Birth of Ah Boon"
(flip to the next page)



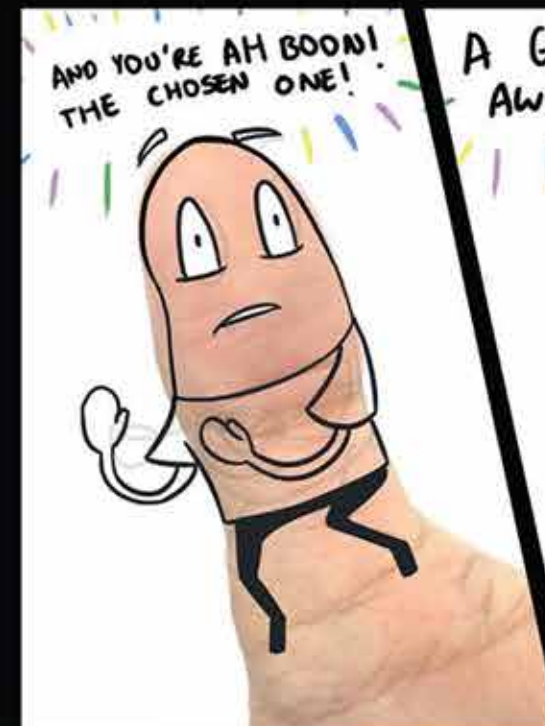
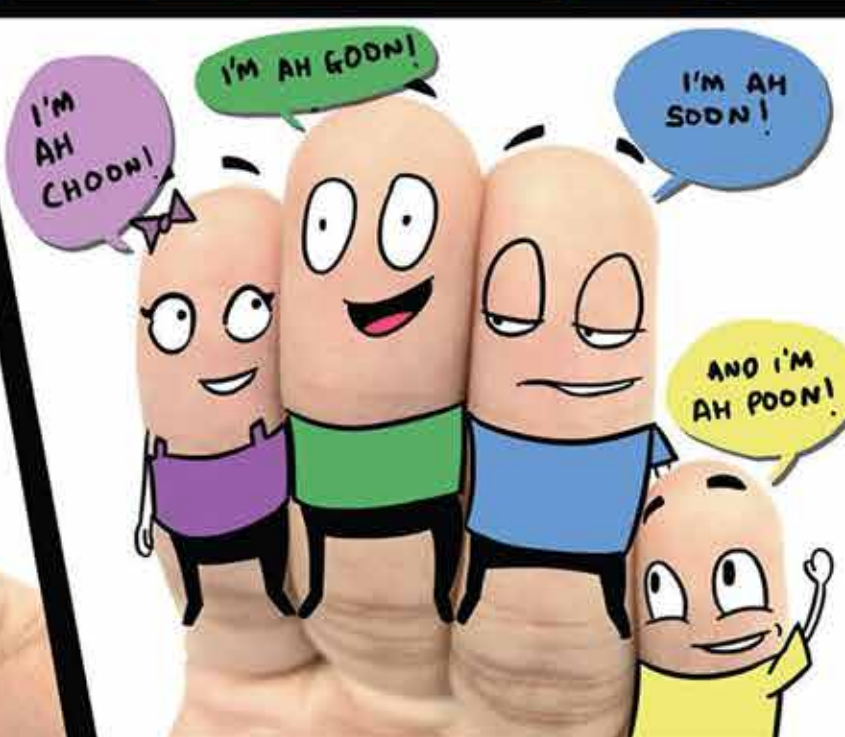
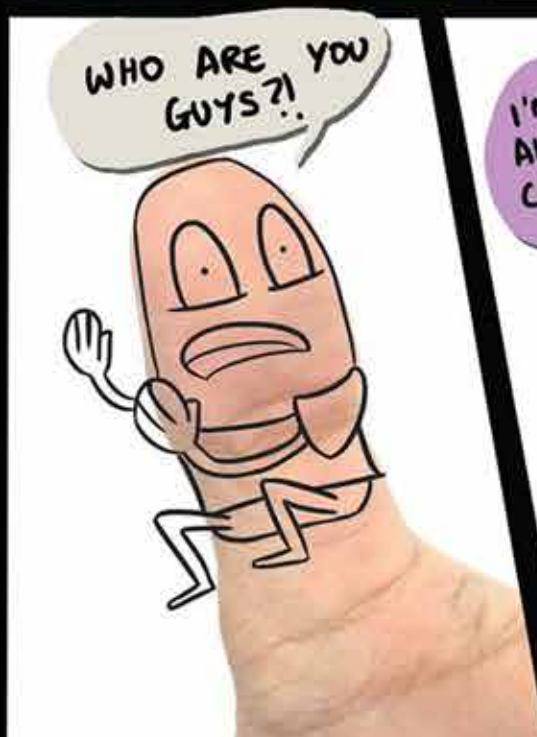
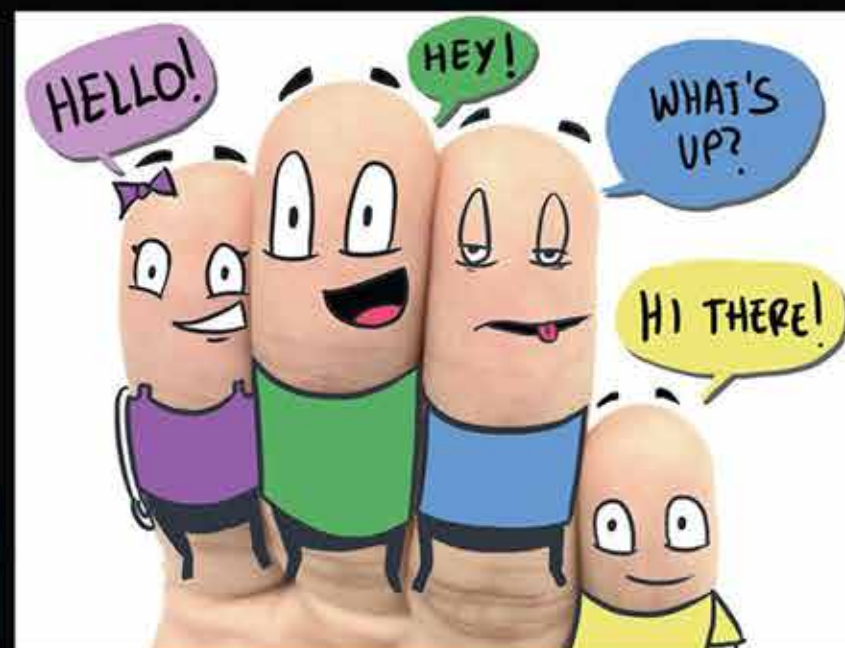
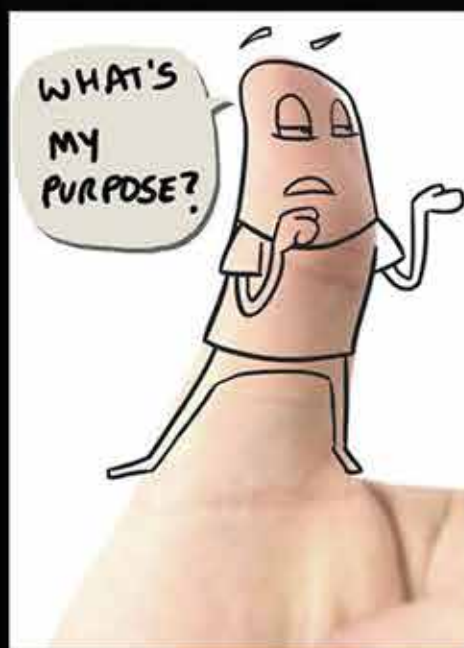
Special Thanks:



