



How far can two wheels take me?

How many valleys passed, how many kilometers traveled, How many friendly smiles met...how many memories made? From coastline to tree line...surf to snow...wetlands to highlands... So much inspiring beauty and challenging terrain. I found it all...cycling in Taiwan!

Stunning Beauty at Every Turn



LARGE AND IN CHARGE

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The Evolution of Mobile Phones

FROM BRICK TO SLICK

Let's explore the evolution of smartphones - from the very first, single-purpose, gigantic 'brick' phones that trumpeted the household name 'Motorola' to the advent of flip phones. Fast forward a bit, and we witness the metamorphosis of mobile phones into 'smartphones', which today is 'essential' and a 'staple' to basically everyone in the world. While we've come a long way since the very first 'brick' phone, this race to release a phone every year may be taking a toll on innovation.

THE 'BRICK'

Motorola championed the very first commercial mobile phone in 1983, even going so far as to use it to ring up its rival company to boast of their triumph. It would not be an exaggeration to say that the Motorola DynaTAC 8000X defined the starting point of mobile phone history.

Despite this achievement, the phone weighed 1.1 kg and only allowed for a maximum talk time of 30 minutes. You would also need 10 long hours to charge it. More importantly, its exorbitant cost of approximately US\$4,000 rendered it not too consumer-friendly.

PHONES FOR EVERYONE!

Motorola continued to innovate their phones, releasing the MICROTAC 9800X and the StarTAC in 1989 and 1996 respectively. Back then, the emphasis was on more contacts, more affordable, and more compact.

Yet, despite their best efforts, Motorola was overtaken by Nokia, which joined the race in 1987 with the Mobira Cityman 900. In the subsequent years, Nokia also became the first to mass-produce mobile phones, in particular the Nokia 1101 which took on the title of the first short messaging service-capable (SMS) phone. Above all, the phone was lightweight, portable and - finally - more affordable.

By 2008, people could choose between: slide-out QWERTY keyboards, flip phones, slide-up phones or the basic ones with sturdy telephone keypads. The use of mobile phones became more prevalent well into the 2000s.



THE SMARTPHONE ERA

Coinciding with a new millennium, the mobile phone market saw revolutionary changes. Even though the first touchscreen smartphone was released by LG - the little-known KE850, aka LG Prada - in 2006, Apple's release of its **iPhone 3G** in 2008 sparked a booming interest in the never-seen-before design of sleek smartphones that functioned on minimalist design.

Suffice to say, this precipitated a watershed moment in the history of mobile phones. As the 2000s saw the proliferation of touchscreen smartphones into the market by newer players like Samsung and Xiaomi, the 2010s dove deeper into sleeker and more stylish designs, as well as higher-guality cameras and audio, specs, hardware, and applications.

The iPhone 3G evolved into the iPhone 4, iPhone 8... and today, we have the iPhone SE, which is water-resistant,

BEING FORWARD-LOOKING: IS INNOVATION FALLING FLAT?

Smartphones have become a necessity, permeating both personal, work-related, and public aspects of our lives. Have an appointment? Mark it down on your calendar. Bored? Head over to social media or play mobile games.

However, some critics have commented that smartphone innovation has plateaued in some ways. The **iPhone 3G** (2008) and iPhone 4 (2010) were essentially two different phones, with the latter sporting a different design and better soft/hardware. But if you compared the iPhone 8 (2017) and iPhone SE (2020), you can hardly tell the difference.





The current innovation seems to be foldable smartphones. like the Samsung Galaxy Fold and the Huawei Mate XS. However, unlike the mass adoption to current smartphone designs, these foldables haven't really widely caught on.

In the next few years, hopefully progress becomes less stifled by the constant pressure to 'quickly research, quickly produce, and quickly sell' new smartphones. After all, we might be on the cusp of the next revolution that overhauls the smartphone game.

lightweight, compact, has Face ID and Touch ID, great camera and audio quality. Android phones like Samsung, LG, Xiaomi, Oppo, and Huawei are worthy rivals, providing extra features like SD card slots for added memory. We've come a long way.



Subway stations are accessibility. Singap at Bras Basah to Red "As If It's Your Last" M rdia Tan By Lydia Tan

Toledo (Naples, Italy)

Continuing with the ocean theme, this station is centred around the theme of water and light. It is one of the deepest stations on Line 1 of the Naples Metro and is the most beautiful out of Naples' Art Stations. As you descend down the escalator of this 50m-deep station, the colour of the walls change to reflect moving from land to sea. The most photo-worthy spot is on the way down to the "sea" part of the station, with its blue and green mosaic wall tiles. Natural light streams in via a concave skylight that channels it from a crater running through all the floors.



Kungsträdgården (Stockholm, Sweden)

One of the most distinctive features of the Stockholm Metro is the huge expanse of exposed stone arches and tunnels that are dramatically lit and accented by mosaic or paintings at several stations. One of the most photographed is Kungsträdgården, which features relics from old buildings, like statues and fountains. The station features dramatic painted rock ceilings and colourful murals meant to evoke an underground garden; it's also home to endemic cave critters.





BurJuman (Dubai, UAE)

Formerly known as Khalid Bin Al Waleed, this modern station is striking both on the outside and inside. Its sloped, curved roof and asymmetrical structure uses glass panels to let in natural light and has a futuristic and sleek yet sophisticated vibe On the inside, it feels like an underwater kingdom, with the jellyfish-shaped, glowing blue chandeliers on the ceiling. Throughout the station, you will see images depicting Dubai's fishing and pearl diving history.

Subway stations are commonplace in many modern societies for their convenience and accessibility. Singapore has its fair share of aesthetic MRT stations too, from the glass skylights at Bras Basah to Redhill's pastel pink walls which looks like it came straight out of Blackpink's "As If It's Your Last" MV. Here are other beautiful subway stations around the world.



The main feature of this station is the "Dome of Light", the world's largest glass work measuring 30m in diameter, and designed by Italian artist Narcissus Quagliata using thousands of glass panels. The dome is an artistic representation of human life in 4 chronologically arranged themes, from painful growth to inevitable destruction, with an overall message of love and tolerance. There is even a light show at scheduled time slots on selected days so it's worth checking out if you're at the station.

Arts Et Métiers (Paris, France)

This station is on 2 subway lines: Lines 3 and 11. Line 11's distinctive platform has a steampunk style and warm copper decor modelled after a submarine. Peep through the portholes lining the walls to see scenographies of collections from the nearby Museum of Arts and Crafts. You'll feel like you've been transported to the world of Jules Verne's 20,000 Leagues Under the Sea, which was the inspiration behind the design of this station, which was built in 1904 and revamped in 1994.





Train stations in Russia are renowned for their exquisite beauty; they almost feel like you're entering a palace or church. In Moscow, these ornate, Baroque-style designs were made to be propagandist tributes to Stalin during the Soviet era. One of the most beautiful is Komsomolskaya station, with its eye-catching bright yellow ceiling. The marble arches and bronze chandeliers lend themselves to the grand, elegant aesthetic. There are 8 smalt mosaic artworks depicting famous Russian warlords and Lenin giving a speech at the Red Square, which honours Russia's history and great leaders.

Whether they've been built in the last century or last decade, subway stations are not just practical - some are worthy public art spaces. So next time you travel, take some time to admire the work behind these architectural designs and you might just get a free history and culture lesson!

ELEMENTS OF A DYSTOPIAN DESIGN

-yber punk

Mention 'cyberpunk' and you'll probably envision a scene out of Blade Runner or Akira - it's a dystopian vision of the future perpetuated by sci-fi writers, blending "high tech and low life". The years 2019 and 2020 are very significant to cyberpunk, because many original cyberpunk novels, games, and movies written decades before were set in a time we're currently living. Ridley Scott's Blade Runner is set in 2019, Akira took place in 2019, and there's the 80s game Cyberpunk 2020. Cyberpunk is a rich cultural movement spanning film, fashion, and architecture—all born from a sci-fi sub genre. So what makes something "cyberpunk"?

