

# Utopopia

Studentmagasinet for UiT  
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GRATIS MAGASIN

> **Gaming Addiction – Fact or Fiction**

> **Social Media: The Good, the Bad and the Ugly?**

> **10 Ways to Make a Student's Life Easier**

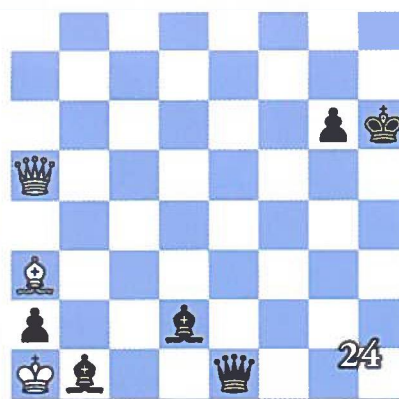
> **University Street Style: Spring**







10



24



5



16



20

## En stor takk til våre medarbeidere!

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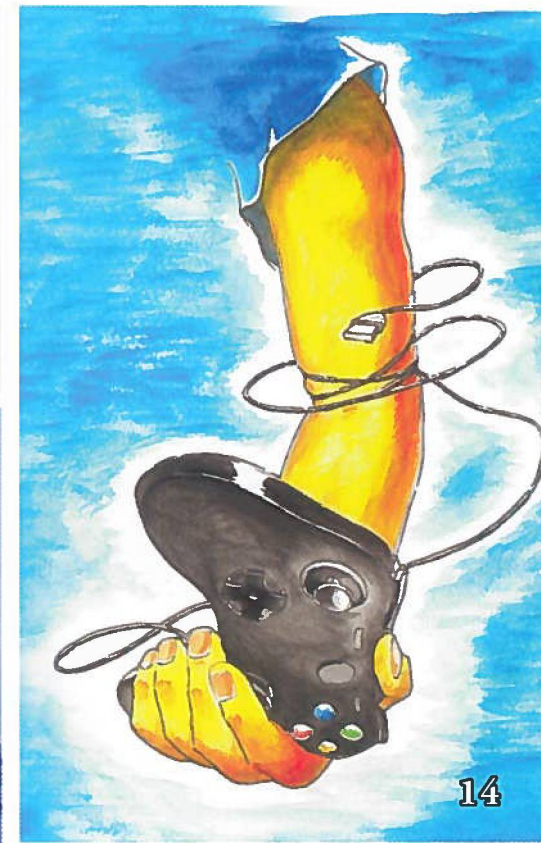
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## Innhold

- 4 \_ Lederkommentar
- 5 \_ Sol- og Vindenergi i Nord
- 6 \_ Biophilia: a Love of Life
- 8 \_ Flukes and Fjords
- 10 \_ Living Next Door to Terrorists
- 12 \_ Science column
- 14 \_ Gaming Addiction – Fact or Fiction
- 16 \_ Innovation column: 10 Ways to Make a Student's Life Easier
- 17 \_ Studentombudets hjørne
- 20 \_ University Street Style: Spring
- 22 \_ Fit for life. Social Media: The Good, the Bad and the Ugly?
- 24 \_ Sjakkspalte
- 26 \_ Helgekurs med Dayan Qigong
- 27 \_ Metal Page: The Live-(Wire) Issue
- 28 \_ CD anmeldelse: Post Pop Depression
- 28 \_ CD anmeldelse: Fullt Upp
- 29 \_ CD anmeldelse: Eat Me
- 29 \_ CD anmeldelse: White Desert Blues
- 30 \_ CD anmeldelse: Rise
- 30 \_ FILM anmeldelse: Grand Hotel
- 31 \_ FILM anmeldelse: Kung Fu Panda 3
- 32 \_ FILM anmeldelse: Batman vs. Superman; Dawn of Justice
- 33 \_ FILM anmeldelse: Carol
- 33 \_ FILM anmeldelse: The Jungle Book
- 34 \_ Food Column: Cottage Cheese Pie
- 35 \_ Poetry: Shreds
- 36 \_ Underholdning
- 38 \_ Bildespecial: Spring in the Arctic



LEDERKOMMENTAR

TEKST: Mats Johansen Beldo  
 FOTO: Olga Shavrina

**Kjære leser, ta deg en kopp kaffe og sett deg ned, for nå er den tredje utgaven av Utopia her!**

Mars har vært en flott, men intensiv måned for oss på kontoret. Veldig mange saker har dukket opp, og de fantastiske frivillige i Utopia har virkelig gjort en god jobb med å dekke det meste av studentrettede arrangementer som har funnet sted i byen den siste meneden. De frivillige har jobbet hardt med foto og journalistikk for å sy sammen denne utgaven til deg som student!

Vi i Utopia håper du har hatt en fantastisk påske, enten hjemme hos familien, på påskefjellet eller i utlandet. Det at påsken er ferdig betyr bare en ting for de fleste studenter, eksamenstiden nærmer seg med stormskritt! Forhåpentligvis har de fleste av oss lest stødig gjennom pensum i løpet av hele semesteret, og har planen klar for hvordan vi skal klare oss opp mot eksamen, men hvor mye vet

du egentlig om dine rettigheter som student ved eksamen? I denne utgaven har Studentombudet ved UiT gitt oss en god innføring i hvilke rettigheter vi har som studenter. Sett deg ned i vårsolen og les mer på side 18.

Andre ting av interesse som denne utgaven av Utopia byr på er; spillavhengighet, det å tape seg selv i en virtuell verden. Sosiale medier på godt og vondt, denne vårens klesmote ved UiT og noen ord fra studentombudet om et semester som nærmer seg slutten.

Vi i redaksjonen vil igjen benytte litt av tiden til å takke deg som leser for at du følger med på våre produksjoner.

Mats Johansen Beldo  
 Ansvarlig Redaktør

*Utopia for 38 år siden...*

**Demokrati og  
 Terrorisme**

**Bokanmeldelse  
 av Rune Hagen**

Bøll, Duve, Staeck (red.) «Demokrati og Terrorisme eller forsvar for republikken». Brev om situasjonen i Vest-Tyskland, Modtryk 1978.

De som er interessert i litteratur som den aktuelle, repressive utvikling i Vest-Tyskland må fortsatt henvende seg til det utenlandske bokmarked, da det fortsatt er lite litteratur om emnet utgitt på norske forlag. Derimot har, spesielt de danske venstre forlag, utsendt en hel rekke interessante bøker om Vest-Tyskland. En av de nyeste bøkene kommer fra Modtryk og tar om terrorisme- og de-

mokratiproblematikken. Den inneholder en rekke brev til republikkens forsvar fra forfattere med ulik samfunnsopfatning. De er imidlertid enig om to ting: 1) Det borgerlige demokrati i Vest-Tyskland er idag truet p.g.a. terrorhandlinger og spesielt p.g.a. myndighetenes overreaksjon på dem. 2) Den vesttyske er etter sin ordlyd et utmerket forsvar mot antidemokratiske krefter.

Blant brevskriverne finner vi «prominente» personer som O.Negt, H.Bøll, J.Habermas, G.Grass, M.Enzensberger m.f. Brevene er av vekslende

kvalitet og preges av hastverksarbeid, men dog leseverdige, — ikke minst nettopp fordi de demonstrerer at det faktisk er mulig for folk med forskjellig utgangspunkt å stå sammen om et forsvar for demokratiet. W.Jens uttrykker i sitt brev hva alle synes å være enige om: «Isoler desperadoerne gjennom mere demokrati».

Den autoritære tankegang som ligger bak antiterrorlovene, Berufsverbot etc. blir kritisert — det blir påvist at slike metoder har en svært sterk tradisjon i Tyskland, og at dagens statspolitikk er en forlengelse av denne. Noen av brevskriverne tar opp spørsmålet om hvordan man kan komme ut av denne situasjon og foranke en demokratisk bevissthet.

Boka blir fritt tilsendt om man setter 45 danske kroner inn på Modtryks giro 5216478.



# Sol- og Vindenergi i Nord

TEKST: Maria Zaikova

FOTO: CSIRO, Wikimedia Commons

Det er liten tvil om at verden står ovenfor en energikrise, og vi må begynne å se etter andre alternativer for å løse dette. Det er flere forskere, deriblant Tobias Bostrøm, professor ved Universitetet i Tromsø, som mener at solenergi i nord kan være en del av løsningen og gjøre Tromsø og andre kommuner i Nord-Norge til grønne kommuner.

Vi må ikke la oss lure av mørketida. Ifølge forskere har Nord-Norge like mye sol i løpet av ett år som det solenergi-nasjonen Tyskland har. Potensialet for produksjon av ren energi ved hjelp av sol og vind er stor også i Nord-Norge. «– Vi hadde håpet, men ikke turt å tro på det. Resultatet er svært interessant og litt forbausende»,