Grand Winner gets a trip for 2 to Tokyo!



THE BIRTH OF AH BOON





Beer is typically considered an 'unsophisticated' drink that is unrefined and mass-produced, while other types of alcohol – such as wine and whiskey – are thought of as 'classier' alternatives. However, with the rise of craft beer, the beverage is starting to get its sense of character back.

Talk by Jethro Wegener

WHAT IS CRAFT BEER?

The definition of 'craft' beer implies that it is an art, and produced in small scale by independent brewers (however, large breweries are also getting in on the action). This means one brewery's offerings taste distinctly different from another – by using different grains, amount of hops or yeast, craft brewers are especially open to experimentation. You may find ingredients like honey, vanilla, coffee, or blueberries in a craft beer, giving the stuff more character and depth, with a greater selection of flavours, from light and fruity to dark and earthy.



CONCLUSION

In Singapore, quite a few bars are dedicated to serving a whole host of different brews, including Jibiru (for Japanese offerings), Smith Street Taps and The Great Beer Experiment. There are even a couple of microbreweries, such as Reddot Brewhouse, 1925, and Level 33. Or you can order online via Thirsty.

A BRIEF HISTORY OF BEER

Early beer was unfiltered, with a somewhat cloudy appearance due to residues. It was the Catholic Church – whose communities were funded by profits off their breweries – that developed the beer-making methods we know today.

Germany first introduced the Beer Purity Law in 1516 which stated that beer must consist of a set of basic ingredients: water, hops, malted barley and wheat. Over time, automatic bottling, refrigeration and improved transport made it easier to distribute beer to the masses.

During WWII, rationing led to the production of lighter beers, as companies had to find substitutes for things like wheat. Rice and corn were used, and this lighter version was found to travel better and have a longer shelf life, so beers like Budweiser, Carlsberg and Tiger became the standard. It became harder and harder for people to find a good brew with taste and depth.



KNOW YOUR BREW

There are many types of craft beer, here's just some of them:

PALE ALE AND TORIAN PALE ALE (IPA)

Ales are not only the most common type of craft beer, they are also the oldest. With a stronger, almost forceful taste compared to lagers, they are usually served unchilled. There's usually a fruity or floral note to them and a distinct bitter aftertaste.

Examples: AleSmith IPA, Anchor IPA, Black Market Deception, Fulton Lonely Blonde



WITB

Made of a mix of wheat and malt, this is a light, refreshing type of beer that's easy to drink. The German version (Weissbier) typically has a faint aroma of bananas, while the Belgian version (witbier) has added citrus and coriander.

Examples: HKBO White Pearl, Lost Coast Great White, Pyramid Hefeweizen

LAGERS

Lagers usually take a longer time to brew due to the colder temperatures needed for bottom fermentation, which can take weeks to finish. This results in a crisp, smooth, and more mellow taste than ales.

Examples: Anchor California Lager, Sierra Nevada Nectar, Maui Kihei Kolsch



PORTERS AND STOUTS

These dark, rich beers are thick and creamy, usually with a smoky taste (due to the roasting of the malts). These days, both porters and stouts are flavoured, most commonly with chocolate, black coffee, or even molasses.