SCENE IN FILM & ANIMATION

Let's start with what cyberpunk looks like Classic films like Blade Runner (1982). The Terminator (1984), and The Matrix (1999) are often credited for bringing the cyberpunk visual to the masses. In them, we see a dystopian future with film noir aesthetic elements; neon lights, rain, night scenes, cramped cities with dark alleys.

The cyberpunk setting ranges from the colourful, rough-around-the-edges urban jungles of Akira (1988), to the hyper-futuristic, neon cityscapes of Altered Carbon (2018) and Ghost in the Shell (2017): and bleak wastelands of Blade Runner 2049 (2017) and Alita Battle Angel (2019). They take us into a gritty, future world of neon lights, holograms, and touchscreens filled with unsavoury characters.

The inspiration for these worlds were inspired by Philip Dick's 1968 novel Do Androids Dream of Electric Sheep and William Gibson's Neuromancer (1984). Set in the 21st century, cyberpunk plots often feature AI, hackers, and megacorporations, set in post-industrial dystopias where technology meant to advance humanity is misused (either by Al or other humans

Another popular medium for cyberpunk is anime - titles like Ghost in the Shell (1998-) Ergo Proxy (2006), and Psycho Pass (2012-) all portray a dark world where AI coexists with

Androids and AI are commonplace in cyberpunk; the AI in Altered Carbon is a hotel owner, while Alita and Major are fighting machines. The technology isn't presented as a revolution, but a rather common, necessary existence - much like how children these days are attached to iPads.



CYBERPUNK EVERYWHERE

Cyberpunk also translates into on, which is dubbed "futuristic gothic". It's heavily influenced by ims like Blade Runner and The Matrix, and incorporates trench coats, boots, black clothing, some form of head cover, and the use of leather. Cyberpunk also influences contemporary graphic design, with loud contrasting colour schemes, unconventional layouts and digitally-enhanced typography

COME BACK HOME BY 2NET

SANDARA PARK FROM 2N

SPIRITED AWAY

Even though Ghibli films often feature tantastical creatures, settings, and scenarios, they all tell stories about human challenges that we can all relate to. In "Spirited Away', the spirit world represents the turbulent nature of growing up. Characters like Chihiro are relatable and the audience can empathise with her character by seeing the world through her eyes.

A prominent theme in 'Spirited Away' is greed, evident by her parents turning into pigs after eating someone else's food, as well as the destruction of the bathhouse after the staff are lured by gold nucgets. offered by No-Face.

WHISPER OF THE HEART

'Whisper of the Heart' is a coming-of-age story that focuses on

the psychological aspects of childhood and growing up. Instead

of relying on fantastical creatures, this film is set in suburban

highlight the stark differences between idealised romance and

to get back up. To convey the struggle of both Shizuku and

Tokyo and makes many allusions to fairy tales in order to

the reality of romantic relationships. Its message is more

straightforward, but the design is just as infricate.

high angles of

illustrate their

suburban Tokyo

strugales, which

high angle that

houses at the film's conclusion

culminates with a

looks down at the

Details in films are very informative of certain ideologies or messages, no matter how small. For example, Chihiro's father's car is an Audi. In a traditional setting defined by foldoristic elements, the fact that the car is foreign is indicative of globalisation taking place in Japan and threatening the traditions of Japanese society.

Interior design is used to differentiate the two vastly different characteristics of the sorceress sisters, Yubaba and Zeniba. Yubaba's office is extravagantly decorated and influenced by European styles, while Zeniba's home has a humble, farmhouse decor.

PRINCESS MONONOKE

"Princess Mononoke" has an environmentalist theme and conveys an insightful message about the interactions between humans and nature. The film highlights how nature is tamished by human creed and desire, in particular with the presence of Lady Eboshi, who wants resources from the forest to industrialise her town. The filmmakers insert life into the forest with the existence of creatures and gods to symbolise its different aspects.



The attention to detail in Ghibli films show us that it's really the little things that matter, and how the characters encounter - and overcome - inner anguish and external hardship. In every film, the quiet scenes of inaction, called 'ma', where the character just glances in the horizon, give the films a breathing room amidst all the action so that we can take it all in.



tenements – including Yik Cheong Building and Montane Mansion – that have served as backdrops to many dystopian films.

slum", the residential portion comprises a ramshackle collection of apartments stacked on top of each other, each with unregulated extensions to their balconies. A less chaotic version of cyberpunk can be seen in The Interlace and Reflections at Keppel Bay – high-end condos that seem ripped straight out of sci-fi art.

Many other cities and metropolises also possess that cyberpunk aesthetic. The multicoloured signboards and giant TV commercials illuminating pedestrian streets coupled with neon-lit office buildings in Osaka's Dotonbori or Tokyo's Kabukicho districts evoke a cyberpunk feel. China's self-dubbed "cyberpunk city" of Chongqing is a vertical jungle of skyscrapers illuminated by giant screens of commercials interspersed with neon-lit highways and monorails that weave between these structures.





Baby, Alexa's Bomb, 2NE1's Come Back Home - with their futuristic neon dystopian settings, futuristic gothic outfits, and commentary on

More than just a look to describe a film, place or fashion, the cyberpunk aesthetic is often used to commen on modern society and sometimes predict our future society. As a rebellion to the status quo of the 1980's, it's about the people and how their surroundings are affected by technology outpacing morality

society



STUDIO GHIBLI AN ANALYSIS OF

BY DESIGN From My Neighbour Totoro to Spirited Away, Studio Ghibli films are beloved by audiences of all ages since the 1980s and every film they have produced tells a unique story using captivating art and animation. In particular, Ghibli films are known for their attention to detail and designers can learn a lot from watching them From My Neighbour Totoro to Spirited Away, Studio Ghibli films are beloved by for their attention to detail, and designers can learn a lot from watching them.



The male soldiers use arquebuses embellished with dragons - a traditional Asian symbol of masculinity. But Lady Eboshi's character uses a newer, unembellished version - her weapon visually testifies her blind ambition to modernise her town without care for tradition. The filmmakers could have used the same weapons for everyone, but they chose a different arquebus for Lady Eboshi's characterisation.

The props used in the battle scenes are an example of how detail is indicative of a particular message

> What makes Ghibli films so good at reaching people is how well they're designed. These details not only allow us to appreciate the art form of the animation, but also highlight hidden messages, enhancing the cinematic experience for viewers.



Character design is one of the most important parts in manga and anime, as many characters are defined by their physical characteristics. The appearances of these fictional characters in general have also evolved greatly - many physical characteristics and features have become more detailed and complex over the years. Now, it's easy to distinguish between old anime characters and newer ones purely based on their design.

FROM SAILOR MOON TO MIKASA ACKERMAN

MANGA TO ANIME

Since the middle of the 20th century, most anime series produced were adaptations of popular manga titles - due to the high cost of producing an anime, producers simply looked towards titles that would immediately draw a ready audience.

The design of characters have evolved over time, even within the same title. For example, the characters in the earlier

manga volumes of Ranma 1/2 (1987-1996) and Gundam (1979-present) animated series had rounder faces and a more cartoonish look. However, in later volumes and iterations, the lines became thinner and the characters looked more refined

Since the majority of anime series are based on manga, the character design evolution that took place in manga was followed through in the anime they're adapted from.

DAWN OF ANIME

'Astro Boy' (1963) was the first popular animated Japanese television series - it was based on the manga series of the same name created by one of the founding fathers of anime, Osamu Tezuka. Astro Boy has classic early anime character features, such as large eyes that cover roughly half his face and high eyebrows.



These early anime characters were originally modelled after Disney characters which have set the standard for animation around the world in the mid-20th century. Tezuka was heavily influenced by the round, childlike features of Disney characters, including large eyes, slim figures, and generally pretty features.

of Evanae of Rurouni Kenshin

Kamiya Koaru

more petite and delicate.

A NEW MILLENNIUM

In the 2000s, there was a greater demand for anime to cater to niche markets. As a result, anime characters became more detailed and complex.