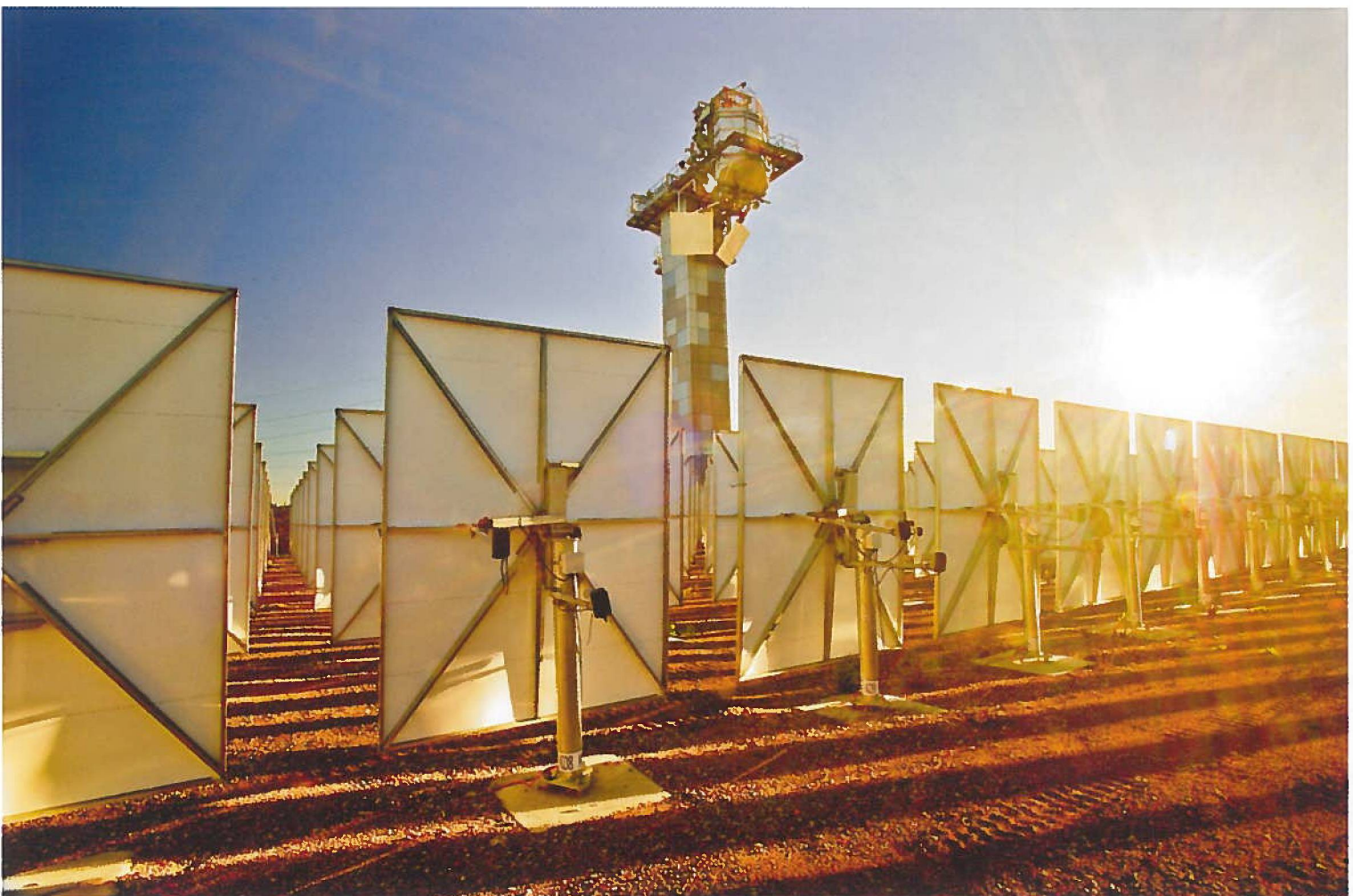
sier Tobias Bostrøm, som var forskningsleder ved prosjektet VRI (Infrastruktur i kaldt klima) og ble gjennomført av Norut Narvik og nasjonale produsenter av solcellepaneler, som konkluderte med at sol- og vindenergi er veldig mulig også i det kalde nord.

Det er likevel flere utfordringer når det kommer til sol- og vindenergi på nordlige breddegrader. «– Kulde, frost og ising er noen av dem. En annen utfordring er at solen står veldig lavt store deler av året, noe som gir større mengde diffus stråling i stedet for direkte stråling på solcellene. Sist, men ikke minst, er det en utfordring å ta vare på overskuddsenergi produsert om sommeren, når det er sol

døgnet rundt, for så å kunne utnytte denne om vinteren, når det ikke er sol», sier Bostrøm.

Sammen med Narvik-bedriften InnoTech Solar har Norut Narvik investert to millioner kroner i et *rentromslaboratorium*. Her holder de på med avansert forskning for å forbedre solcellepaneler og utvikle paneler som blant annet er bedre utrustet for å håndtere det kaldere klimaet i Nord-Norge.

Det er definitivt muligheter for å få til et marked for sol- og vindenergiproduksjon i Nord-Norge, men det er fortsatt et stykke igjen å gå, og mye er avhengig Rådhuset og lokalpolitikkerne.





# Biophilia: a Love of Life

## Savannah in our genes

The most influential theory about the human relationship with nature came from the renowned socio-biologist Edward O. Wilson. In a little book called "Biophilia", written in 1984, Wilson presented a hypothesis which assumed that humans have a genetically determined deep need and propensity to affiliate with different forms of life. He focused on the evolutionary basis of this biophilic disposition. Since humans came of age as a species on the savannahs of East Africa, a process that took nearly two million years, Wilson argued that enshrined in our brains is the idea that certain aspects of the natural environment offer greater chance for survival. Individuals engaging in smarter interaction with nature around them would be promoted in the process of evolution and their genes would spread. For example, ponds and lakes were not only a necessary source of drinking water but could also serve as natural protection from enemies. In addition, they attracted various animals which people could hunt, and offered plants on which humans depended. Individuals who were able to acknowledge and utilise this knowledge were more prone to survival. This is how biophilic dispositions were "programmed" into human brains. Hence, nowadays, people are ready to pay a lot to travel to or live by savannah-like landscapes dotted with bodies of water - even if it seems impractical at first glance.

## Everyday biophilia

Biophilia extends further than the seemingly cross-cultural, universal preference for savannah-like landscapes. It can be observed through the symbolic meaning associated with various plants and animals: for example when we give a bouquet of red roses to someone, indicating that we love them. The popularity of outdoor activities serves as another example, and of special interest here are activities in the wilderness, including hiking, climbing or backcountry skiing. Through these activities, humans seem to seek the feelings that accompanied our hunter-gatherer ancestors: the attraction of the unknown and the excitement and fear of entering the non-human kingdom of the wild. The appreciation of the flora around us might be another sign of the biophilic need for contact with nature. Most people that I know keep plants at home or spend time arranging their gardens, whereas children engage spontaneously in climbing trees or gathering flowers. Similarly, I could count on one hand the people that I know who do not like animals. Most of us feel like smiling at a new puppy in the neighbourhood, if not attempting to stroke it. Little kittens are a cause of overwhelming amiability similarly to a plethora of other cute furry animals, from specimens as small as a squirrel to as big as a tiger. Indeed, the phenomenon of showing strong feelings of admiration for often very dangerous animals is not a straight-forward mechanism based on automatic behavioural responses. Wilson certainly had a smart idea when he claimed the genetic basis of biophilia, but the explanation doesn't seem to be quite that simple.

Have you ever wondered why your Facebook wall is full of GIFs of cute puppies and kittens? Why both your little sister and your moustached white-collar neighbour have a shared interest in pictures of red pandas and raccoons? Why people spend considerable amounts of time and money travelling to distant places only to admire certain species of fauna and flora? Well, scholars interested in addressing this mysterious need for nature have come up with a very interesting hypothesis.





## Nature in culture

Constraining the mechanisms working behind biophilia to solely genetic factors does not leave much space for what distinguishes us as humans - free will, cognition and culture. It was argued therefore, following the critique of the “selfish gene” paradigm, that biophilia stems rather from the biocultural evolutionary processes such as prepared learning. What does this mean? Humans (along with other species) have a tendency to learn fast and permanently remember the reactions and associations that promote survival. Such reactions do need conditioning but once learned, they remain and are difficult to eradicate. This might have been the case with biophilic reactions, which might have been mediated by culture, in addition. For instance, the analysis of language shows that metaphors concerning nature are extremely common. Proverbs and myths often refer to the natural world and ascribe certain features to it, especially to animals. As anthropologist Elizabeth Lawrence - who researched the role that animals play in cultures of societies from virtually all continents - concluded: “The more vehement their feelings, the more surely do people articulate them in animal terms, demonstrating the strong propensity that may be described as cognitive biophilia”.

To sum up, we humans might possess a certain biophilic disposition in our genetic code, but it might need to be enhanced by culture in order to be expressed. This approach would also explain, to some extent, why some people don't seem to like nature at all and prefer artificial environments over natural ones - their biophilic genes simply haven't been activated during socialisation.

## Loving nature (and ourselves)

Research shows that close bonds with the natural world have a strong positive influence on people's perceived happiness and their mental health. For instance, it was found that connectedness with nature was significantly related to psychological well-being, meaningfulness, vitality and mindfulness. For example, interaction with animals in so-called “animal therapy” is used to reduce stress levels and develop the social skills of patients, among other things. Merely looking at the natural landscapes, whether real or artificial, also reduced stress and increased productivity in the workplace – however real nature, seen through a window, had a much stronger effect than looking at pictures or even at high quality real-time nature footage on a screen. Following this line of thought, some researchers have suggested that a commonly experienced “separation” from nature might be the cause of many diseases and anxiety disorders so characteristic of the modern world. Indeed, according to several studies, both our mental and physical health are interconnected with the condition of the natural environment. What is more, limited contact with nature is associated with impaired functioning. This is why it has been argued that in order to thrive and develop as a species, people need to reunite with nature and activate their biophilic dispositions. Emotional connectedness to nature is believed to be a prerequisite for environmentally protective behaviours. Thus once activated, biophilia might guide us to save the planet and at the same time get closer to happiness, the pursuit of which is pushing the environment and humans into severe crisis. The amount of cute furry content on our Facebook walls should tell how much we need it.



TEXT: Michałina Marczak  
PHOTO: Tim Swaan



# Flukes and Fjords: How a Lone Explorer Has Been Learning About Northern Norway's Winter Visitors

## Who, what, where, when, why?

Russell Baker is a global explorer with a passion for everything cetacean. A self-confessed nature-junkie, Russell arrived in Norway in 2013 after a tip from a local fisherman that killer whales and humpbacks were starting to frequent the fjords here. He was almost totally alone at sea for a long time, but news of this phenomenon soon spread and it is now a highly anticipated annual event. Both species appear to be tracing the movement of Norwegian herring stocks, but until a few years ago these whales were mostly absent from the north coast, arriving quite suddenly in astonishing densities.

Russell has initiated and collaborated on a variety of non-commercial projects around the globe, though has focused most of his efforts in Norway over recent years – pointing to the overwhelming uniqueness of what goes on here. However, regardless of the species or project concerned, he remains extremely committed to building strong relationships with local communities in each of the places he works. Their guidance and assistance is fundamental to both finding, observing and ultimately protecting wildlife phenomena from unregulated human intrusion.

*“There is so much to learn from whales”,* says Russell, who is convinced that we (him included) have barely scratched the surface when it comes to understanding these highly intelligent animals. As a self-funded explorer, Russell is relatively unrestricted in terms of both destination and time. He has the freedom to take advantage of opportunities, and this has enabled him to isolate these new phenomena. Consequently, he has accumulated an astonishing number of hours on the water with killer whales, humpbacks and fin whales, spending all day, every day, at sea, for 3 winters - conditions permitting. To say that his commitment to observation has been fruitful would be an under-

statement; Russell has learnt a tremendous amount about wild behaviour here in northern Norway.