Examples: Young's Double Chocolate Stout, Knee Deep Vanilla Porter, Flying Dog Gonzo

By Jethro Wegener

ASIAN Hangover Cures

A cure for a hangover is like the Holy Grail – people have been searching for centuries, but have yet to find it. However, there are a lot of 'cures' out there. Different cultures have various methods, so here are some of Asia's remedies.

Mongolia

The weirdest one on the list is the 'Mongolian Mary'. Mongolians believe that this beverage will cure you of your party ailments and it is made from tomato juice and – wait for it – pickled sheep's eyes. While the juice will help boost your glucose levels and hydrate you, there is no scientific explanation for the eyeballs.



China

A popular remedy is a hot bowl of congee; you can add whatever you want to it, including eggs, veggies or meat. Long considered a good food for anyone who's sick, it's also used for hangovers as well. Since the dish actually helps hydrate and nourish your body, there is evidence to support that it could alleviate your symptoms.



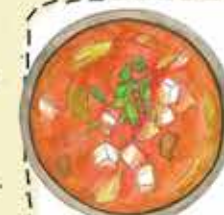
India

In India, coconut water is considered a good way to stave off the effects. Coconut water is full of nutrients and potassium so it helps to replenish the lost electrolytes in the body, making it a great way to rehydrate yourself.



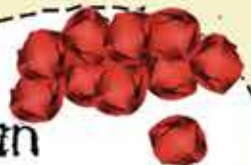
South Korea

Many years of hard drinking have led the South Koreans to make haejangguk (or 'stew to cure a hangover'). Multiple versions exist, but it's usually made with a beef broth base, cabbage, bean sprouts, radish, egg and ox blood. It's a thick, hearty stew that helps soothe an upset stomach and provide much needed nutrients for the body.



Japan

One of the oldest remedies is the umeboshi – a Japanese plum that has been pickled for months (or even years) until it's about the sourest thing you'll ever encounter; people sometimes soak it in green tea to make it slightly more appetising. The logic here is that it helps raise the pH levels of the stomach and thereby calm your nausea and ease tummy pain.



Science of Hangover

For those who do drink, you should know the usual symptoms: headache, diarrhoea, nausea, fatigue, anxiety, trembling and a general longing for death. Even though hangovers have plagued mankind since alcohol's invention, scientists don't know exactly what causes them. However, there are multiple theories.

The most common explanation is dehydration. Because alcohol acts as a mild diuretic, it causes you to pee more, and since most people aren't replacing those lost fluids, they get dehydrated quickly. However, there is no scientific evidence that being dehydrated causes a hangover, although it does account for some of the symptoms like headaches and dizziness, among other things.



The most popular explanation among scientists is that by drinking, we poison ourselves. When our bodies metabolise alcohol, the liver produces a toxic substance called acetaldehyde. When we drink too much, this chemical builds up. Studies have shown that acetaldehyde can cause sweating, skin flushing, nausea and vomiting.

These days, there is a glut of over-the-counter 'hangover remedies', which include everything from prickly pear extract pills and turmeric extract drinks that you take before an alcohol binge, to aspirin/caffeine tablets for the morning after. But according to the latest study into hangover, the only surefire way to prevent a hangover is to limit your alcohol intake in the first place.

THE REAL PRICE OF MEAT

What's the state of our food supply?

Have you ever wondered how you can get a beef burger for under \$6, or a plate of chicken rice for a mere \$3.50? If you love meat like many of us, you may be surprised to learn about the processes that a piece of meat goes through in the current age of industrialised farming.

WHAT IS INDUSTRIALISED FARMING



Farming, in common knowledge, is a process of converting protein from what humans can't eat (ie. grass) into something we can (ie. steak). However, in the age of industrial farming, all this has changed drastically.

ALL ABOUT THE PRICE

The idea of factory farming came about post WWII, when the most pressing agenda was to feed the hungry masses. An industrial revolution arrived in the form of mass farming and genetically-modified crops in order to make as much food as possible for the lowest cost.

Over time, this altruistic idea of feeding every human on earth shifted to commercialism, and now you have huge conglomerates – like Tyson Foods, JBS and Smithfield Foods – monopolising the world's meat sources. By having huge swathes of farmland, the economy of scale kicks in, which drives operating costs low – hence the cheaper meat. But what are the consequences?

THE STATE OF FARMS

You'd be forgiven for imagining a farm with rolling hills and cows grazing in the meadow. In countries like the US, UK and China, traditional farming until the early 20th century was all about rotating the crops and animals, making the most of the arable land.

These days, that image is fast becoming fantasy, as small-scale family farms are slowly being driven out by corporate farms or converted to 'contract farming' where they basically produce meat for a larger company, as is happening in the US and India. While this may seem like a win-win situation, these farms are not what you'd imagine.

In modern farming, fields of grazing animals are replaced with tin factories where all the livestock – tens of thousands of them – are kept 24 hours a day. The fact that these animals are often genetically-bred to withstand such conditions is another story altogether.

This close confinement of that many animals – be they chickens or cows or pigs – often pose sanitation and health problems, hence the emergence, and often overuse, of antibiotics. These drugs are usually administered for disease

management as well as to encourage growth spurts – because animals living in those conditions can't grow to supermarket-size naturally. While antibiotics for livestock represent 80% of antibiotics produced in the US in 2011, thankfully some countries in Europe have banned the use of it for growth hormones in 2006.