Characters were drawn with finer and more delicate lines, had lower-volume hair and their mouths were lower on their faces. More efforts were made to make every character have their own distinct physical traits. Female characters had more realistic body proportions; for example, Mikasa Ackerman from Attack on Titan (2013-present) and Rukia from Bleach (2004-2012).

At the same time, there have been more bizarre-looking main characters - like Saitama from One Punch Man (2015, 2019) or Koro-sensei from Assassination Classroom (2015-2016).

In the last decade, when anime adopted 3D animation styles, the character designs became more realistic with extensive shadowing and expressive brows, as seen in Levius (2019) and Godzilla: Planet of the Monsters (2017).

Koro-sensei

of Assassination Classroon

Yuko Tani f Godzilla: Plane of the Monsters

in the future.

EXAGGERATED

During the 70s and 80s, more emphasis was placed not only on facial features but also on hairstyles and body types.

In the 80s in particular, the "macho male" look became popular. Overexaggerated realism, with excessive muscles and veins, was utilised by animation studios for male characters, such as in Fist of the North Star (1984-1987) and Dragonball (1986-1996).

This look can still be seen in a few more recent anime series, like Jojo's Bizarre Adventure (2012-2019) and Kengan Ashura (2019).

Jojo's Bizarre Adventure



From the 1990s, characters generally had L-shaped noses, mouths higher up on their faces, high-volume hair, and more cylindrical-shaped pupils. The lines were thicker and more defined at this time. For example, the original Sailor Moon (1992-1997) has these types of characteristics. Many of these traits carried on into the 2000s, evident in series like Clannad (2007-2008).

beauty standari

Anime characters also reflected the beauty standards of the times they were produced in - female characters in older anime tended to have longer legs and looked

Nagisa Furukawa of Clannad

THE LOOK TODAY Over the decades, anime faces in general have slowly evolved from the wider and softer heart shape to slightly more elongated and angular faces with wider mouths. The design of the characters' eyes have moved away from the standard round shape of earlier anime, with more variations in shape (ie. narrow, angular, etc) and size. However, most anime faces today tend to reflect many similarities with characters from the late 90s - they continue to have pointed chins and proportionately larger eyes. For example, characters from Psycho-Pass reflect the

Mikasa Ackerman of Attack on Titan

look of many of today's anime designs.



Character design in anime (and manga) has come a long way since Astro Boy, and their looks have become more realistic and distinguishable over time. Only time will tell how anime characters continue to evolve

NOM NOM INA JIFFY By Zhigi Wang

HOT FOOD DESIGNED FOR CONVENIENCE

Often cheap and cheerful, convenience foods are designed to combine taste and speed to allow you to return to homework or entertainment in no time at all.



INSTANT HOTPOT

This convenience food certainly saved hotpot lovers during the circuit breaker period, since we can get many types of hotpots - from mala to Haidilao. A hotpot pack comes with 2 containers: one for the food, and another for the heating pack. The secret of instant hotpot lies in the heating pack containing aluminium compounds that react with water instantly to release just enough heat (100°C) to cook the ingredients. Simply put the food container into the heating container, and we can expect a sumptuous hotpot meal in about 10 minutes!

FREEZE-DRIED OYAKODON

This ready meal is like a packet of instant noodles - inside is a dehydrated block of pre-prepared egg and chicken. To cook, put it in a bowl and add a cup of hot water, and stir it for about 10 seconds. To serve, just pour this piping hot mixture onto a bowl of rice (you can pair it with instant rice!). The same freeze-drying food technology to produce this meal is also used to produce food for astronauts (e.g. Science Centre space ice cream). Using the same freeze-dried concept, you can also get other flavours, like gyu toji don (beef & egg) and chuuka don (shrimp & egg).

a grandbars

IL TTTTTTTTTTTT





INSTANT RICE

What is more central to our Asian identity than rice? Rice is the perfect staple that goes well with everything saucy. However, rice can be troublesome and time-consuming to make – until now, when we can simply pop a bowl (or packet) of instant rice into the microwave and it's dinner time! You can also pop the rice in boiling water if you don't have a microwave. Instant rice is actually precooked and then vacuum sealed with an impervious packaging to give it additional shelf life. Some brands cook the rice with a combination of pressure heating and steam cooking.

INSTANT COFFEE

We often forget about instant coffee as a convenience food because it is always so available. However, developing a fully-dissolvable coffee was no easy feat! Nestle (or Nescafe) took up this challenge and made use of various extraction processes to take only the components that make coffee taste good. Freeze-drying is the most common method of production - coffee extract is frozen and cut into small fragments, which are then dried at a low temperature under vacuum conditions. Now you can have instant coffee without leftover grounds.



COVID-19 has caused massive disruptions to our global supply chains, forcing us to consider the value of convenience food. However, without the wide range of well-designed instant food available, we wouldn't be able to enjoy this level of convenience while enjoying our favourite foods.

DESIGNER

GM and Selective Breeding

Depending on who you are talking to, the idea of genetically modified (GM) food can evoke a range of sentiments, ranging from intense anger and distrust to hope for feeding the world. This is because although most scientific research force and SM We foods are as safe as non-GM foods, most of us tend to have an opaque understanding of the scien behind them. We are psychologically averse to things we are less familiar

with, including sating food from plants and animals whose genetic composition is altered.

Both genetic engineering and selective breeding involve modifying the genetic make-up of subsequent cultivars or offspring, albeit through different ways. These methods have also long been used to tinker with the genetic design of and revolutionise food as we know it today.

Selective breeding

Most of us are unaware that selective breeding-a process of producing organisms by breeding the most desirable traits-has been around for thousands of years. From a fifty-millimetre fruit with just six varieties in 3,000 B.C., for example, watermelons now come in all shapes. sizes, and varieties (two-hundred, to be precise) thanks to selective breeding by farmers. While we enjoy the sweet, juley, and refreshing taste of biting into watermelons today, our ancestors were not so lucky.

Selective breeding implies-to the possible dismay of some-that much of the staple items we eat today are not actually original, and have been radically 'bred' to look the way they do today. From what were pea-sized peaches and barely-

edible sweetcorn plants found exclusively in North America, to bananas with hard seeds, we are now enjoying the rewards of thousands of years of careful breeding and incremental changes in design



More recently, the IRS rice variety, a cross between a dwarf strain from Talwan and a taller variety from Indonesia, has been dubbed a miracle for Asia by doubling rice yields in one go and averting famine in India.

Selective breeding makes use of existing, naturally-present gene varianto in a species and passes all the desirable traits to the new cultivar or offspring through a natural process of breeding

perspective.

frying cooked noodles which are suspended halfway in the cup, so that hot water

can circulate thoroughly from below to cook the noodles evenly. The innovative cup was designed to combine three different functions: a packaging material, cooker, and a bowl for eating. Today, there are many brands with healthier versions that use sun-dried noodles, gluten-free options, healthier toppings, and more.

CUP

NOODLES

convenience food

This original

was initially

invented as a

replacement for

ramen which was in

shortage post-WWII

in Japan. The dried noodle block was

created by flash

by Bhawna Sharma



GMOs: the next frontier

Genetic engineering involves a direct change to an organism's genome manipulated in a laboratory. The first Flavr Save tomato GMO entered the market in 1994, promising riper, more long-lasting, and firmer tomatoes. Since then, GM has taken over the food business by storm and ballooned into a billion-dollar industry led by the likes of Monsanto. Contrary to popular opinion, however, the commercialisation of GM crops from the 1990s was intended primarily for greater resistance against pests and tolerance against herbleides rather than enticing consumers through taste and size. Perhaps that explains why tomatoes sold in supermarkets today are bland: an overwhelming focus on making them stronger and more resilient during long-distance transportation has led to a compromise in flavour genes.