Understandably, whale-watching has fast become of important commercial interest here in Tromsø. As such, Russell has maintained positive and non-commercial collaborations with ‘VisitTromsø’ who are keen to ensure this industry grows respectfully. In the same vein however, the increase in the number of boats on the water has made it more and more difficult for Russell to observe behaviour alone in a natural setting, and he has therefore had to refocus his efforts in different fjords on a number of occasions.

## Something unique

Carousel feeding by killer whales appears to be a strategy unique to the population frequenting Norwegian waters. In a carousel feed, killer whales repeatedly encircle shoals of herring, forcing them into a tight ball. When this ball is sufficiently dense, the whales use powerful slaps of their tail flukes to stun small groups of fish, before picking them off one by one. During 2013, Russell observed humpbacks and fin whales taking advantage of these ready-made ‘bait balls’ by lunging through the herring and consequently bringing the carousel to an end. Though sympatry between humpbacks, killer whales and fin whales occurs elsewhere on the planet, off the coast of northern British Columbia for example, there are few other documented instances of feeding interactions between these species.



## A weekend on the water

In February, I spent a weekend living Russell's life. Throughout his three-month tenure here in the Troms region, he is based in small coastal communities and during February of this year, was located on the beautiful island of Senja. Sheer cliffs and dramatic landscapes prevail over this largely uninhabited island, where small-scale fishing operations are a key source of income. Every morning, Russell



heads out under cover of darkness dressed in as many layers as possible; kitted out to maximise on the few hours of daylight available during northern Norway's long and arduous winter. There was absolutely no guarantee that we would find any whales, but that's the way this works. Indeed, Russell is the first to admit that his day-to-day life is no easy one, commenting that only a "slow, patient, and respectful approach" will allow him to "garner an acceptance" from the animals such that behaviour can be considered to be in its most natural state. As any researcher will tell you, there is little to be gained from studying behaviours clearly influenced by human presence.

Russell and I spent about an hour on the water before we happened across a group of killer whales and humpbacks feeding just outside of the fjord. Whales feeding at or near the surface commonly attract large numbers of scavenging birds, which are considerably easier to spot from a distance in large swell and surface chop. However, by the time we were within 200 metres, the feeding event had ended and the whales headed out to open water, beyond the reach of our small skiff, and so we headed back to the shelter of the coastline. Nonetheless, the whales soon followed, and we were approached by a group of seven or eight orca that spent approximately two hours pushing a ball of herring around the fjord. When you're out on the water in all weathers, luck simply has to be on your side.

One thing was abundantly clear, Russell does not jump in the water at every given opportunity. In fact, he spends hours assessing the situation from a distance before he goes anywhere near a group of whales. Indeed, if he can recognize behaviours from surface movements, there is little need to get in the water, and in many instances it would be inappropriate to do so. Unlike many of the commercial companies just beginning to send film crews here, Russell is content to observe from the boat most of the time, and is quick to point out that what he does "is not about photography". Over the course of an entire winter, there are some occasions when Russell deems the conditions appropriate enough to slide into the wa-

ter alone, on the whales' terms and only when he is confident his presence will not compromise the "peaceful continuation of wildlife phenomena". Any video he captures is discreet, incidental, and for the purpose of gathering data on some important behaviours. Russell tries to follow the migration as effectively as possible, whilst avoiding the new boat traffic, and trying to educate skippers about responsible whale watching.

## Man and Whale

For fear of being responsible for bringing unwanted attention to these sensitive mammals, Russell has kept his experiences quiet since the very beginning. However, word about this phenomenon has since spread; the number of boats is increasing rapidly; and consequently Russell has been encouraged to speak out more for the sake of education and protection. In a worst-case scenario, continued disturbance could drive the whales from our coastline and into less desirable feeding areas, and there is a genuine possibility that the whole phenomenon could be lost for good. Indeed, history has shown us that the sudden commercialisation of similar areas can quickly result in there being few whales left to watch.

Russell explains that these isolated communities would hate to see the whales disappear. "Local fishermen and the whales coexist peacefully" he says. There is no time to lose in moving toward positive efforts in this region, since there is an extremely limited window in which to learn from the animals here. Indeed, it's quite plausible that the plasticity of herring movements may lead the whales elsewhere before other sources of disturbance. This striking unpredictability is one of the things that makes this event so fascinating.

## Research and forward-planning

Some scientists are already aware of Russell's efforts, and have noted that his observations might prove valuable in answering some outstanding behavioural questions in the field of killer whale and humpback research. Word of mouth has also attracted further public attention, though establishing

relationships in the scientific world is a priority for Russell, and he recently shared some of his observations at the annual conference of the European Cetacean Society in Madeira, with positive results. Via workshops for whale-watching operators and presentations in schools, Russell is educating the public about whale behaviour and at the same time enthusing many about protecting these whales.

The longevity of this unique phenomena is unpredictable, but Russell's land based efforts will continue so long as communities encourage them. The nature of his future water-based observation work will depend on his respectful evaluation of the environment and Utopia sincerely hopes that his work will increase our understanding of the whales here in Northern Norway, such that they might be protected and continue to bring joy to our coastal communities. Even with a carefully developed, minimal-impact approach to observation, we must remember that "observation of highly intelligent animals is a two-way process", says Russell.

Russell can be followed on:

**Facebook:** Russell Baker - Learning from whales

**Twitter:** @LearnFromWhales

**Instagram:** @LearnFromWhales

**TEXT:** Sophie Scotter

**PHOTO:** Russel Baker





# Living Next Door to Terrorists

TEXT: Elizaveta Lamova

PHOTO 2: Bjørn Arntsen, PHOTOS 1,3,4: Trond Waage

The absence of peace concerns every country nowadays. Technology has made distance imperceptible, opened new opportunities and at the same time turned the world into a diminutive land. Consequently, distance problems do not exist anymore. Each country could influence the rest of the world. Boko Haram is a terrorist organization located in northeastern Nigeria, Chad, Niger and Northern Cameroon. What are the factors that determine the violent acts of Boko Haram? How does this organization get support? What role does Islam play? These and many other questions were considered during the conference “*Internal Paradise*” (held at UiT from 6-8th of April), which gathered together people with long-term socio-professional experience.

Boko Haram translates to “Western education is forbidden”. Until the death of founder Mohammed Yusuf, the group was also reportedly known as “Yusifiyya”. After the end of British occupation, people from the mainly Islamic northern regions of Africa have expressed their fundamental opposition to Western education. They have found a parallel between education and corruption in government structures and from their point of view, western education leads to a gap between rich and poor. Boko Haram also struggle against “Sufism” - the inner mystical dimension of Islam. The organization wants to establish shariah, but nobody knows exactly what this means. A religious legal system is practiced in many countries, each differing from each other, for example Saudi Arabia, Yemen, Pakistan, United Arab Emirates, etc. So what form of governance do Boko Haram want? It is interesting to mention that some conference speakers are convinced that Boko Haram has lost its original goal and its members have turned to crime. Local populations are suffering from neglect and exploitation, either from Boko Haram or government authorities. Constant fear and the necessity of finding ways to survive depletes people. For example, after Boko Haram occupied Lake Chad, locals lost the opportunity to fish. Professor Gilbert Lampin Taguem Fah thinks that the terrorist organization isn't even connected with Islam, while methods (such as kidnapping, killing and bank robberies) have nothing in common with pure religion. If you are caught by Boko Haram, there is no way back, since the government will consider you a terrorist. Despite this, youth often support the organization and become members willingly. Why? Partly because they lack a perspective on life and Boko Haram gives them a kind of stability and certainty. So, is it possible to consider members of this organization as separate from the rest of the population? At the conference it was mentioned that even family members could not trust a person who was unpredictably absent for a few weeks. Everybody is scared. Much of the world learned about Boko Haram after they kidnapped 276 school girls in April 2014, but these terrorists are steadily attracting recruits and sowing fear among the population.



Photo 2.



Photo 3.



Photo 1.



During a three-day conference, researchers from different fields provided a multidisciplinary perspective of this terrorist organization. For those who thought that Boko Haram was far detached from Norway, the film "Life with Boko Haram" was shown. Made by Mouazamou Ahmadou and Trond Waage, it tells the story of a family-man living in Oslo, who receives information that his brother has been kidnapped by Boko Haram: a powerful story based on real events. There were also lectures dedicated to the genesis of Boko Haram, pastoral and sedentary realities in Nigerian Borno, and the regional and international response to the organization. The purpose of the conference was to better

understand the complexities that underlie the success of Boko Haram, and in my mind, it succeeded in doing so. The problem of terrorism in Africa is closely connected with poverty and lack of infrastructure. In northern Nigeria, for example, it is hard to get access to education and according to educational statistics (World Bank), in 2008 only 66,4% of the population was found to be literate. Corruption and political crises create favorable situations for expansion of radical ideas, such that terrorism in Africa could be called a symptom of a chronic disease. These conferences are attempts to examine this and who knows, maybe examinations will one day turn into a cure.



Photo 4.





# Invisibility Cloaks - Can They Become Reality?

Since ancient times, people have been scared of the 'invisible spirits' of the dead. Military people have always dreamed of invisibility cloaks that would allow them beyond enemy lines without being noticed. We have all grown up watching science-fiction movies like Harry Potter and other TV shows in which characters become invisible. Is it just a scientific fantasy? Can it be real? How far are we from creating such a cloak in reality? I will try to address these questions in the following article.