Livestock farms are notorious for their methane emissions, but what is often overlooked is the physical effluence discharged. Where do the tons of biowaste go? Ask any local living near these farms, from China to the US, and the answer is: the local water system.

Folks living near these farms are hit with a double whammy: they don't often get employed at these mega-farms (which are mostly mechanised), and they're affected by contaminated water, if not the stench of thousands of animals and their associated insect parasites. Hydrogen sulphide, a common waste product, would often pervade nearby households, causing nausea and dizziness.

CHANGE IN FOOD CHAIN

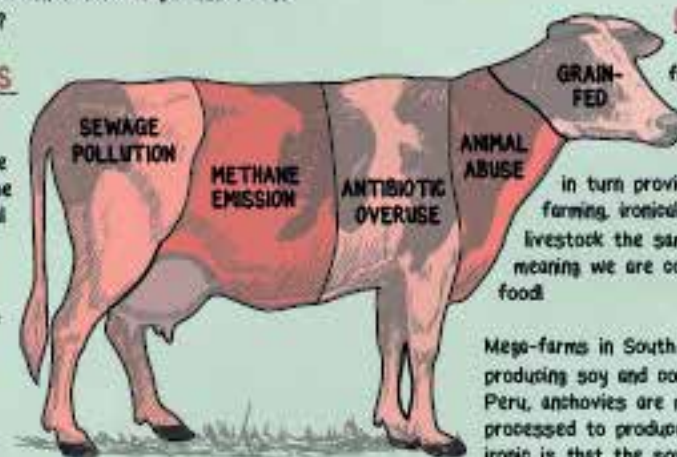
The normal food chain for a farm should be simple: animals eat grass and other biodegradables not consumable by humans, and in turn provide us with protein. Factory farming, ironically, finds it cheaper to feed livestock the same type of food as humans – meaning we are competing with livestock for food.

Mega-farms in South America and the US are now producing soy and corn specifically for livestock. In Peru, anchovies are massively overfished and then processed to produce fishmeal for feed. More ironic is that the soy from places like Brazil or fishmeal from Peru get shipped halfway around the world to Europe and China where they're fed to cows.

Farming and fishing for livestock not only take away a viable food source for humans, they also add to carbon emissions and destroy the environment by converting virgin rainforests into plantations, or polluting the seas with dredge from processing plants.

WHERE TO GO FROM HERE

As a consumer, there are still options if you care about where your food comes from. Opt for organic beef, or cage-free eggs wherever you can, or cut your consumption of meat – for example, you can join the 'Meatless Monday' movement.



FOOD OR FUEL

by Cheryl Tan Kay Yin

Agriculture for Biofuels



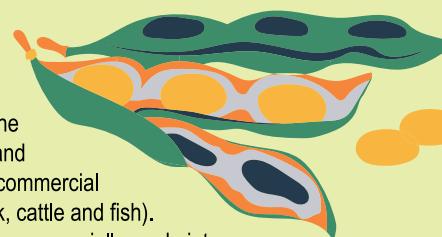
Biofuels. The hip and trendy word being thrown around by scientists, economists and politicians and hailed as an environmentally friendly alternative to fossil fuels. But are we really helping to cut down carbon emissions or are we merely eating into our global food crop production and contributing to world hunger and poverty?

We take a brief look at soybean and palm oil – 2 major biodiesel sources that account for 33% and 27% of the world's production of vegetable oils respectively, and discuss their benefits and downsides.

SOY: Fuelling humans... and cars?

We are familiar with soy in the form of tofu and soybean milk – basically, foods we consume directly. However, this only forms a minor proportion of what global soy crops become.

In fact, most of the world's soy crop ends up as soybean meal as the main animal feed and protein source for commercial farms (poultry, pork, cattle and fish). Soybean oil is also commercially made into biodiesel and jet fuel, thanks to its ease of extraction. However, even though it's carbon neutral – growing soybeans also consumes CO₂ – farming soy-based biodiesel is land-intensive compared to corn, another biofuel source, taking five times more land to produce the equivalent of biofuel energy.



Unfortunately, the expansion of soy plantations to feed the world's growing demand for meat and biofuel contributes to deforestation and the loss of valuable ecosystems in Latin America and Asia. Large plots of pristine forests have to be cleared for plantations, which means taking away many traditionally-owned lands that not only leave native tribes homeless, but in doing so remove biodiversity and destroy fragile ecosystems.

In addition, setting aside crops for biofuel production means cutting down the crop's availability for human consumption.

There is a need for a fine balance between allocating resources for biofuel production, livestock feed production and for human consumption. The amount of energy put into soybean crop production for instance, is greater than the overall output we get from harvesting it as biofuel. Whether this makes economic sense or if it exacerbates the world's hunger issue is one we should consider.

Likewise, although palm oil biodiesel is a cheap alternative to fossil fuel, we need to consider if CO₂ emissions produced from peatland clearing can be compensated with the burning of palm oil biofuel. The question that needs to be answered is not so much if biofuels are good or bad but whether effective technology, policies and cultivation practices can justify the social, environmental and economic costs that come with increasing biofuel production using agricultural crops.

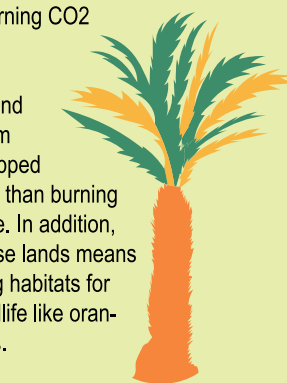
PALM OIL: Environmental friend or foe?