Given the advances in the blotech industry. we may have already entered the next frontier of designer GM crops. In 2018. biotech firm Aquabounty created history with the world's very first geneticallymodified salmon, goined Aquasalmon. By inserting genes from the Chincok salmon and ocean pout fish into the Atlantic salmon, scientists at AquaBounty have doubled the size and halved the production time of the transgente salmon from 32-38 months to 16-18 months.

Readay salen

O-paralice

Why GM isn't going away anytime soon

If you're imagining an apocalyptic Jaws-like Aquasalmon taking over the world, you're probably not alone. But, whether we like it or not, GM isn't going away anytime soon. By saving millions of hectares of arable land and doubling productivity, GM crops could potentially be our saving grace for the sobering reality that food supply will need to increase by 80-70% by 2080 to match demand.

If we really want to end world hunger by 2030, governments, scientists, and large agri-businesses should collaborate and find more new ways to leverage on food technology from a longer-term







HIGHBALL GLASS

These tall and narrow highball glasses are compatible with all sorts of drinks, especially those with a shot and a soda, like Rum & Coke or whisky soda. Bartenders often pour the ingredients and serve within the same glass (instead of shaking it up somewhere and pouring it in), and thanks to its height, there's enough room for ice and the movement of the bubbles in the soda. A Collins glass is a taller version of the highball glass.



Have you noticed that many cocktails are served (and drunk) in very different glasses? Not all of them are

created equal because they've all been specially designed to enhance the flavours, aesthetics, and temperatures of the cocktails you're drinking. Here are some of the most popular cocktail glasses that

you'll be able to find at the bar.

Coupe glasses are similar to Martini glasses in that they're stemmed (so you don't warm drinks with your hand) and are designed especially for cocktails served "up". The only difference is their broad, shallow saucer which is a safe alternative to the spill-prone Martini glass. Once used to serve champagne. they're now used to serve craft cocktails (flips, gimlet. etc) and sometimes beer. A variant is the Margarita glass, exclusively serving ... margaritas.

Z

SHOPYING LAS

LOWBALL GLASS / OLD-FASHIONED GLASS

Lowball glasses, also called rocks glasses, come in 2 sizes (single and double) and are often used for serving spirits such as whisky (neat or with ice - usually a large, single cube or ball of ice) and certain cocktails, such as negroni and the old fashioned, which it's named after. Its wide and sturdy base makes it ideal for muddling ingredients like mint and other herbs, and its wide top enables you to smell the drink's ingredients.



NICK AND NORA GLASS

Nick and Nora glasses are like a cross between a coupe glass and a small wine glass, typically used by craft mixologists for cocktails served "up", just like in Martini and Coupe glasses Named after the 2 main characters of the 1934 thriller, The Thin Man, the design of the glass allows for the delivery of spirit-forward, high alcohol content drinks (usually without citrus) without forcing the tilt of the head to do so.





You may recognize this glass because it's the one the Singapore Sling is served in. Typically taller and wider than the highball glass, this curved glass is so named because it resembles a hurricane lamp or vase. and used to serve complicated mixed drinks with a tropical or tiki theme (typically using rum and fruit juices), like pina colada, Blue Hawaii, and Mai Tai. The glass was probably invented in the 1940s in New Orleans to serve the Hurricane cocktail.

Edible Geonetry by Fin Loon Kek Lapis Sarawak

One of the hardest cakes to make isn't one of those pretty creations that you can find in One of the nardest cakes to make isn't one of those pretty creations that you can find in most cake bakers' shops – it's actually touted on The Great British Bake Off as "one of the hardest cake designs to make". That cake is actually something familiar to all of us in Singapore: kek lapis Sarawak. Slicing off a piece of kek lapis reveals a n Singapore: *кек царьз Sarawak*. Sucing on a piece of *кек царьз* reveats a kaleidoscope of colourful layers, arranged in elaborate geometric designs – each

cake truly showcases the talents of the baker.

Bakers carefully cut up the cooled cakes and reassemble them, using jam or condensed milk as glue, to form intricate designs reminiscent of indigenous tribe motifs. Some of the more creative bakers come up with cakes that include Oreos, chocolate, or raisins, and have to be careful not to break the cake when including these ingredients. Some bakers sketch their designs before baking.

History of the kek lapis The origins of this cake can be traced to the *kueh* lapis that we know today - which was introduced to Sarawak by the Betawi people from Indonesia in the 1970s. The original Indonesian kek lapis incorporated spices like cinnamon, cardamon, and

and natural extracts

clove into the batter, which resulted in a cake with monochromatic layers of brown and beige. Bakers in Sarawak made a drastic palette change to this localised cake, once enjoyed by the Dutch colonists, by adding layers of vivid food colouring

Too pretty to eat!

Enjoying the cakes Making one kek lapis Sarawak can take anywhere from four to Making one **kek lapis Sarawak** can take anywhere from four to 12 hours, depending on the complexity of the design, and can cost up to 12 hours, depending on the complexity of the design, and can cost up to RM250 for a 2kg cake. Kuching-based bakeries like Maria Kek Lapis and Kek KM250 for a 2kg cake. Kuching-based bakeries like Maria Kek Lapis and Kek Lapis Dayang Salhah, as well as home bakers like @mykitchenconfidante offer



Because of the lengthy time it takes to bake a kek lapis Sarawak, it's usually because of the lengthy time it takes to bake a *kek tapis sarawak*, it's usua baked for holidays like Gawai Dayak or Hari Raya but these days, they're increasingly being sold year-round for other celebrations like weddings, birthdays, and cultural celebrations like Deepavali and Christmas.

3

kek lapis.



MARTINI GLASS

The iconic Martini glasses are exclusively used to serve "up" drinks - those shaken or stirred till chilled with ice in a tumbler and then served heat transfer from your wide brim enhances the liquor's aroma. The sloped up garnishes (like olives) on toothpicks.



without ice - like Martini Aviation or Manhattan. The glass' long stem minimises hand to the drink, and the sides prevent separation of ingredients, and help prop

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Baked layer by layer Unlike conventional cakes, which are assembled after each layer is cooked, **kek lapis** layers are cooked progressively, layer is cooked, **kek upts** tayers are cooked progressively, by adding layer by colourful layer of batter in a deep cake by adding layer by colourful layer of batter in a usep care pan. Each layer of colourful batter has to cook in the oven - in under 10 minutes per layer - before the next layer is added, and things can go wrong at any point in time.

> Unsurprisingly, building these cakes requires a vivid imagination, an almost mathematical mind for detail, and a very steady hand. Mistakes during the layering process can spell disaster for the final cake – however, it's satisfying when the vibrant pattern appears when the cake is sliced.



Surprise inside 🜱

In 2010, the Sarawak government designated the cake as a "protected In 2010, the Sarawak government designated the cake as a "protected geographical indicator," so that only those made within state borders can be geographical indicator, so that only those made within state borders can be called "kek lapis Sarawak" or "Sarawak layer cake". While you can get the called Kek lapis Sarawak or "Sarawak layer cake". While you can get the cake in Johor or even Singapore, they can only be considered "Sarawak-style"

FINGERBLIND: BY NINA DIGITAL KILLED THE TACTILE WORLD



THE DEATH OF

TACTILE

Touchscreens are arguably the

death of tactile - we're tapping

glass. We're substituting things

digital forms. These days, we're

access our notes and calendars

Thanks to the advancement and

of touch for convenience and

convenience comes at a price.

and the rich world of textures

portability. However, this

gone with them.

proliferation of smartphones and

tablets, we're sacrificing our sense

Today, things like CDs, calculators,

LOMOGRAPHY

DIANA CAMERA

and letters are becoming extinct,

hunching like Quasimodo to

with finger taps instead of

scribbling with pens.

from our surroundings with their

and swiping on a cold, flat piece of

These days, we're more likely to use touchscreens - whether it's our smartphones or digital shopping mall directories - to do things like send emails, chat with friends, or find our way around a mall. As everything around us is going digital, it's making us long for a tactile world where we can physically feel things like paper money, pens, and photographs.

With the loss of their material form comes also the loss of the sensations and experiences that only physical interaction with objects can give us. So how important is it for us, as humans, to use our sense of touch? And how can we design for a digital world where we don't lose out to these sensations?