TEXT: Rajwinder Singh

## Science Behind visibility

Before we understand invisibility, we first have to understand how things become visible to us in the first place. The answer lies in the facts concerning how light interacts with matter around us. There are basically three processes occurring in this interaction: namely reflection, scattering and refraction. We all are familiar with reflection, so I'll avoid explaining this one, since you have all seen your own reflection

in the mirror. Scattering of light occurs when light rays are redirected in random directions after hitting any rough or irregular surface. Fig. 1 shows the scattering phenomena. Particles which are extremely small (in terms of size relative to the wavelength of light) also scatter light. Scattering is responsible for giving the sky its blue colouration, as small dust particles scatter away all the other larger wavelengths such that only blue light - which has small wavelength - reaches our eye. We see objects

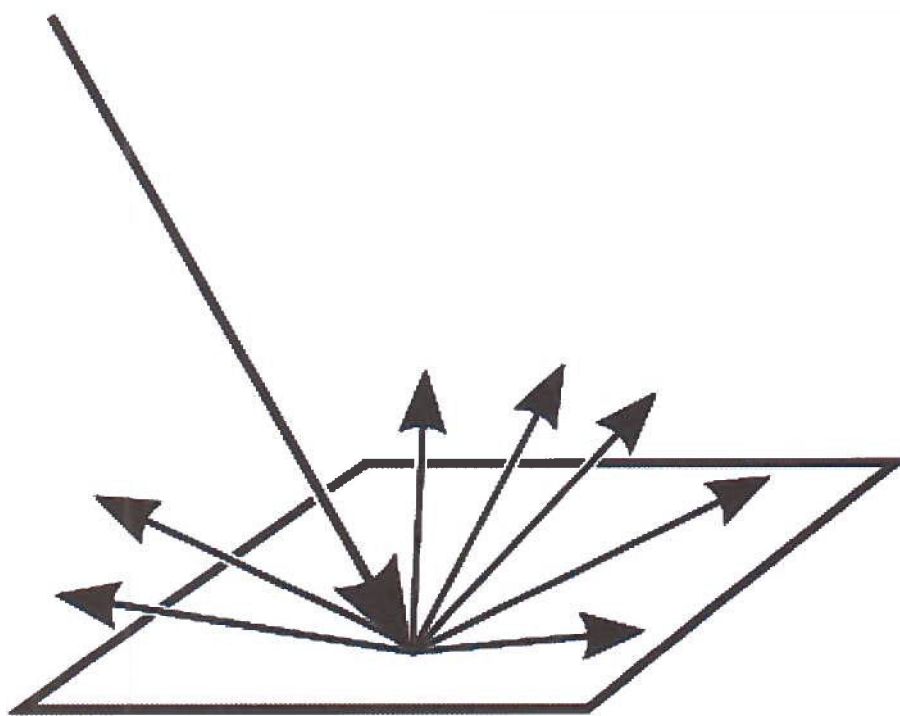


Fig. 1. Scattering of light from rough surface.



Fig. 2. Refraction of light as light enters a different transparent medium.

when the reflected or scattered light from these objects enters our eyes. The brain processes this information and forms an image of that object.

Now, if we look at the atomic level, the atoms in solids are densely packed. Light is not able to pass through the dense matrix of these atoms and is reflected back, hence the objects appear opaque and visible. On other hand, many liquids and gases are transparent since their atoms are loosely packed and light is able to pass through



them. Some solids are also transparent, such as glass, because the atoms in them are packed in such a way that light finds a way through them. Any object through which all the light is able to pass without getting absorbed or scattered by the atoms will be 100 % transparent and will be invisible. Hence, invisibility is a property that arises at the atomic level.

Refraction is another phenomenon which occurs when light passes from one transparent medium to another and the ray appears bent. In fig 2 you can see that the pencil seem to be bent when immersed in water. How much the light bends and in which direction depends on the parameter known as the 'refractive index' of the medium which represents a ratio of the speed of light in a vacuum to the speed of light in the medium concerned. The denser the medium, the slower the speed of light, the greater the refractive index and consequently the greater the degree of bending. This concept is central in developing invisibility cloaks.

## Stealth Technology- making fighter planes invisible.

Stealth technology refers to the range of technologies used to make military vehicles such as jets, submarines, ships, etc., 'nearly' invisible to RADAR or SONAR. This is achieved by using a non-metallic airframe, mostly consisting of dielectric composites that are transparent to radio waves. Some paints that absorb radio waves - converting them to heat rather than reflecting them - are also used. The vehicle shape itself can be designed in such a way that, if radio waves strike the vehicle, they are dispersed in different directions. However, this technology makes vehicles invisible only for radio waves, but not in light, for the human eye can still see these objects. Neither are they 'fully' invisible to radio waves.

## Metamaterials- Magic materials

'Metamaterials' are among the most promising new developments for rendering an object completely invisible. These materials do not exist in nature, but are engineered in labs in order to generate required properties: in our case a specific refractive index. In general, with normal transparent materials, light entering one medium from another will bend initially but then continue to move in a straight line, as the

refractive index remain constant in that medium. Now imagine that we could manipulate the refractive index of material in such a way that it changes at every point, allowing light to keep on bending due to a continuously changing index.

Metamaterials are constructed such that they have precisely this property. Another way of bending the light is by distorting the space itself, as I discussed in previous article, where I explained how gravity can bend light. On earth however, the space is quite flat since gravity is weak, therefore metamaterials can be used. For more clarity refer to Fig. 3. In this fig, (A) blue line shows the path of light ray in flat space, (B) shows path of light ray in curved space, and (C) show the path of light ray in flat surface, but around the green coloured metamaterial cloak. Light will pass around the object covered with metamaterial just as water in a river passes around the stone and merges again afterwards. In this case, no light is returned to our eyes from that object, thus it appears that there is nothing there!

## How close are we to the reality?

There is active research going on in this field because of its vast applications. The

principle of cloaking, with a cloaking device, was first demonstrated at frequencies in the microwave radiation band on October 19, 2006. Though this cloaking device was small, with a height of less than half an inch (< 13 mm) and a diameter of five inches (125 mm), it successfully diverted microwaves around itself. The object hidden was a small cylinder placed in the centre of the device. The invisibility cloak deflected microwave beams so they flowed around the cylinder, making it appear almost as if nothing were there at all. To this date, scientists have managed to make small objects invisible to microwaves and infrared waves, but efforts are still being made to extend this invisibility to the spectrum of visible light, which will render objects invisible to human eye.

## Conclusion

Scientifically it is possible to make an invisibility cloak, but the biggest obstacle to making this happen is acquiring the complex material properties needed and realizing them on a scale that could be used with visible light. Therefore, more work needs to be done in engineering these objects and the problem thus remains unsolved. However, interest shown in this field could mean that invisibility will soon become reality.

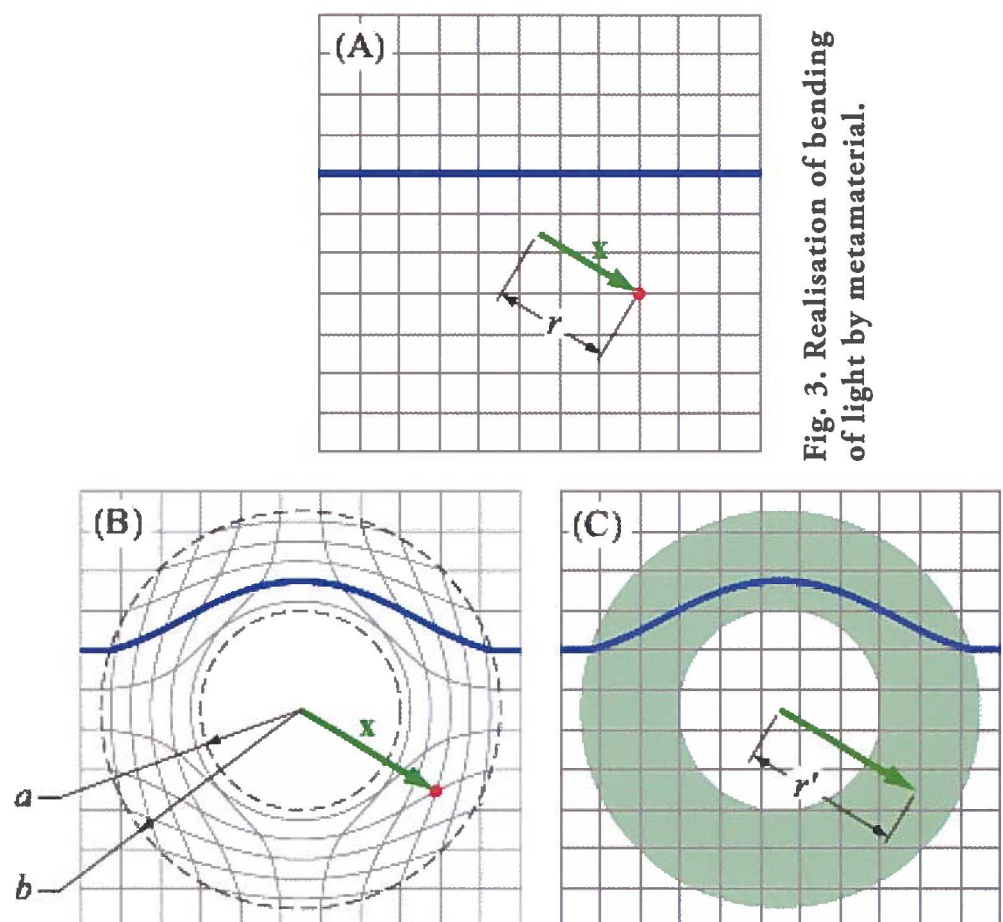


Fig. 3. Realisation of bending of light by metamaterial.



# Gaming Addiction – Fact or Fiction

TEXT and ILLUSTRATION: George Stoica

The year 2003 was an amazing one for gaming, I'll never forget it. Some of my most fondly remembered games came out during that time: Prince of Persia – The Sands of Time, Call of Duty (a franchise which unfortunately did not know when to stop), Max Payne 2, Jedi Academy, Need for Speed: Underground, Knights of The Old Republic and so many more. But of all of them, there was one I ached for most: Legacy of Kain – Defiance. When I finally got it, I went up to my mom and told her that for the following two days I would not leave my room. The game has a story mode and that's it, so that's all I needed. I was very honest about it, and she was amused. "You'll become addicted to that computer" she said. Fast forward thirteen years and she spends more time playing candy-gem-farm-whatever games than I currently do playing games which require long waiting times for planetary alignments and injection burns where you quite literally have nothing to do except maybe check the ullage in your fuel tanks every ten minutes, so that's saying something. Are we both addicted then? Neither of us?

It turns out that the answer is a lot more difficult to find. This Monday, March 21st, The University of Tromsø hosted a presentation by Rune K.L. Nielsen, a psychology student currently working on his doctoral degree at the IT University of Copenhagen. The purpose of the presentation was to try to both clarify and spread information with regards to the causes and effects of this addiction, which can be hard to pin down.