Just as with soy plantations, increasing the production of palm oil means large plots of land in Malaysia and Indonesia are cleared for palm oil plantations which combined, produce 85% of the world's palm oil. In Sumatra and Borneo, some 4 million hectares of forest have been converted to palm farms, with millions more planned for Malaysia and Indonesia.

In theory, palm oil biofuel is regarded as carbon neutral, as the carbon dioxide released is merely returning CO₂ absorbed by palm plantations.

However, the destruction of peatland and rainforests for the development of palm plantations releases more trapped CO₂ into the atmosphere than burning biofuels can save. In addition, clearing these lands means destroying habitats for rare wildlife like orangutans.



As global demand for palm oil continues to increase, tropical forests across Southeast Asia, Africa and Latin America are likely to be converted into large-scale palm oil plantations which in turn contributes to global warming. The scale and destruction of the recent Indonesian haze proves just how bad the situation has become.

CONCLUSION

by Rin Yeo & Nina Han

FOREIGN INVASION

Influx of International Food



Japanese

Japanese food goes beyond just sushi and sashimi – you can now find ten-don (mixed tempura on rice), ramen, and matcha-flavoured food wherever you go. There are even segments of malls (like Millennia Walk and Liang Court) dedicated to Japanese cuisine. Most of these restaurants are even run – and patrons served – by Japanese living in Singapore.

In fact, in the short span of about 5 years, there are now as many as 20 different ramen restaurant brands here in Singapore. Other Japanese food categories that are gaining traction here include izakayas, where sake and beer are served alongside sharing dishes like grilled seafood, as well as Japanese chain cafes that serve Japan-roasted coffee. To date, 5 major Japanese cafe brands have set up shop here.

Then there's a profusion of sake bars (and restaurants serving premium sake) in addition to omakase restaurants where Japanese chefs create everything from affordable to extravagant courses.

In 2008, there were only 180 found here in Singapore. To date, the figure stands at well over 1,000.

From tapas to pizza, and ramen to Korean Fried Chicken (KFC), Singapore has seen an influx of foreign foods such as these taking root here in Singapore, two of which are gaining more prominence in our F&B industry – namely the Japanese and Korean wave. Here are some facts about the rise of these food trends:

Korean

Another rising star is Korean food. Beginning with a collection of Korean BBQ restaurants that line Tanjong Pagar Road (these days you can spot at least 10 different brands along this 1km stretch), Korean cuisine has now spread all over the island.

From Korean ginseng stew to bibimbap, their range of cuisine has extended to unique takes on common foods, like Korean fried chicken. Just in 2015, more than 10 different establishments have set up to serve this ubiquitous dish. Their inventiveness also extends to churros – it may be a Spanish invention but the Koreans have branded it their own; up to 2 churros brands are due to open by the end of 2015.

Then there is the rise of bingsu – it seems Singaporeans can't get enough of this frozen ice dessert, as there's no less than 17 places serving the stuff. In fact, a mere search online would also reveal more than 300 various Korean restaurants here in Singapore – each with a sizeable following.



Other food trends

What about Western food? In addition to Italian pizza joints, several other food trends have emerged – including Louisiana seafood and Spanish tapas.

To date, there are 7 different restaurants offering just Louisiana seafood boil, which probably goes to show how much Singaporeans love their seafood and crabs in particular. Spanish tapas bars are also on the rise, with more than a dozen high end restaurants offering these petite morsels.

While the numbers are small, celebrity chef-helmed restaurants – like Jamie's Italian and Bread Street Kitchen – will be set to increase thanks to the introduction of Singapore's first Michelin Guide which is due out next year. Already, there are at least 10 other celebrity chefs who have set up shop around Resorts World Sentosa and Marina Bay Sands.

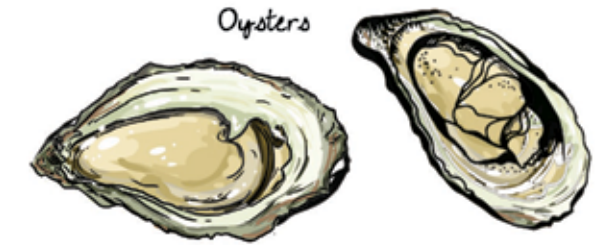


With all these restaurants popping up, it's ironic that the latest Statistics Singapore on the F&B industry shows that the total sales for restaurants and cafes is down this year. The only segment of F&B that's rising fast? Fast food.

Text by Rin Yeo

THE LUXURY EFFECT

Impact of Expensive Foods



Oysters, truffles, caviar... these delicacies are common menu items that you can find in high-end restaurants. These days, they're also available at supermarkets or your average cafe. However, as demand for these increases, what are the environmental or socioeconomic impacts?

POOR MAN'S MEAL

A majority of luxury foods today were once consumed by the poor as part of a staple fare simply because there was an abundance of them.



A couple of centuries earlier, you could get caviar for free in bars in America because at the time they were the largest producers in the world. In coastal communities, indentured servants were fed lobsters simply because they were in abundance at the bottom of fishing nets. Likewise for oysters, which were easily found along the shores and served as protein sources for poor labourers.

So how did these end up on the 'luxury' list? Interestingly, as transport systems improved with the advent of the railway, these commoners' fare began to spread inland. When demand for these briny delicacies rose, so did their prices.