WHY TOUCH IS IMPORTANT

We often take our sense of touch for granted. According to Finnish neurophysiologist Matti Bergström, we could become "fingerblind" if we don't use our fingers during our childhood or youth. This is because the tips of our fingers have a rich network of nerves, and when we don't use them enough, it can thwart our development as a whole.

Studies have shown that writing helps your brain process information and remember it much better - we're talking handwriting, not tapping on keyboards. Our sense of touch helps the brain to create a stronger connection to performed tasks.

Since most of us are deprived of tactile experiences due to the fact that we use our smartphones, tablets, and laptops all the time, we will often seek them out.



This is why we go to shops like Smiggle PaperMarket even though the art of handwriting and scrapbooking are pretty much killed by technology. We're also reviving Polaroids and Lomography, and some folks are bringing back vinyls and cassettes tapes. While bookstores seem to be a thing of the past, we still prefer reading physical books and magazines.



Simply feeling the paper they're printed on and enjoying the colourful layout as you flip through the pages is a rare joy.

It seems as if all things retro are the rage, but the reason we gravitate towards them could be our human nature to want the tactile experience. We want to feel. How many of us love the feeling of putting our hands into a bag of beans, popping bubble wrap or petting the fur of our pets?

Even big brands are taking advantage of the tactile world to stand out in the digital age, where the messaging is very crowded Coffee purveyor Nespresso started out as an online shop, but when they transitioned to physical stores where customers can try out new flavours, their popularity soared. While IKEA has an online shop, they still mail out physical catalogs that most of us still love to flip through, and we still prefer going to their store to see and touch their furniture.



DESIGNING DIGITAL FOR **TACTILF**

Perhaps the reason we crave digital aural experiences like ASMR is because these sounds make us feel something; we feel euphoric just by hearing the sound of objects being chewed, tapped or scratched. Since we don't perform these actions ourselves - because we're too used to our cold, flat screens - the mere sound of those actions can make us all tingly.

So how do we design for the digital while incorporating the tactile? We're already seeing a number of innovations on this front. One of the most common blends of technology and the tactile world comes in the form of IoT devices. The technology is supposed to add a level of digital intelligence to devices that would be otherwise dumb, but one can argue that it's the tactility of these dumb devices that we crave.

Tactile IoT toys go way back to the 90s with Furby, which was a creepy, talking furry pet. It's since evolved to include an app with a new world of Furblings so you can be haunted by both the physical and digital versions of these "pets". These days, IoT toys have been designed as a learning experience for children: for example, the Osmo is an iPad app that translates tactile exploration - with physical puzzles, sketches, and game pieces - into a digital learning process. It's been adopted by some schools as a way for kids to collaborate, create, think critically, and communicate.



Toys are not just for kids. During the lockdown worldwide, adult toys that can be controlled remotely by apps grew in popularity, especially between couples in long-distance relationships. Since physical contact was impossible, these tactile toys substituted skin-on-skin contact.

When was the last time you wrote a letter or lecture notes? We know how to write the old-fashioned way, but we often need them digitised in order to share or store them. A number of smart devices can digitise your scribbles into electronic form - Moleskine and Livescribe, for instance, use Bluetoothenabled pens to record your hand motion as you write on a special dotted paper that tracks the position of the pen.



Much like in Ready Player One, game designers have been incorporating haptic suits and handheld "weapons" into their games for a while now. You can experience the feeling of being shot at (thanks to haptic patches that give you a jolt) or shooting a "crossbow" when you play VR games at places like Zero Latency and Sandbox VR. Unlike playing games on your smartphone or desktop where you stare at your small screen like a zombie, these VR games make your body move. You'll feel immersed in a surrounding designed to look and feel like, say, a hospital or pirate ship, instead of the boring four walls of your room.

In the retail world, IKEA has adapted their physical catalogs to the digital world by incorporating AR technology since 2014, allowing readers to "place" digital furniture pieces from their

catalog in their own homes using their smartphone app. Their latest **IKEA Place app** lets shoppers choose from their online catalog. It's not quite tactile. but by combining the digital and real world, it allows potential buyers to see how a furniture would look in the real world.

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ZERO LATENCY VR GAMES



IKEA'S PLACE APP

ROADBLOCK?

While the benefits of tactile design is clear, it's strange how they're not more widespread. For example, a wide array of functional and tactile smartphone covers have come and gone faster than the next diet trend. We've seen phone covers that are finger-powered battery packs, gyroscopic cases that lets you switch your phone to Busy, Away, Available and No Not Disturb modes by tilting it a certain direction, and ones that transform the area surrounding your phone into a gestural interface using motion sensors.

Could it be because smartphone shapes and sizes change so often that it's impossible for case manufacturers to keep up? Or have we forsaken our sense of touch for convenience?





VITRO, A BATTERY CASE THAT SENDS YOU VISUAL NOTIFICATIONS AND CHARGES YOUR PHONE

AVA SMART SHELL HAS A BUILT-IN **GYROSCOPE WHICH** UPDATES YOUR SOCIAL NETWORKS



The world is now obsessed with minimalism and sleek designs that seem to erase part of what makes us human. We need to think of how to design in the digital world without letting the traditional objects vanish away or sacrifice the tactile experiences.

So much joy is derived from tactile objects - like listening to vinyl records, pressing the buttons of a calculator, or enjoying the layout and typography of printed books that it's a struggle to find a satisfactory digital counterpart More than just nostalgia, old-school materials are worth keeping because it reminds us of what it means to be human.

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Tied Up History of the Necktie

The necktie has a fascinating history that dates back to the 17th century. Even though the necktie as we know it today has more of a decorative effect than anything else - making those who wear it look more formal and elegant - it used to serve a purpose. The design of the necktie has evolved over the decades, depending on its purpose and how it was worn.

The first neckties

Historians argue that the first type of necktie was created by Croatians but popularised in France in the 17th century. During the 30 Years' War, King Louis XIII hired Croatian soldiers, who tied knotted neckerchiefs over their jackets. King Louis favoured this look so much that he made ties mandatory for royal gatherings.

This style of necktie was called 'La Cravate' ('cravat' in English) after the Croatians, which remained popular in Europe for more than two centuries, and still used today.

By the 1800s, neckerchiefs were tied in a huge variety of knots, with names like Napoleon and Mailcoach - and touching another man's neckwear was apparently grounds for a duel. In the 19th century, an Oxford University student tied the ribbon from his hat around his neck with the four-in-hand knot – which is used for neckties today - and the style took off, especially in the military and at colleges.



became synonymous with academics, and were worn at formal events paired with coattails.

By the late 19th century in Britain, the

In the early 1900s the bow tie

The Royal Ascot

ascot tie was widely worn during formal events, named after the prestigious horse racing event, 'The Royal Ascot'. Acknowledged as the forefather of the modern necktie, it's a loosely-tied scarf that's secured with a decorative pin.



Modern iterations

The onset of the 20th century witnessed the necktie become an essential accessory for men's clothing. Towards the end of the 1910s, neckties started to resemble what they look like today.

In the 1920s, Jessie Langsdorf, a tie maker from New York, patented a new way of cutting fabric on an angle and then sewing it in three segments to create the Langsdorf Necktie. The design allowed for it to spring back to its original shape after wearing, allowing for multiple types of knots to be used.

Skinny tie



Langsdorf ties

During the next few decades, ties became shorter and wider, and worn in more casual settings. However, in the 1950s, the skinny tie became the trend and it was paired with tailored suits.

In the following two decades, ties reverted back to being wider - up to six inches. The patterns on the ties became funkier and more varied in the 70s as new synthetic fabrics were used.

At one point, the Bolo tie – a corded tie with an ornamental clasp mostly associated with Cowboy wear - became popular in the USA. From the 80s onwards, ties became more varied in colour and pattern, and the knots varied in size.