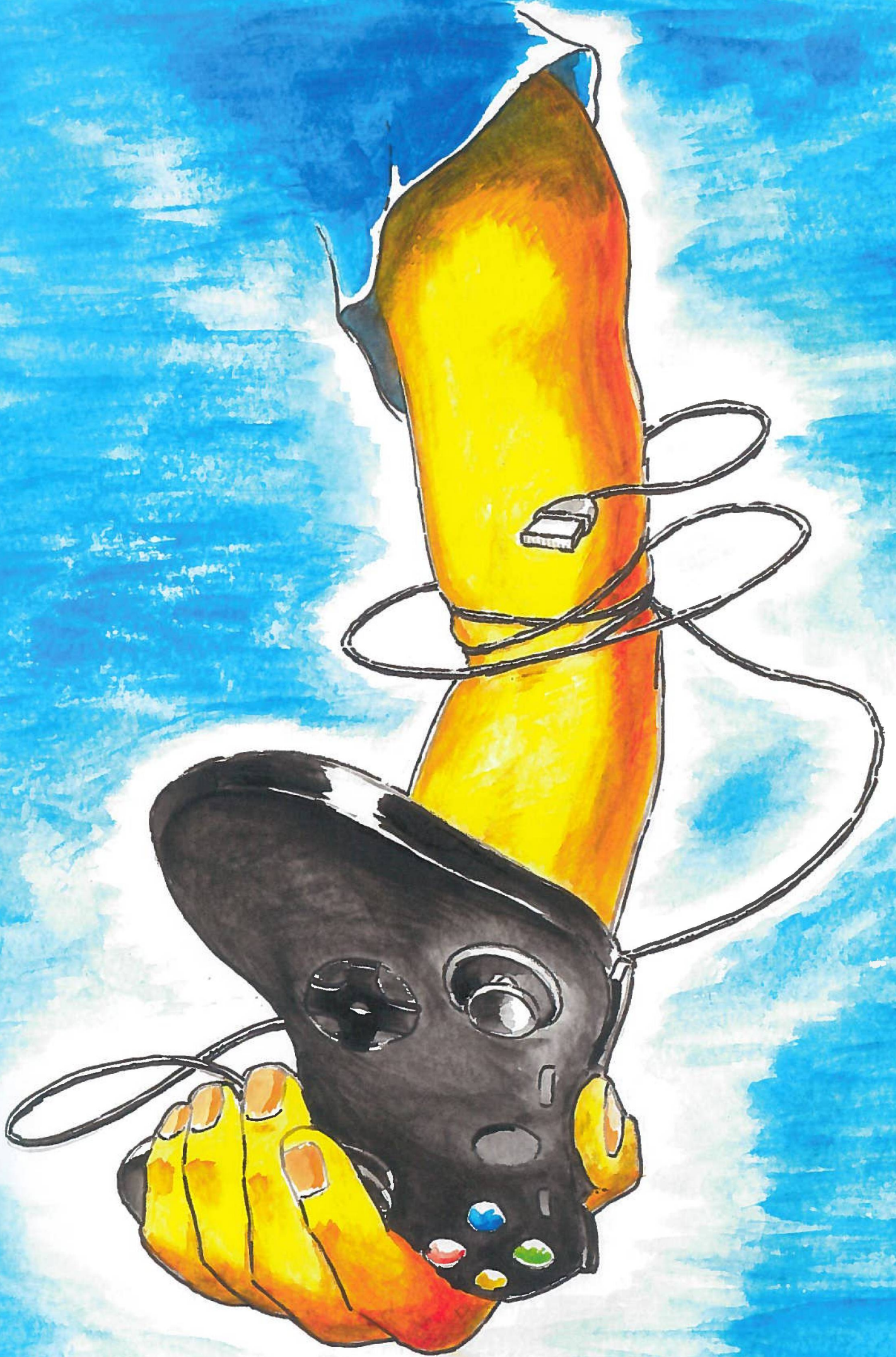
The talk focused mainly on Internet game addiction, though many of the points could also be applied to offline games, and with today's always-online platforms and games the line gets blurrier and blurrier. Surprisingly, a lot of the time was actually dedicated to expounding the difficulty of dealing with a condition which cannot even be defined consistently. The methodology behind the process of determining a pathological behavior in a person has shifted over the years, from focusing on the negative consequences themselves (such as "do you steal money in order to pay for your addiction?") to the mechanisms which trigger them (for example "do you think about doing [insert addicting activity here] all day?"). This reflects a better understanding of the condition and how it can be helped, but in the case of video games, again, it is not that easy. Partially due to the me-

dia's preference for sensationalist headlines as well as less-than-credible fear mongers, such as the endlessly trollable Jack Thompson of a few years ago, and partially due to the barriers between parents and children which modern society has engendered, it is difficult to see video game addiction for what it really is: a symptom of an underlying problem. Rune presented the case of a young man who suffered from serious physiological conditions due to what his parents thought was his game addiction. After some discussions with the boy himself, it turned out that the root cause was actually social anxiety and peer pressure, a fact that absolutely every teenager is faced with. Far from being a sinister affliction, the "addiction" was a coping mechanism for dealing with an incredibly common form of stress in everyday life for an adolescent.

This is a perfect example for why surveys such as the ones Rune presented need to shift towards qualitative assessment instead of quantitative. Surveys in general can be very tricky, as we often make assumptions about what is asked of us, and this can color our responses. Until there is a solid definition for a "gaming addiction" there can be no realistic perspective on the condition, or its veracity for that matter. In fact, one of the papers Rune wrote and talked about on Monday was titled "Turning Data into People", an interesting twist on the idea used in statistics, that of doing the opposite. Since no two people are alike, dealing with their inner struggles cannot be treated as a simple variable to fit into an equation.

It will be interesting to observe how this situation changes over the years as many of today's gamers become tomorrow's parents. There already is a healthy culture of "cool gamer parents" thriving online, just ask YouTube and its many content creators who make a living playing games. However, most still avoid discussing problems with their children and "normalizing" the symptoms instead of blowing them out of proportion. Some of the children who are perceived as addicts could actually be professional e-sports players in the making, and a quick Google search will show you just how profitable such a career is. Talent comes in many shapes and sizes. Trying to fully understand a problem before attempting to solve it can both make the job easier and avoid making things worse. Remember, there are no quicksave buttons in real life.







# 10 Ways to Make a Student's Life Easier

A student's life can be pretty tough. Juggling studying with a part-time job is already quite challenging, let alone having to live in a small shared space with dozens of other students. Moreover, a student is almost constantly chased by assignment deadlines and preparation for exams. A student is always expected to be well organized and on time. A student has to cook his or her own (hopefully healthy) meals, do his or her own laundry and the list goes on. Thanks to recent innovations, life as a student might now be easier. Here are 10 innovations to not only ease the pain of the student lifestyle, but also to add a lot of fun.

TEXT: Yati Chen

## 1. Wake up early and exercise with *Wake Up Work Out Alarm Clock*

Also referred to as the "dumbbell alarm clock", this clock will make sure that you wake up and exercise immediately without the possibility of snoozing. You have to do 30 bicep reps to turn off the alarm and best of all: no cheating! The alarm clock is equipped with motion sensors, so it 'knows' how many reps you have really done. This is a perfect alarm clock for the laziest morning sloth.



## 2. Make your breakfast with the *3 In 1 Breakfast Maker*

After waking up and exercising, the best thing is a hot breakfast. The 3 in 1 Breakfast Maker is a simple yet functionally complete appliance which is a combination of an oven, a frying pan and a coffee maker. The coffee maker has a 4 cup capacity whilst the oven has a 15-minute timer. What's more, the frying pan uses the heat from the oven and has a 6-inch diameter. With this space-saving appliance, you can make your toast, fry your egg and brew your coffee at the same time, using the same equipment.

## 3. Wear *Shreddies Flatulence-Filtering Underwear*

As the name suggests, this underwear filters your flatulence odor so you don't have to worry when you are letting out that uncomfortable gas in class or on a bus. The filtering garments feature an activated carbon lining that absorbs all flatulence odors, thus no smell will escape. Not only underwear, Shreddies now also sell a collection of jeans and pyjamas. But beware! Shreddies only absorb the odor, not the sound!



## 4. Carry *Tylt Energi+ Backpack*

Wake up, exercise, eat breakfast, wear Shreddies. Now it's time to go to university. Grab your backpack, but not just any old backpack. Tylt Energi+ backpack comes with a massive 4.1A battery which can charge three devices at the same time. The cable routing system from the battery is smartly connected to the device compartments. This backpack has 13 compartments in total (including a fold-out mesh bag for a water bottle), a 24-liter capacity and weighs 2 kg including the battery.



## 5. Type your assignments with *Celluon Laser Keyboard*

Maybe it is time to say goodbye to your bulky, regular keyboard. Celluon Laser Keyboard is even smaller than a smartphone but it can project a full size keyboard on any flat and opaque surface, so you can type anywhere. It is compatible with any device that uses either an iOS4+, Android 4.0+, Mac OS X 10+ or Windows XP+ operating system, even Blackberry 10. It also has adjustable brightness, sensitivity and sound feedback.



## 6. Take note with *Echo Livescribe Pen*

There are smartphones, smart watches and now smartpens. Echo Livescribe Pen promises that what starts on paper, doesn't have to stay there. Paired with a special paper notebook and the Livescribe app, this smart pen will record everything you write in the notebook, digitally. You don't need to type-up those important lectures anymore, because you can upload them to your computer. In addition, the smartpen can also record the audio synchronized with your note-taking. It means that you can read your notes while listening to the explanation of your lecturers.



## 7. Use and share *Yanko Design's Rotating Lego Sockets*

The shapes of our laptop chargers are sometimes quite troublesome when we have limited power sockets in class. The battle begins when everyone is out of power and needs to charge their laptop. Even when there are enough sockets, the shapes and sizes of the chargers sometimes means we can't plug them in simultaneously. Yanko Design have solved this problem by creating rotating Lego sockets. The sockets can be assembled and separated exactly like our Lego toys. Plus, each section of the socket can be rotated. No matter what kind of shape your charger has, you can definitely share the sockets with your friends. No more fighting for power supply.



## 8. Don't forget to bring *Senz Stormproof Umbrella*

Now it is spring in Tromsø and the rain is coming again. We all know how the wind in Tromsø forces us to wear a waterproof jacket or a raincoat instead of using an umbrella. However, for some people, a waterproof jacket is not a particularly stylish choice. For these people, Senz Stormproof umbrella might be the answer to their prayers. This specially designed umbrella has been tested in 100 km/h wind and its asymmetrical shape lets you adapt to the ever changing wind direction. It promises to not let you down in stormy weather.