IMPACTS

These days, improved transportation is accompanied by slick marketing and the internet, creating more luxury foods that have impacts beyond borders.



TOO EXPENSIVE FOR LOCALS

Once consumed as part of daily diet in South America, the prices of foods like quinoa and acai berries skyrocketed after being marketed as high-end 'superfoods'. The increase has been so dramatic that traditional consumers could no longer afford them, leading to a phenomenon coined as 'food gentrification'.

As the demand drives higher output, more farmers are getting into quinoa monoculture. In turn, this decreases soil quality as less varieties of crops are planted. Ironically, it's cheaper for South Americans to eat food shipped from halfway round the world (i.e. junk food).

Even if the farmers are finding a good living, mechanisation of the farms leads to under-employment in some poorer communities.

And if a quinoa glut were to happen – if other countries manage to grow enough of the stuff – prices will plummet and ruin this already fragile economy.



HARSHER CONDITIONS FOR FISHERMEN/ FORAGERS

When it comes to seafood such as lobsters and crabs, fishermen these days spend a majority of their time in harsh conditions – it's a risky business with a high death toll. Due to over-fishing, fishermen have to explore ever harsher conditions, but to many, the price is worth the sacrifice.

The danger is also true for truffle foragers – due to the high value of truffles and the shrinking of truffle foraging land, French truffle foragers are sometimes robbed at gunpoint.



Caviar



EXTINCTION OF SPECIES

These days, caviar retails for about US\$7,000/kg – a far cry from its value in the 19th century when a nickel would get you the same thing in America. The most prized caviar come from wild sturgeon harvested from the Caspian or Black Sea.

So it's no surprise that over-fishing and smuggling have considerably reduced the sturgeon population – not to mention the incredible waste of decades-old fish which are killed for eggs.

And we all know the impact that illegal trade has on endangered species like tigers and sun bears, body parts of which are ridiculously marketed as high-end libido-boosters.

SO...

Some of us may be able to enjoy these 'luxury foods' today, with the only limitation being the size of our wallets. However, the rising demand for these items hurt more than just our wallets – it's a domino effect that trickles down to the society and environment of the food sources as well.

(OPEN) House

Pondering your next step in education? Check out some of these Open Houses for a closer look at what's out there.

DEGREES & MORE

ESSEC Information Session

Venue: ESSEC Asia-Pacific, 2 One-North Gateway
Date: 23 Jan 2016
Time: 10am - 12pm
Dress Code: Business Casual

Join professors, students, alumni and the Dean of ESSEC Asia-Pacific as they share how you can benefit with ESSEC's innovative learning approaches in their Global BBA.



LASALLE Open House

Venue: LASALLE College of the Arts
Date & Time: 15 Jan 2016, 3pm - 8pm, & 16 Jan 2016, 11am - 5pm

Meet our star students as they share secrets about how to excel in LASALLE and find out how our illustrious alumni parlayed their way into some of the world's most successful companies. Plus, your application fee will be waived* if you apply on-the-spot at the Open House.

* Conditions apply. Valid for the first programme applied to.

NAFA Open House 2016

Venue: NAFA Campus 1
Date: 15 Jan - 17 Jan 2016
Time: 10am - 5pm

If you are exploring an arts education, join NAFA at their Open House where games, talks, arts demonstrations and more will help you understand more about the NAFA life.



Raffles College of Higher Education

Venue: Raffles Education Square
Date: 27 Feb 2016

Join us at our annual Open House at Raffles Education Square where we will be showcasing a line-up of activities and workshops. You can also meet our fashion industry alumni.



DIPLOMA

Nanyang Polytechnic Open House

Venue: Nanyang Polytechnic
Date: 7 - 9 Jan 2016
Time: 10am - 6pm (8 Jan: 6pm - 11pm)

Find out more about the diploma courses from the course and career exhibition, as well as experience a slice of life there through guided tours, CCA showcase and Night Open House.



Ngee Ann Polytechnic Open House

Venue: Ngee Ann Polytechnic
Date: 7 - 9 Jan 2016
Time: 10am - 6pm

Drop by the Convention Centre to try your hand out at some of the CCAs, or talk to the counsellors from all the academic schools who would be available with answers to any questions you may have.



Singapore Polytechnic Open House

Venue: Singapore Polytechnic
Date: 7 - 9 Jan 2016
Time: 10am - 6pm

Come with us and find out what Singapore Polytechnic can offer you. Discover more about the 48 diplomas and awesome real-world learning environment.



Republic Polytechnic Open House

Venue: Republic Polytechnic
Date: 7 - 9 Jan 2016
Time: 10am - 6pm

Discover exciting Republic Polytechnic diplomas and vibrant student life activities. Try out interactive games and exhibits. Visit facilities and labs. Learn about Scholarships, career and further studies opportunities. Meet 98.7FM DeeJays. Win prizes, goodie bags and more!



Temasek Polytechnic Open House

Venue: Temasek Polytechnic
Date: 7 - 9 Jan 2016
Time: 9am - 5pm

Join the informative seminar and open house where parents and students awaiting the O level results can have their queries regarding polytechnic education answered by TP's panel of experts.



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EVENTS

TECH FEATURE



Nuance Dragon for Mac
RRP: \$350

Nuance Dragon for Professional Individual for the PC
RRP: \$530

Using speech - quickly and accurately - to type, edit and even format documents. Nuance Dragon comes in versions for both Mac and PC. Customisation allows for fast and accurate dictation for your work, essentially boosting your productivity as you no longer have to rely solely on typing to get your thoughts out!