By the end of the 20th century, ties became more or less standardised and had a uniform width of under four inches. There were three basic knots for ties: the Windsor, Half-Windsor, and previously mentioned four-in-hand. In 1999, "the Regis look" gained popularity because of how Regis Philbin, the host of 'Who Wants to be a Millionaire', wore his tie. The look paired a glossy tie with a dark-coloured dress shirt.

In the 21st century, ties have taken a step back from being included in someone's daily wardrobe. Nowadays, ties are



mostly worn for some workplace settings or reserved for formal occasions. Even out of these settings, adding on a tie - bow tie, cravat, etc - can immediately make anyone look classy, and is worn these days more as a fashion statement.

From its military roots to its essential role in the modern workplace, the necktie has transitioned from being functional to being purely decorative. Ties have so many variations these days, and are worn in a wide range of settings and contexts



GORYEO PERIOD (918 - 1392)

The Goryeo period was a remarkable time in Korean history as it was known as the era of immense cultural development. This was reflected in the hanbok, a traditional Korean 2-piece outfit worn by both sexes. Clothing during this period gave the upper class wearers a very dianified look Floral motifs & binyeo

The fabrics used for nobility ranged from silk and golden-coloured fabrics to thicker cottons: these were intricately patterned. Patterns displayed on a hanbok, as seen in K-dramas set during this period like Moon Lovers: Scarlet Heart Ryeo, were inspired from the natural world.

Flowers were popular embroidered hanbok patterns, which represented the wishes of the wearer. Peonies for honor and wealth lotus flowers symbolised hope for nobility, and pomegranates illustrated a desire for children. Only the noble class were permitted to use patterns with dragons, tigers, phoenixes or cranes. Aristocratic women also wore sashes around their waist.





ranking - those who resided in the palace as figures of royalty or nobility always wore vividly coloured hanbok: commoners wore white hanbok with pinks

greens and greys on special occasions. In 'Moon Lovers', Wang So consistently wore a black hanbok to match his mysterious character.

This era saw the rise of the kisaeng, female court entertainers comparable to Japan's geisha, who wore eye-catching outfits - their brightly-coloured hanbok were usually made of gossamer silk and satin, as seen in kisaeng drama Hwang Jini.

Goryeo men's hairstyles usually consisted of half of their hair tied into a ponytail or a bun on top of the head, sometimes secured with a decorative binyeo (hair pin), which is more commonly worn by women. The design of these hairpieces indicated social class.

Since most of the dramas are about royalty, it's fun to fawn over the extravagant and colourful outfits from the Goryeo and Joseon periods. The rich textures and beautiful patterns emphasised in historical K-dramas add to the visual effect, making them even more enjoyable to watch.

By Lindsay Wong

HISTORY

VIVID CLOTHING IN HISTORICAL K-DRAMAS

One of the most popular genres in K-drama is sageuk, or historical drama, and most series are either set in the Goryeo or Joseon periods which are over a millennia ago. The scenarios depicted in historical K-dramas - power struggles, competition to the throne, forbidden love stories - are as dramatic as their costume design. The fascinating outfits worn in historical K-dramas are entirely different to what we normally see in dramas, especially the gorgeous attire worn by royals. Furthermore, the outfits can tell us a lot about the characters who are wearing them as each separate class has a totally different wardrobe.

JOSEON PERIOD (1392 - 1897)

There are many similarities between the hanbok worn in the Gorveo and Joseon periods, from the fabrics and patterns to the hair accessories and shoes - and in both, the attire was dependent on the King Lee Hwon n his gonryong ranking and role of the wearer.

Royal figures and upper class people wore expensive fabrics like those from the Goryeo period, while lower class people used cheap and durable fabrics like kemp and thin cotton that had duller colours like brown and green. Only the king and crown prince are allowed to wear the extravagant gonryongpo (Dragon's Robe) which was always red, decorated with gold dragons -King Lee Hwon wore one in Moon Embracing the Sun

In the drama Rookie Historian Goo Hae Ryung hanbok were usually multi-coloured and outlined with floral patterns. Women's jeogori (upper garment of the hanbok) dramatically shortened during this era - from hip-length to just below the chest. The hanbok from this period is similar to what you would see at Gveonabokauna Palace today, where tourists get to dress up in traditional hanbok.

Hairstyles of female members of the royal family used false hair that was made into a thick braid. placed on top of the head decorated with ribbons and other ornaments. The hair accessories also denoted the wearers' ranks: only noblemen wore a headband, the manageor to hold their topknots in place.

Noblemen also wore tall black mesh hats called gat, which were made of horsehair, and usually attached to a long string of beads called *gatkeun*. Government officials wore the samo, with and without flaps at the back, depending on

the rank. The *ieonrip*, a wide-brimmed dome hat adorned with a feather and tassel, is what military officials serving at court wear. In fact, the Joseon era was known for its diversity of hats - there were different hats worn by specific classes, and for occupations or occasions. There are indoor hats, wedding hats, funeral hats, and more.

Prince Lee Rim





Everyone knows how to play rock. paper. scissors — or scissors. paper. stone — which is a game designed primarily to help us settle a dispute or make an unbiased group decision. similar to tossing a coin. Here are some facts about this childhood game that you may or may not know.

THE DESIGN OF THE GAME

With only two possible outcomes - a draw or a win it's a simultaneous. zero-sum game. It's impossible to win over a truly random opponent, but skilled players can recognise and exploit non-random behaviour in opponents.

Some video and card game characters are designed to interact in a rock paper scissors style with each other. For instance, the cavalry-artillery-infantry dynamic prevents the gameplay from being overwhelmed by a single dominant character or unit. In Pokemon, the Grass-type character is weak to Fire. Fire is weak to Water, and Water is weak to Grass.



The same principle applies in nature, particularly in bacterial ecology and evolution when they engage in antibiotic production. This allows for the continued competition among strains.

ORIGIN OF THE GAME

Originating in China during the Han Dynasty. it was called shou shi ling. It eventually made its way to Japan. where it evolved into jan-ken (or jan-ken-pon) by the late 19th century. which uses the rock. paper. and scissors signs that we know today. Both versions were originally drinking games.

WEIRD. MODERN VARIANTS

RPS can also be played with additional weapons - as long as it's in odd numbers - to reduce the chances of a tie. "Rock. Paper. Scissors. Lizard, Spock" was popularised on the sitcom Big Bang Theory. Spock (Star Trek Vulcan salute) smashes scissors and rock: he's poisoned by lizard (fingers mimicking a beak) and disproved by

paper. Lizard poisons Spock and eats paper: it's crushed by rock and decapitated by scissors.

There's also a full-body version called "Bear. Hunter. Ninja" made popular by a FedEx ad. Players have their backs to each other. and then turn to face each other after yelling "Bear. Hunter. Ninja". using their bodies to mimic the bear (hands like extended paws). hunter (holding a rifle). and ninja (holding a sword). Hunter shoots bear. bear eats ninja. and ninja kills hunter.

Cheat Sheet #67 Rock Paper Scissors

HOW IT'S PLAYED

"Rock. paper. scissor" (RRS) is known by different names worldwide — in Germany you can find "Schnick. Schnack. Schnuck" or "Ching. Chang. Chorg" depending on region: in France it's "Pierre-Feuille-Ciseau": and in parts of the USA it's "ro-sham-bo". Some games are played differently:

KOREA: Players call out "(An naemyeon jingeo) Gawi. Bawi. Bo" (scissors. rock. wrapping cloth), or "kai. bai. bo". but the "scissors" is sometimes represented by an extended thumb and index finger. resembling a gun. There's also a two-hands version: gawi. bawi. bo starts off with two hands thrown. then players call out "ehseo hana bbagi il" (one minus one) and extend one hand they're playing.

Another variant is "muk-ju-ppa". which starts as a regular RRS game — then the winner yells out their next hand (followed by the hand gesture). and if the opponent makes the same hand, the opponent loses.