## 9. Save your favorite cup with *Lock Cup*

If you live in student housing and always lose your favorite cup because someone else is always using it, look no further. Now you will have a new favorite cup. Lock Cup has a hole that will prevent others from using it. The hole can only be closed with a special key, which you can keep in your pocket.



## 10. Keep your food in *The Kitchen Safe*

This box will end the mysteries of missing food in your fridge. The Kitchen Safe is a clear box with a lid equipped with a timer lock. Once you set the timer and lock, the box can't be opened until the timer reaches zero. There are different dimensions available for this box, since temptations come in different sizes.



# ”Vårsemesteret Nærmer Seg Slutten..”



**Påskeferien er over, april er kommet og eksamenstiden nærmer seg med stormskritt.**

**Forhåpentligvis har du lest jevnt og trutt gjennom hele semesteret, og har nå en plan for hvordan du skal repetere pensum og gjøre de siste forberedelsene før eksamen.**

**Men har du satt deg inn i eksamensreglementet? I det følgende skal jeg gi deg en generell oversikt over viktige regler du bør kjenne til.**

TEKST: Torill Varberg, FOTO: Lars Åke Andersen, ILLUSTRASJON: Mat Mot

## Generelt om eksamen

Etter lov om universiteter og høyskoler § 3-9 skal universitetet sørge for at kandidatens kunnskaper og ferdigheter blir prøvet og vurdert på en upartisk og faglig betryggende måte. For å kunne fullføre formålet med eksamen pålegges både universitetet og studentene forpliktelser i eksamenssituasjonen.

Ved UiT Norges arktiske universitet er det i dag nesten 12000 studenter, og de fleste skal opp til flere eksamener i løpet av semesteret. Blant disse er det ulike eksamensformer, hvor de vanligste typene er skoleeksamen, hjemmeeksamen, praksis og muntligeeksamen. Hvilke rettigheter du har ved eksamen avhenger av hvilken eksamensform du skal opp til. Er du usikker på hva som gjelder for din eksamensform, sjekk emnebeskrivelsen eller spør en rådgiver ved ditt fakultet.

Som hovedregel har du anledning til å framstille deg til samme eksamen inntil tre ganger. Dersom du ikke møter opp til eksamen til fastsatt tid, eller ikke leverer en hjemmeeksamen innen fristen, registreres du som «ikke møtt». Dette teller som ett eksamensforsøk. Dersom du får totalt tre «ikke møtt» og/eller stryk, kan fakultetet ditt gi deg inntil tre dispensasjoner. Men disse gis bare dersom du

ved å bestå eksamen i emnet fullfører en grad, eller dersom du kan dokumentere tungtveiende sosiale og/eller personlige grunner til at eksamen ikke er bestått tidligere.

## Anonymitet

Når du gjennomfører en skriftlig eksamen har du rett til å være anonym. Ved skriftlig eksamen (skole- og hjemmeeksamen) skal ikke sensorene dine vite hvem du er. Derfor får du utdelt et kandidatnummer. Dette systemet sikrer at sensorene vurderer eksamensbesvarelsen din på en nøytral og upartisk måte, uten å legge vekt på utenforliggende hensyn i bedømmelsen.

På en muntlig eksamen eller praksis sier det seg selv dette ikke lar seg gjøre. Den muntlige delen av eksamen skal være offentlig med mindre hensynet til gjennomføringen av eksamen tilsier noe annet. Som hovedregel gjelder det samme for eksamener i utøvende kunstneriske, praktiske og estetiske emner.

For å sikre en god vurdering benyttes det minst to sensorer, hvorav den ene skal være ekstern. Bruk av sensor skal gå frem av emnebeskrivelsen i programplanen din.

## Syk på eksamen

Hvis du blir syk rett før eller under eksamen har du rett til utsatt eksamen dersom du leverer legeattest til fakultetet senest to døgn etter den første eksamen som attesten gjelder for. Legeattesten må altså inneholde opplysninger om hvilken eksamen den gjelder for (emnekoden) og tidsrommet for sykdomsperioden. Er det ikke mulig å få en legeattest senest to døgn etter den første eksamen som attesten gjelder for, må du gi fakultetet beskjed om dette innen fristens utløp.

## Sensur og begrunnelse

Som hovedregel skal sensuren foreligge innen tre uker hvis ikke særlige grunner gjør det nødvendig å bruke mer tid. For større oppgaver, som for eksempel arbeider som er normert til 20 studiepoeng eller mer, kan det settes en frist for sensur på seks uker.

Når sensuren din er kunngjort har du rett til å be fakultetet om begrunnelse for denne innen tre uker. Begrunnelsen skal du normalt få innen to uker etter at du ba om den. Her er det en viktig forskjell mellom skriftlige og muntlige eksamener; har du hatt en muntlig eksamen må du be om begrunnelsen umiddelbart, og



kravet om begrunnelse rettes direkte til sensorene.

Begrunnelsen skal gjøre rede for de generelle prinsipper som sensoren har basert bedømmelsen på og hva det var i din spesifikke eksamen som begrunnet din karakter. Det er opp til sensor om vedkommende ønsker å gi deg begrunnelsen muntlig eller skriftlig.

## Klage på karakter

Dersom du er uenig i bedømmelsen av eksamen din kan du klage på eksamenskarakteren innen tre uker etter at sensuren ble kunngjort. Ved ny sensurering fastsettes det en ny eksamenskommisjon som ikke får kjennskap til karakteren, begrunnelsen for denne eller studentens begrunnelse for klagen. Den nye kommisjonen består også av minst to sensorer, hvorav en skal være ekstern. Denne ordningen er kjent som blind sensur og kan medføre en ny karakter som er både til gunst eller ugunst for deg som klager. Karakterfastsettingen ved ny sensurering kan ikke påklages.

Når det gjelder praksis og muntlige eksamener lar ikke disse seg etterprøve. Derfor kan man ikke klage på karakteren på disse. Det medfører at derom du er uenig i resultat-

ret på muntlig eksamen, må du ta den på nytt om du ønsker å forbedre karakteren din.

Mange får en karakter som bygger på både en skriftlig og en muntlig prestasjon. I disse tilfellene kan du klage på den skriftlige eksamensvurderingen. Dersom du får medhold i klagen, avholdes det en ny muntlig prøve til fastsetting av endelig karakter.

## Klage på formelle feil ved eksamen

Dersom du mener det foreligger en feil ved gjennomføringen av eksamen, kan du klage over formelle feil ved eksamen innen tre uker. Konsekvensene av en formell feil avhenger av hva feilen er. Hvis det er begått en feil som kan ha hatt betydning for prestasjonen din eller for bedømmelsen av denne, skal sensurvedtaket oppheves. Dersom feilen ligger i selve gjennomføringen av eksamen, kan du risikere å måtte ta eksamen på nytt. Hvis feilen kan rettes opp ved ny sensur av foreliggende eksamen, foretas en ny sensurering.

## Fusk

Avslutningsvis syns jeg det er viktig å minne deg om å være ekstra aktsom under eksamen, spesielt med tanke på fusk eller forsøk på fusk. Du kjenner nok til reglene for kildehenvisning, reglene mot

å plagiere andres tekster, ureglementert samarbeid og at det ikke er tillatt å handle i strid med eksamensreglementet eller på en annen urettmessig måte som kan gi deg fordeler ved eksamen.

Du vet nok også at det å ha ulovlige hjelpemidler tilgjengelig under eksamen er å anse som fusk eller forsøk på fusk. Derfor må du undersøke hva som er tillatte hjelpemidler ved din eksamen, og det er ditt ansvar å sørge for at andre hjelpemidler ikke er tilgjengelig. Om å ha med seg ulovlige hjelpemidler på eksamen har Høyesterett uttalt at «gode grunner tilsier at det i en slik situasjon må kunne reageres strengt, både for å oppfylle lovens formål med eksamen og for å hindre at studenter opptre skjodesløst eller spekulativt...». Reaksjonene på fusk kan være annullering av eksamen, utestenging og bortvisning.

Under eksamen er du i en skjerpet situasjon. Sjekk derfor nærmere regler for din eksamen før selve dagen. Er du usikker eller ønsker å vite mer, les emnebeskrivelsen din, alt om eksamen på [uit.no](http://uit.no), spør en rådgiver eller kontakt Studentombudet ved UiT.

Ha en fortsatt fantastisk dag og **masse lykke til på eksamen!**

*Beste hilsen*

*Torill*

*Studentombudet ved UiT*

**Torill Varberg** er ditt studentombud. Hun kan gi deg råd og veiledning i saker knyttet til din studiesituasjon ved UiT. Studentombudet skal påse at saken din får en forsvarlig og korrekt behandling, og at dine rettigheter blir ivaretatt. Torill har taushetsplikt, og det er uforpliktende å ta kontakt.

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**Hjemmeside:** [uit.no/studentombudet](http://uit.no/studentombudet)

**Facebook:** [facebook.com/studentombudetUiT](https://facebook.com/studentombudetUiT)





# University Street Style: *Spring*

TEXT and PHOTOS: Elias Bergsholm

The idea came to me when I was staring at a magazine in a local store. The magazine had a catching street-style photo cover and the headline was: "Street style life: What have you got, New York?" So I thought: perhaps we should have some fashion sometimes? Utopia has what it takes to be observing, provoking, informative and engaging. I could go on and on. But do we have what it takes to be stylish? Yes, we do!

Sometimes having a coffee with one friend or another on campus, I notice different people and their unique styles. Why not share it in an appealing and fashionable way? Our newspaper enlightens readers with features on music, cinematography, sports, art, politics, economy and pretty much everything but fashion. Maybe it's time to try something new?