31 Dec 2016 | 6pm - 6am
Siлося Beach
Tickets: \$48 - \$98

Siлося Beach Party

Party from dusk to dawn as the nation countdowns to the New Year on Siлося Beach! Featuring local and international DJs, such as DJ Don Diablo, enjoy spectacular display of fireworks, 12 full hours of non-stop electronic music and neon lights as you join the crowd in ushering 2016.



15 - 24 Jan 2016
1pm, 2pm, 7.30pm
MasterCard Theatres, MBS
Tickets: \$55 - \$165

The Illusionists

Returning once again to Singapore after a multi-city tour and run on Broadway, The Illusionists will feature comedy within their tricks as well as heart-stopping stunts! With 7 incredible illusionists at work, expect acts of psychics, manipulation and more!



GIGS

19 Dec 2015 | 7.30pm
Victoria Concert Hall
Tickets: \$35

SGSO@VCH: T'ang Quartet Coming Home (SSO)

Back at where the quartet had their first performance with the SSO, revel in well-known festive tunes as the Orchestra and the quartet come together to celebrate their homecoming once again to where they all started out.



9 Jan 2016 | 7.30pm
Esplanade Concert Hall
Tickets: \$15- \$75

Mendelssohn's Violin Concerto (SSO)

The preview to SSO's European tour, the Orchestra would be performing masterpieces such as the Violin Concerto in E minor, as well as the score of an ethereal symphony specially composed for them by Singaporean composer Chen Zhangyi.

MOVIES

The Danish Girl (January 7)

Cast: Eddie Redmayne, Alicia Vikander, Amber Heard, Matthias Schoenaerts, Ben Whishaw

Set in early 1920s, a Danish artist named Gerda Wegener asks her husband Einar Wegener to stand in for a female model and paints him as a female. When the painting gained popularity, Einar starts to develop an interest in female appearance and begins to change his physical appearance into a female and calls himself Lili Elbe. Lili then becomes the first ever recipient of male to female sex reassignment surgery, and this causes a massive change in Gerda and Lili's marriage. Einar's childhood friend, Hans Axgil, shows up and forms a complex love triangle with the couple.



23 JAN 2016, 8PM
FORT CANNING PARK

23 Jan 2016 | 8pm
Fort Canning Green
Tickets: from \$108

ONE OK ROCK 2016 "35xxxv" Asia Tour

Having played to sold-out crowds in Japan, USA and even Europe, Japanese rock band ONE OK ROCK is set to return to Singapore after more than two years. This will mark their third visit to Singapore, with the first for the promotion of their "Start Walking The World Tour" in 2012.

food for the mood

by Nina Gan

THE LONG AND SHORT OF APHRODISIACS

While the pharmaceutical industry is making a mint these days on pills for sexual performance, the quest for improved libido is not a new one. For ancient Egyptians, lettuce was not an appetiser but an aphrodisiac; and according to the Kama Sutra, consuming milk boiled with goat testicles increases vigour. These days, the list of aphrodisiacs can only keep getting bigger (and stranger).

if it looks the part

For many, if the food looks the part, it should perform the part, following the principle of 'doctrine of signatures'.

So by that logic, male-centric aphrodisiacs like sea cucumbers, hagfish, deer antler, rhino horns, and animal penises are touted as pre-coital boosts. So, which maketh the man and not the myth?

While the eel-like **hagfish** and **sea cucumber** are equally slimy and phallic, only the latter is known to increase blood flow, and contains niacin, zinc and vitamin C which may promote prostate health. Who knew?

According to principles of TCM (Traditional Chinese Medicine), expensive **goat antler velvet** is usually harvested from deer entering mating season, so technically the hormone content should give you more bang for your buck, however, if it doesn't work, it also treats ulcers and helps bones heal (not that bone).

It's obvious that **rhino horns** and **tiger penises** shouldn't make anyone's list of aphrodisiacs because it's just wrong, but even based on evidence, ingesting the horns are just as effective as chewing your nails, and drinking tiger penis soup has no known scientific effect of boosting anything except stupidity. If you're dying to try a penile aphrodisiac, try **ox penis** – although the sight of an 18-inch appendage would probably put you off any sexy thoughts.

if it doesn't kill you

Foods that are toxic probably make people feel a bit macho for having survived, so things like fugu (puffer fish), cobra, Spanish fly and toad toxins would find their way into a wannabe Casanova's armory. Unfortunately, there isn't a user's manual, so amorous men may find themselves collapsing from cardiac arrest amongst other things.

The compound bufotenin, found in **toad toxin**, often lands its victims in the beds of hospitals rather than lovers. The **Spanish fly** is extracted from a beetle that excretes cantharidin, which actually irritates the urinary tract to cause erections (and bleeding).

Consumption of **fugu** causes tingling and stiffness in the lips, fingers, and other, uh, extremities because it contains tetrodotoxin, a nerve poison that can kill 20 adults. In parts of Asia, it's common to have **cobra venom** served with alcohol – the toxin increases blood flow to the right bits, but not actually long enough to raise the snake in anyone's pants.

what about plants

One doesn't need animal bits to perform like one – plant-based aphrodisiacs are actually proven to be more effective.