SINGAPORE: In this two-hand game, players call out "Ji, Gu. Pa" (following Japanese word for scissors (choki), rock, and paper) and throw out both hands. following the Korean "muk-ju-ppa" rules in order to get players reduced to playing with one hand. The final hand is played like normal rock, paper, scissor.

MALAYSIA: "One. Two. Zum" is played as bird. water. stone: the bird (with fingers mimicking a beak) replaces the role of scissors and water replaces paper. While the game is primarily played between two parties. you can also play it as a group. Players all throw at once. If rock, paper. and scissors are all thrown. they rethrow until only two gestures are thrown. The ones with the upper hand (ie. scissors over paper) will win.

TRIVIA

- There's an official World Rock. Paper. Scissors Association (WRPSA), and they hold regular tournaments worldwide. Membership is free.
- Kpop group BTS are WRPSA ambassadors they play the game as a group to make decisions



HISTORICALLY ACCURATE STYLING IN TV AND FILM

FLIR TH

BY LYDIA TAN

DRESSING

Whether you're into fashion or not, costumes are one of the most important elements in TV and film. They determine the character's traits, the mood of a particular scene and most importantly, the time period. We cover some movies and TV shows that nailed the fashion game accurately.

TITANIC (1997)

The costume designers definitely did their research with this classic film. From Rose's menswear-inspired afternoon suit when she first boards the ship to her high-waisted evening dinner dress with a slim silhouette, all the elements are accurate to 1912 fashion and her elite background. Although wearing corsets was slowly being phased out by modern women during that time, that significant scene of Rose's mother lacing her up into a corset reflects the strict and conservative environment she was brought up in.

The only inaccuracy would probably be in Rose's flashy makeup in the ballroom scene. In the 1910s, subtle makeup was more socially accepted and women with visible makeup would be labelied as "painted ladies", like actresses or courtesans. Kate Winslet's bright red lip was more fashionable in the 1990s - a look she would ve worn off camera during filming.

LITTLE WOMEN (1994)

The 2019 iteration of this classic might have worn an Oscar for Best Costume Design but in terms of historical accuracy, the 1994 film did it better. It had a lot of essential 1860s styling elements that the 2019 movie left out, like the wearing of bonnets, centred-parted updo hairstyles, and simpler materials for the Marches' clothes. The costumes also were more in line with each sister's characteristics and transitioned with the story's timelines.

For example, when modest, lady-like Meg goes to the party with her rich friends, she succumbs to peer pressure and lets her friends dress her up lavishly to fit in. The 1994 movie got that dress just right with the off-shoulder cut and slightly revealing V-shaped neckline that was typical of gowns at the time. In addition, the silhouette of the girls' dresses change from fuller skirts during the war times to skirts with volume in the back four years after the war.

MEG FROM

JO FROM LITTLE WOMEN

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MAD MEN (2007-2015)

Fashion played a key role throughout this series which spans over a decade, from 1960 to 1970. Each of the leading ladies had a signature style and colour palette which also reflected their character development over time. The fashion included some elements from 1950s fashion: reminiscent of style icons like Grace Kelly, Audrey Hepburn and Marilyn Monroe, portraying how they were incorporated into modern fashion of the time.

Housewife Betty Draper is known for her cool colour palette and ladylike fit and flare 1950s skirts which evolves to become more professional and colffed when she becomes political wife Betty Francis. Joan embodies the popular hourglass figure of the 1950s, accentuated by her figure hugging dresses in jewel tones. Peggy starts off with a youthful schoolgirl look with muted colors and plaids and matures to include brighter colours, bolder prints, and A-line skirts popular in the 1960s, all with her signature bow detail at the neck or collar throughout the series.

STRANGER THINGS (2016-PRESENT)

This beloved TV series was set in the 1980s and the creators kept the period's authenticity. from the cultural references right down to the characters' outfits. The loud colours, outlandish patterns (on Eleven's shirts) and baggy fits were styles commonly worn by teenagers in the 80s. The show even features specific brands and outfits that were popular during that era, like Steve's "Members Only" bomber jacket when he is advising Dustin on how to woo his crush in season 2 and Eleven's Reebok Freestyle Hi-Top sneakers after her Starcourt Mall makeover in season 3.

Since 80s-style fashion is making a comeback nowadays it wasn't difficult for the costume designers to make it feel relevant for modern viewers. Overall, the show definitely manages to achieve that nostalgic factor and made the characters even more relatable by showing the transition of late 1970s fashion carrying over into more quintessentially 80s styles.

Cetting the right costumes for a show isn't easy since accurate vintage replicas can be hard to acquire. There is also that fine line between historical accuracy and modernisation to ensure that the audience can relate to the characters and the timeline. When that balance is perfected, it can make the story so much more believable and the characters feel more real.

ROSE FROM TITANIC

PEGGY OLSON FROM MAD MEN

CAN HOLLOW

BY NINA GAN HYGGE & LAGOM PRINCIPLES

SCANDINAVIAN INTERIOR DESIGN

Everyone seems to be embracing the look of "Scandinavian Decor" these days – with its minimalist decor, natural materials, and sleek look, it makes any space look inviting and larger than life. The look was largely influenced from the Bauhaus movement in the early 20th century, where practitioners had to master a wide range of skills - knowledge of human psychology, ergonomics and technology for a deep understanding of society - on top of a strong basis in craftsmanship and artistry.

These days, the Scandinavian look continues to dominate interior design in Singapore and around the world. But beyond IKEA furniture, what else constitutes Scandinavian - or Nordic - design? Just look to 2 of its biggest influences: Danish *hygge* and Swedish *lagom*.

LAGOM

The principles of Swedish lagom decor is about taking your time to find the perfect piece for every space. People often confuse lagom with minimalism - if the philosophy of minimalism sounds as Tess is more. Lagom embodies the golden mean of Aristotle, not too little, not too much, just enough. Unlike minimalism, you can decorate a house using lagom principles.

Literally translating to "everything in moderation". It's about finding the balance in your decor so that you come home to a space that makes you feel at peace. Here are some of the basic principles.

Declutter: Less is more, but it's not quite minimalism. Not only does clutter contribute to anxiety, it also blocks creativity and makes it difficult to relax. Every object should either delight you or serve a purpose, and giving them breathing room - by spacing them apart and not clustering them - allows you to appreciate them individually. Bare walls and sparse spaces emphasise this principle.

Muted colours: A neutral-heavy colour palette whites greys, and tans - make a space feel calm and bright. It also allows for accent pieces and other bold colours to stand out.



Lighting: Natural light makes a space feel bigger

Lighting: Natural light makes a space feel bigger and brighter, white or grey walls emphasise the available light. Minimal use of window covers (like curtains and blinds) allow natural light to illuminate spaces. Lighting is a key component of *lagorn*lamps, pendant lights, dots, and chandeliers compensate for the lack of light.

Bring in nature. Plants and flowers breathe life into a room and brighten up spaces as they add a pop of colour and are also helpful in reducing stress as it absorbs harmful air pollutants. Wooden walls. flooring, and furniture keep the space warm, and natural textures like sheepskin throws soften the feel and look.

Mixed Furniture: Nordic design uses sleek, modern furniture with their warm wood tones, gentle lines, subtle curves, and tapered legs. Lagorn decor emphasizes blending the modern pieces with stylish, vintage ones.

Accents: Candles in the bathroom or dotted around the living room add a cozy aesthetic to a space. Instead of using big carpets, spreading trasmatta (rag rug woven from scraps of clothing or old fabrics) throughout the house adds to the warm feel and is more hydenic.

HYGGE

Many of us may be more familiar with the Danish word hygge (pronounced hoo-ga) - meaning a mood that feels special, cozy, or charming whether alone or with friends. It reminds us of the same design principles, but unlike lagom which is a lifestyle approach that translates to home decor, hygge is more a feeling.

However, both lagom and hygge aren't mutually exclusive - you can live in the present mood (hygge) by having a lifestyle of everything in moderation (lagom)





DANISH furniture

There's little surprise that some of the most famous and talented furniture designers are Scandinavian - Danish, in particular.