The way people dress can tell you something about what season it is. Style is appealing to look at and discuss, and it is also entertaining. So, one day after class, I went outside and tried to catch students' mood with my camera. I also decided to ask them one question:

*"How do you experience spring time?"*

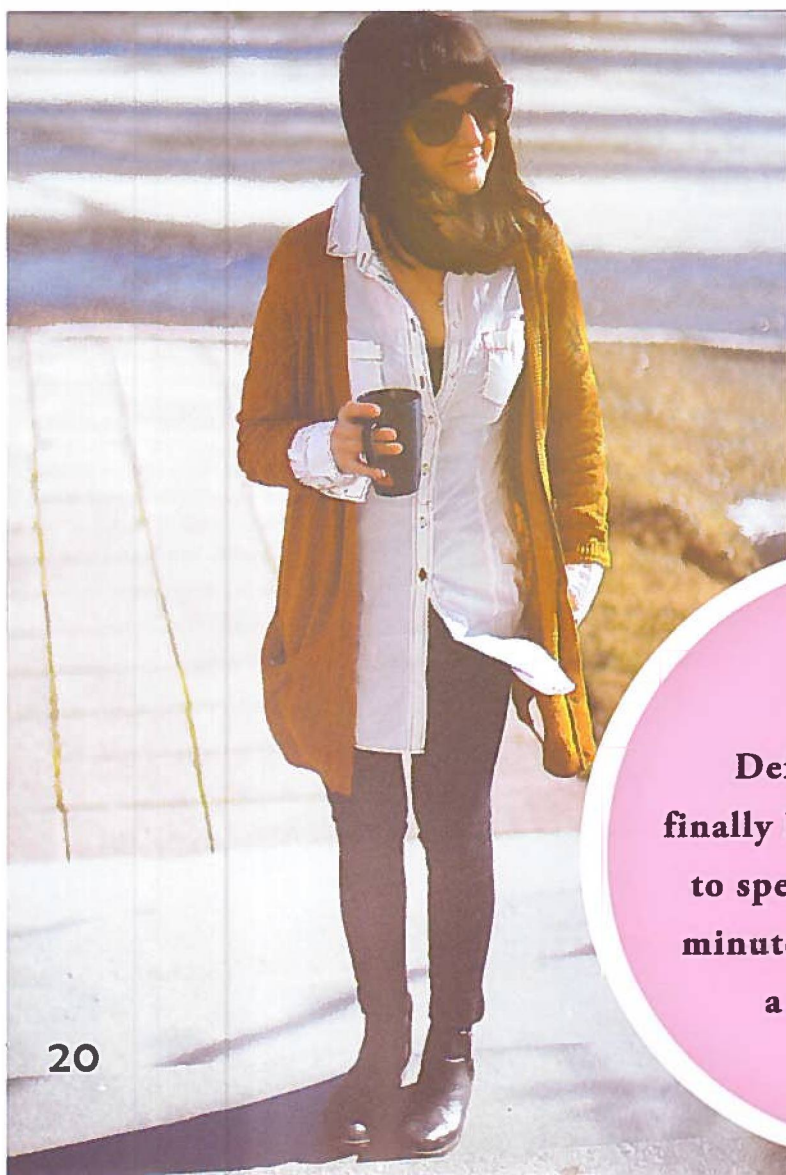


**Ingrid:**

I can finally go outside in my beloved converse without being afraid of sinking in slush and mud!

**Charlie:**

Definitely sun! It's finally back and it's so nice to spend your every free minute outside, enjoying a cup of coffee.



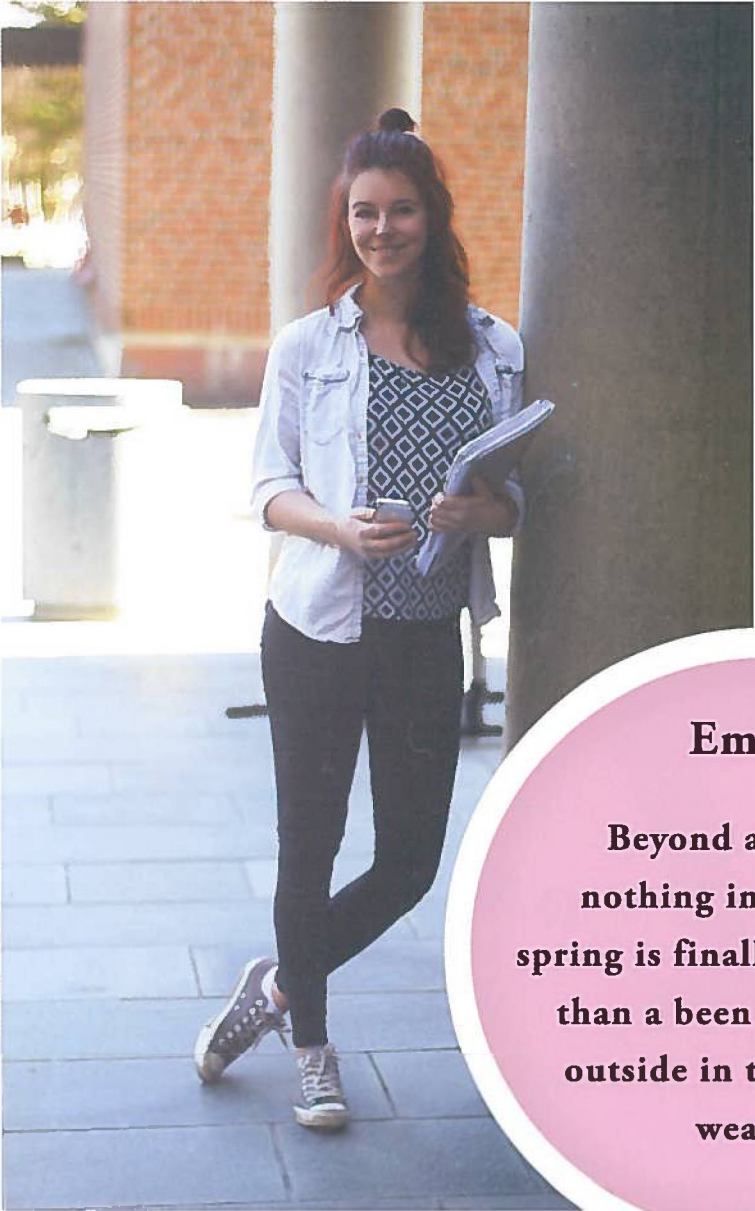




**Maria:**  
New season -  
new You!



**Eirin:**  
Buds on trees!  
Everything starts to  
bloom.



**Rosa:**  
Thinner jackets! I can  
finally put a lock on my  
winter closet and wear so-  
mething more delicate.

**Emilie:**  
Beyond any doubt,  
nothing indicates that  
spring is finally in town more  
than a been n the terrace  
outside in this beautiful  
weather!





# Social Media: The Good, the Bad and the Ugly?

TEXT: Outi Autere

ILLUSTRATION: Yeonwoo Baik

Fit for Life – A Monthly Based Column with the Best Exercises of the Month

There is no denying it, we are living in a social-media-centred society ruled by the new Y and Z generations. Everything can be shared, anything can be created, and privacy seems to have lost its meaning in a jungle of different apps, blogs, tubes, and all sorts of channels for different communities. Furthermore, it seems there will be no easy way out of it in the near future.

Today's toddlers can swipe the screens of smartphones to choose their favourite music. Yet, three decades ago the only thing I can recall doing was eating ants whilst crawling around a sunny yard - and I was happy about it. I don't have any photos to share about it though, isn't it ironic? People travel, fall in love, get together, have families, grow old – just like they've always done, except now they share every tiny detail about it with a random number of friends, or even more, just with random people. They eat, sport and sleep. As far as I'm concerned, this is what I have been doing for the past 30 years whilst never really feeling the need to share these things with others. So what is social media all about – is sharing really caring?

One popular social media platform is Facebook, with over one billion active daily users. "Founded in 2004, Facebook's mission is to give people the power to share and make the world more open and connected. People use Facebook to stay connected with friends and family, to discover what's going on in the world, and to share and express what matters to them", says their mission statement. True, Facebook is a free and convenient way to keep in touch with friends and family, and update them on the life events you'd like to share. Yet, do they really need to be a part of everything you do? Don't you think the moment of sunset, on top the highest peak of a mountain, could be the most romantic if shared only

between you and your loved one? Instead of taking dozens of photos where you're posing to achieve the cutest smile, using up time choosing the most amazing filter and posting it to your Facebook account

to get as many likes as possible? By the time this whole operation is over, the sun has already actually set and the moment is gone. Oh, but you did get 56 likes in less than an hour - was it worth it?





## Exercise of the Month:

Rest. Relax. Go for a walk with a friend. Talk, share your feelings with a person, instead of on social media. The sun is shining and spring is here. No photos need to be taken. Gather a group of friends and go outdoors. Run intervals together. Time your buddy. Breathe.

**Easy interval exercise of 35min, including warm up and recovery, both 10min.**

1. Warm up with 10min light jogging.
2. Run 30s as fast as you can.
3. Recover for 2min with light jogging or walking. Don't stop.
4. Repeat for 6 times.
5. Finish with 10min light jogging.
6. Remember to enjoy. And share it. Live.

Social media is a trend to create trends. What one person finds entertaining can be shared and re-shared, building a community and overwhelming the media with repetitive posts and photos all over the place. There are more options than ever when choosing the best community to follow and be a part of, and once you've chosen yours, it is your time to shine in one way or another – though most often as a result of the way you look. If you are not minding your social media presence, then you are not fully branding yourself.

Not so long ago, the trend was to admire the looks of the skinny models with their skeletal bodies. When social media created this admiration, vulnerable young boys and girls tried to match this media-orchestrated 'right' way to look. This involved crazy dieting to the point of being admitted to hospital with anorexia or for self-harming because the state of skinniness couldn't be achieved. What a sick world we share with our friends and family.

However, trends can be renewed over time. One of the best examples is the shift from admiration of the skinny to the healthy. Today brawny and healthy is the new skinny. The same young girls and boys (and it is not so much about age but rather how easily one can be influen-

ced) found a new hobby from the gym, and began changing their diet from no food to healthy food, understanding that muscles cannot grow if they don't get protein (food). Then, social media was there to help them find gym buddies and new sporting hobbies.

Sport and fitness is not supposed to be a trend, but if that trend involves getting more asses off the couch and making the one looking back from the mirror smile – then the trend has done well. Until...

At least one fifth of all smartphone owners have at least one health app on their phone. There are different kinds of exercises, diets, and weight apps providing access to data, ideas, new exercises, and the latest workout trends with just a click or swipe of a finger. We can track our calories, access coaches, and find instant answers to our questions. There are a growing number of different exercise challenges starting every day, groups for your "before and after" photos, comparisons and for "support". All good until it isn't.

Your news feed starts to fill with pictures of perfect and flawless bodies; you constantly get notifications of new high-intensity workouts; and you see the posts from your friends after they've completed yet another marathon, already this spring. What

started as a good turn can easily change into an impossible, untrue and unhealthy way to achieve perfection – a perfection that doesn't exist. Social media is a strong channel that can easily be turned into a tool of distortion. As with the sunset, the photos of ripped and tight bodies are more likely to be results of photo-shopping, filtering and careful timing. Even the tightest body builders have different seasons in their lives to build their bodies, and very few people can actually keep up serious dieting every day.