We've all heard of Tongkat Ali, whose glycoproteins aid in the production of testosterone, and ginseng, which is known to increase libido thanks to a compound called ginsenosides.

Recently, a new species of mushroom called Dictyophora was discovered in Hawaii – its scent has been found to be a potent aphrodisiac for women. However, it has no effect on men.

culturally strange

Cultures around the world have their own ways to boost libido, but by no means are any of these proven to work.

For 500 years, newly married couples in South America were often gifted with leafcutter ants – these protein-rich snacks are also high in B vitamins. In Japan, eating creamy shirako (cod fish sperm) is a popular way to boost uh, sperm count and stamina (presumably due to its concentration of protein).

In Zimbabwe, the aphrodisiac of choice is baboon pee which is crystallized and sold to women to ensure their partner remains loyal. In Thailand, the popular 'ya dong' – made with rice whisky, herbs and sometimes a dead scorpion or snake – is often sold as libido shots from street stalls.

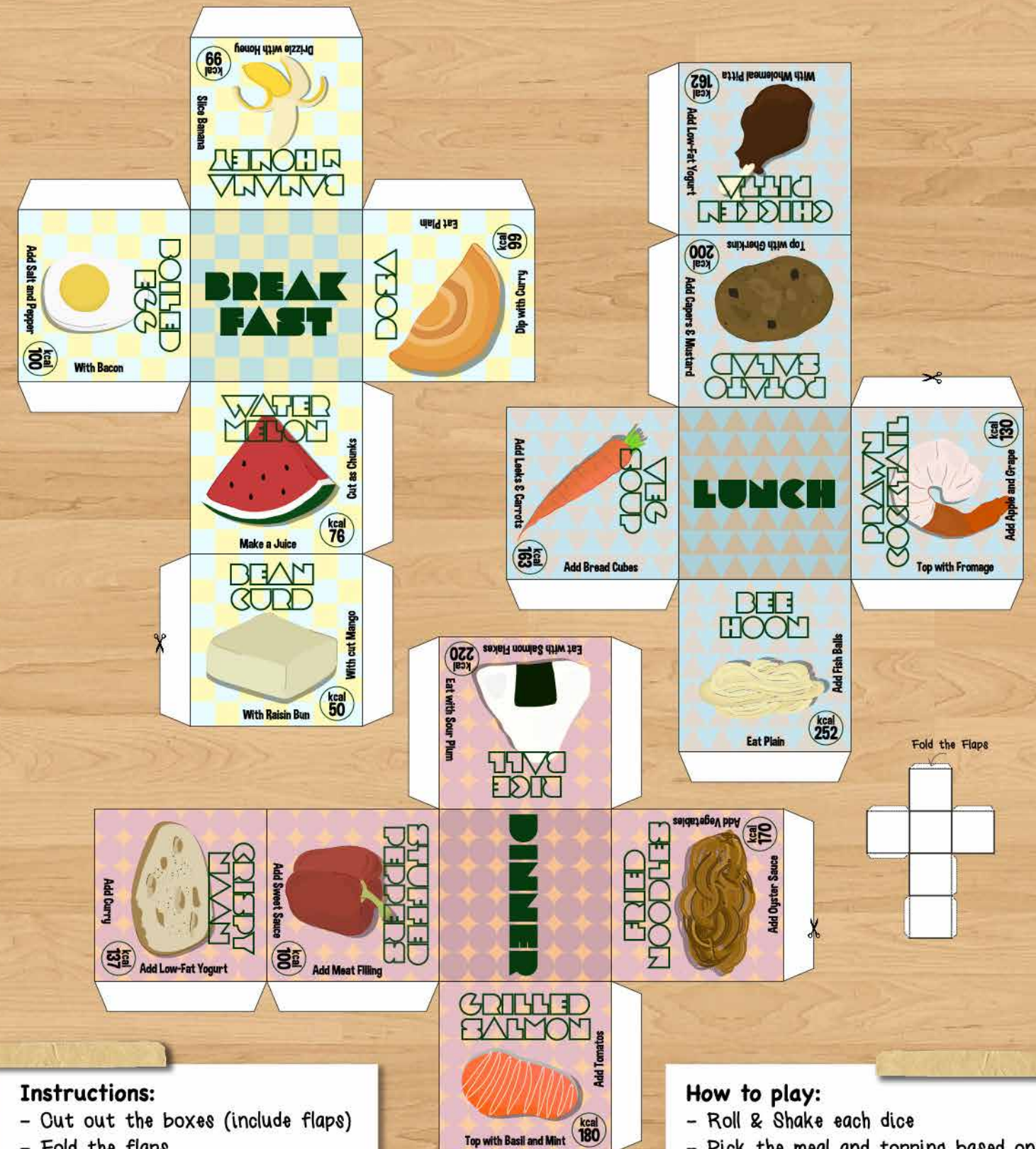
conclusion

While aphrodisiacs – whether scientifically proven to work or not – are often sought after as a short-term remedy, nothing is better at boosting healthy levels of hormones than eating a balanced diet. Beyond that, any scientist will tell you that it's all in your head.

STRESS

RELIEF

If you are looking for a fun diet plan then play "Dice Your Food"! The food items are below 500 calories, so they are also healthy for you!



Instructions:

- Cut out the boxes (include flaps)
- Fold the flaps
- Glue the flaps and create a box

How to play:

- Roll & Shake each dice
- Pick the meal and topping based on which side is pointing toward you

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*Exclusively for Jan/Feb 2016 intake only