Kaare Klint was widely regarded as the first Danish modern design classic, known for his Faaborg Chair. The Danes continue to have a flair for design: the iconic chairs of Hans Wegner (1914-2007) – like the shell chair, the wishbone chair, and the wing chair - are still sought after in any modern interior, while the PH Iamp by Poul Henningsen (1894-1967) continue to dominate minimalist spaces.



EVERYDAY WONDERS JAPANESE DESIGN

Japan is no stranger to innovation, so it comes as no surprise that even some of the most ubiquitous items you see everywhere in Japan are actually meticulously designed to blend into the ordinary. You've probably heard of the famous washtoilets (or bidets) which are now an everyday fixture across Japan, but here are 2 items that have been around for longer: the ubiquitous mamachari bicycle and the randoseru backpack. The former is a city bicycle that you often see parked outside train stations, while the other is a primary school child's backpack.

MAMACHARI

The ubiquitous city bike is known as mamachari (literally "mom's bike") because it's often used by mothers to ferry children and go about their chores. The bike became a cultural icon since the 1950s when the Smart Lady – the blueprint for the mamachari – was released, succeeding earlier models that were heavy and had high centres of gravity. Designed with lower seats and handlebars for stability with an upright riding position, the top tube is lowered so that those in skirts could ride them.

About 85% of Japanese own a bicycle, and most people see bikes as utilitarian. Since *mamachari* are cheap – they start from ¥10,000 for a single speed – they're often seen as a disposable item.

Here are mamachari characteristics:

Protection: Mudguards and chain guards protect the rider's clothes from being stained by mud, dirt, and oil (from the sear chain). Storage: Usually a shopping basket is mounted on the front, with a luggage rack on the back – they're often replaced with 1-2 child seats.

Safety: Bikes are equipped with a built-in lock around the wheel (usually a Dutch lock, where the key stays in when you ride), and a hefty rear kick-stand keeps the bike stable and upright when parked so you don't have to look for a pole to chain it to. A dynamo light and bell are standard attachments.

If the bike looks familiar, it's because it's the same design used by city bikes around the world, including those used by bikeshare companies.

RANDOSERU

Traditionally, a randoseru – backpacks with a stiff outer shell and divided compartments inside – is given to schoolchildren in their first year of primary school. Made with leather (or leather-like material), they feature a long flap that goes over the entire length of the pack and clasps closed at the bottom. The pack is thought to have been Inspired by Dutch military backpacks, called ransel, and earlier versions, mostly in black (for boys) or red (for girls) in colour, were used by elite students in Melji-era Japan.

What's surprising about the randoseru is the price tag, from about ¥30,000 for the traditional real leather version to well over ¥120,000 (high-end randoseru need to be ordered 6 months in advance!). This is because to this day, nearly all *randoseru* are handmade with stitching meant to last, as they're supposed to endure throughout all six years of the child's elementary school. This is why most manufacturers offer a 6-year warranty.

This firm-sided backpack is more than just a carry case:

Built to Protect from:

Water: Randoseru are not only waterproof, one elementary school child was actually saved by his randoseru after he accidentally fell into a river by holding on to his backpack which acted as a flotation device.

Fall: The thickness and sturdiness of the bags protect the child's head and neck from hitting the ground if they fall backwards.

Earthquake: The long flaps of the bag can be pulled over the head and used to shield the child from falling objects in earthquake-prone areas.

Built for Posture:

While a randoseru is heavier than a nylon backpack, the cushioned back and wide shoulder straps help centre heavier loads so they feel balanced. A 25% angle on the shoulder belt reduces the burden on the shoulder, and also helps keep the child in a natural upright position for better posture.

Comfort: Since the bag comes up to the waist, the child can easily sit down and lean back comfortably.

COULD CHANGE THE WORLD

CORAL REEFS

Australian group Reef DesignLabs submerged a 3D-printed artificial coral reef in August 2018 in the Maldives as a project to help coral regeneration efforts. The team calls its patented technique for 3D-printed coral formation Modular Artificial Reef Structure, or MARS. Instead of using steel or concrete (popular substrates for artificial reefs), they printed hollow blocks of ceramic, which can be moulded into complex shapes, and filled them with concrete for stability. Divers then brought these blocks underwater and fit them together like LEGOs to form a cohesive and resilient structure.

A HOUSE

WinSun developed the world's first life-size 3D printed house in 2013 using four large 3D printers to spray concrete layer-by-layer to construct the walls. This method of construction reduced the cost of building a house to about US\$5,000 Since then other companies have begun churning printed homes using a similar concept in less than 24 hours and at a low production cost. This is achieved by printing the structure of the house on-site rather than building its components off-site. The advantage of using a 3D printer is that homes can replicate any design and size: WinSun has also built apartment complexes using 3D printers.

3D PRINTING IN SPACE

Astronauts on long missions (ie. to Mars) will need to make their own spare parts, tools, and materials on demand, both for routine needs and to adapt to unforeseen circumstances. In 2014, astronauts at the International Space Station (ISS) made a wrench, as well as other functional items like free-flying robots and antenna parts, with a 3D printer that used plastic threads as its raw material. Sent to ISS in 2019, the ReFabricator was a modified printer that allowed the astronauts to 3D-print things from waste plastic, including previously printed items, and turn them into new items.

BY CHERYL TAN KAY YIN

When 3D printers came onto the market, everyone had different visions of what we could finally create. We could easily print everything from toys to everyday objects. Designers upped their game and started experimenting with printing literally everything - from homes, to organ tissues and even food. Here are some of the most innovative objects made with 3D printers.

ORGAN TISSUE

To create organ tissue, 3D printers simultaneously create a two-dimensional slice of a tissue or organ, then the pieces are assembled in a process called bioprinting. Currently, tissue is being used for drug testing, not replacing body parts because 3D-printed artificial organs, such as livers, lack crucial elements like working blood vessels. However, Chinese researchers have recently demonstrated proof of concept in the 3D printing of ear cartilage for children with microtia (congenital external ear malformation).

FOOD

Customising food for the elderly or those with chewing or swallowing difficulties is made easier with 3D-printed food. Food - like durian – can be reconstructed to taste and look like the real thing, and made healthier by reducing the sugar content or adding nutrients. Researchers at Singapore Poly, SUTD, and NTU are now developing 3D food printing based on individual nutritional preferences. The process uses food materials (in paste or ael form) extruded from cartridges to print designs programmed on a computer. Soon, you may be able to see 3D-printed chilli crab, burgers, or even avant garde sushi customised for your health.

PROSTHETIC LIMBS from recycled shampoo bottles

Who thought we could upcycle plastic into useful prosthetic limbs? Bernie Craven, a retired Australian hairdresser had been looking for ways to repurpose the huge amount of plastic waste from shampoo and conditioner bottles produced by salons on a daily basis. He decided to trial the production of 3D-printed prosthetic limbs by using 3D filament made from plastic waste which was put through an extruder. The first beneficiaries of these upcycled prosthetic limbs were 12-year-old Haley Wright and 11-year-old Connor Wyvill.

STRESS RELIEF

We've all played Rock, Paper, Scissors before - or at least a version of it. In Singapore, we may be more familiar with it as 'Ji, Gu, Pa' and if you've watched Big Bang Theory, you'll be familiar with the variation called 'Rock, Paper, Scissors, Lizard, Spock', which adds 2 icons to the mix: Lizard and Spock.

LET'S PLAY! **ROCK, PAPER, SCISSORS, PAPER, SPOCK**

DID YOU KNOW?

The game can be played with additional weapons - as long as it's added in even numbers – to reduce the chances of a tie.



GAMEPLAY

Spock smashes scissors and rock; he's poisoned by lizard and disproved by paper. Lizard poisons Spock and eats paper; it's crushed by rock and decapitated by scissors.



For more on Rock, Paper, Scissors, check out our Cheat Sheet on page 16!

TRIVIA

"Rock, Paper, Scissors, Lizard, Spock" was popularised on the sitcom Big Bang Theory.