Even Facebook's mission statement comments on this: "*People have the power to share and make the world more open and connected*". People have the power to make and create the world as they want others to see it. What you see is not always the truth, or better said, it is very rarely the only truth.

It is crucial to realize that you, and you only, can choose the way you live your life and how you make the best out of it - not for others but for yourself. If this means sports every day and fit photos of you, do it for you and for you only. Share them only to encourage others to achieve their goals and not to make your life look any better than it is. True beauty comes from within. Technology is a tool, not the answer.



# Veien til VM

TEKST: Simon Steinnes

Nylig møttes åtte av verdens absolutt beste sjakkspillere i Moskva. Anledningen var den sterke og prestisjefylte turneringen som avgjør hvem som får utfordre den regjerende verdensmesteren i en match. I 2013 skiftet turneringen format fra utslagsturnering til dobbel Berger (alle møter alle to ganger, en med hvit og en med sort). Mange av oss husker hvordan både Magnus Carlsen og Vladimir Kramnik tapte i siste runde i 2013 og endte på like mange poeng, men Carlsen snek seg foran på flest seire. Året etterpå var turen kommet til Viswanathan Anand, som gjorde forhåndstipsene til skamme ved å gå ubeseiret gjennom turneringen som den første siden Tigran Petrosian i 1962. Anand vant tre partier, og endte dermed på 8.5/14 poeng, det samme som Carlsen og Kramnik året tidligere.

Til årets turnering hadde mange sine forhåndsfavoritter, men gjennomgangsmelodien før turneringen var at denne var tidenes jevneste, og hvem som helst kunne vinne. Anand var den første spilleren som ble klar, siden en spiller som taper en VM-match får friplass i neste kandidatturnering. Deretter fulgte de to amerikanerne Fabiano Caruana og Hikaru Nakamura, som tok de to øverste plasseringene i Grand Prix-turneringene sammenlagt. Russland hadde også to spillere med, siden Sergey Karjakin og Peter Svidler kom til finalen i World Cup, en stor utslagsturnering som tidligere har blitt arrangert i Tromsø. Veselin Topalov og Anish Giri, som på hver sin måte virket som farlige outsiders, kvalifiserte seg på grunnlag av rating, mens Levon Aronian fikk den siste plassen som arrangørens «wild card».

Som sist åpnet Anand med hvitseier i første parti, og mange, inkludert undertegnede, begynte å ane konturene av en tredje VM-match mellom Carlsen og Anand i det fjerne. Etter hvert ble inderen hentet av Karjakin og Aronian, og disse tre lå på et tidspunkt i delt ledelse. Samtidig hadde Nakamura og Topalov begge fått en vanskelig start, mens de øvrige spillerne stort sett spilte remis. Senere i turneringen falt Aronian og Anand litt bakpå, mens Fabiano Caruana begynte å vinne partier, og i partiet mot Peter Svidler i nest siste runde fikk amerikaneren en kjempesjans til å ta

ledelsen. I et sluttspill med konge, tårn og løper mot konge og tårn hadde Caruana flere sjanser til å vinne, men måtte ta til takke med remis.

Før siste runde lå Caruana og Karjakin i delt ledelse på poeng, og oppsettet var slik at disse to møttes i siste runde. Dermed var det bare disse to som fortsatt hadde muligheten til å vinne turneringen. Sergey Karjakin hadde ikke bare fordelene av å ha hvit, men hadde også tiebreakreglene på sin side, forutsatt at Anand ikke slo Svidler med sort. I praksis betød det at Karjakin kunne klare seg med remis, mens Caruana måtte vinne med sort. Her er det avgjørende partiet fra årets VM-kvalifisering:

**1.e4 c5 2.Sf3 Sc6**

Som nevnt i spalten fra forrige utgave er Siciliansk forsvar et utmerket valg i situasjoner hvor man trenger en seier med sort. Det er noe mer risikabelt enn 1...e5, som Caruana vanligvis spiller, men denne gangen tar han sjansen. Kanskje har han lært noe fra forrige VM-syklus, da han i 2013 tok en ganske tidlig remis i siste runde av Grand Prix-turneringen i Paris, selv om en seier hadde gitt ham plass i kandidatturneringen i 2014.

**3.d4 cxd4 4.Sxd4 Sf6 5.Sc3 d6 6.Lg5 e6 7.Dd2 a6 8.O-O-O Ld7 9.f4 h6**

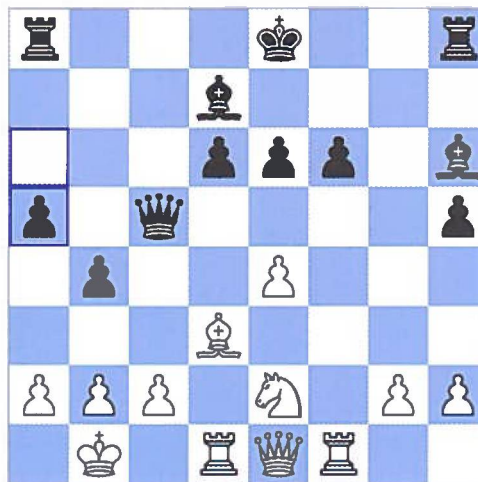


Vanligvis har folk brukt å spille b5 med en gang her, men den kinesiske elitespilleren Li Chao har hatt gode resultater ved å legge inn h6 først. På pressekonferansen etter partiet sa Caruana at han hadde forberedt seg ved å studere partiene til Li Chao.

**10.Lh4 b5 11.Lxf6 gxf6**

Sort bør ikke ta med dronningen. Varianten 11... Dxf6 12. e5! dxe5 13. Sdxb5! ser veldig ubehagelig ut, med trusler som Dxd7 og Sc7.

**12.f5 Db6 13.fxe6 fxe6 14.Sxc6 Dxc6 15.Ld3 h5 16.Kb1 b4 17.Se2 Dc5 18.Thf1 Lh6 19.De1 a5**



Caruana har i alle fall oppnådd en ubalansert stilling med sort, og har mye å spille på. De tre sentrumsbøndene er sterke, og sort har dessuten løperparet, som kan bli en avgjørende fordel i et langt parti. Data-maskinen foretrekker hvit, men for mennesker er dette en stilling med sjanser til begge sider.

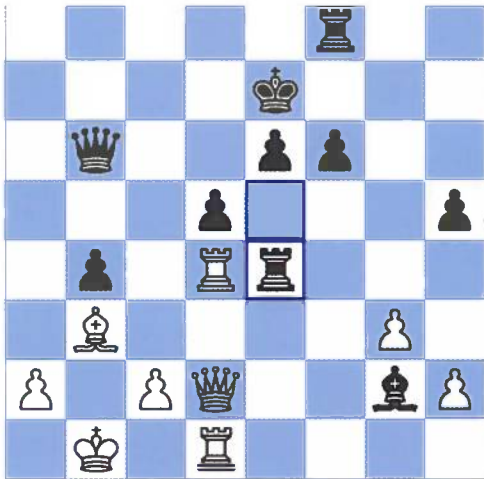
**20.b3 Tg8 21.g3 Ke7 22.Lc4 Le3 23.Tf3 Tg4 24.Df1 Tf8 25.Sf4 Lxf4 26.Txf4 a4 27.bxa4 Lxa4 28.Dd3 Lc6 29.Lb3 Tg5 30.e5 Txe5**





Hvit ofrer den isolerte sentrumsbonden. Dette frigjør brikkene, men samtidig er det snakk om en bonde. Hvit må spille presist for at sort ikke skal få fordel, og de sorte bøndene i sentrum begynner å se veldig skumle ut.

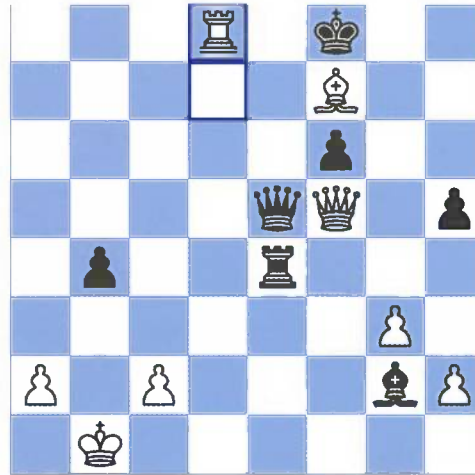
31.Tc4 Td5 32.De2 Db6 33.Th4 Te5  
34.Dd3 Lg2 35.Td4 d5 36.Dd2 Te4?!



Modig og ambisiøst av sort, men dessverre et feiltrekk. Hvit har bare ett eneste svar-trekk som ikke gir sort en klar fordel, men

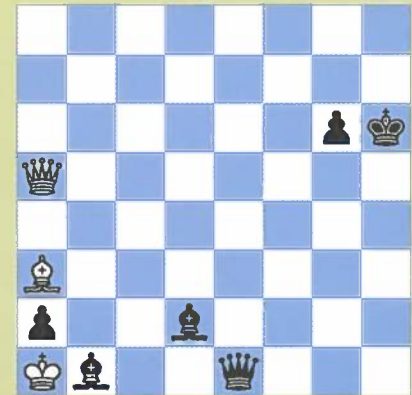
til gjengjeld er dette et trekk som vinner for hvit, og Karjakin finner det:

37.Txd5!! exd5 38.Dxd5 Dc7 39.Df5 Tf7  
40.Lxf7 De5 41.Td7+ Kf8 42.Td8+



I denne stillingen må sort ofre dronningen for å hindre øyeblikkelig matt, men selv dette utsetter bare matten med noen trekk. Caruana ga opp, og med det var Sergey Karjakin vinner av årets VM-kvalifisering. I november møtes han og Magnus Carlsen til VM-match i New York, så det er bare å begynne å glede seg.

## Månedens nøtt



Hvit er i trekket. Er stillingen vunnet, remis eller tapt for hvit?

Send svar med begrunnelse til sst067@post.uit.no innen 1. mai, og vær med i trekningen av fine premier.

Forrige måneds vinner er Tor Arne Heim Andberg. Gratulerer!



Caroline, Jan Erik (tannlege), Marthe, Anita (tannpleier), Christina (tannpleier), Karina (tannpleier)

Ønsker deg velkommen til:

- Undersøkelse med to røntgen, tannsteinsrens og puss kr 522,- (ordinært kr 870,-)
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Tenner i sentrum



**Tannlege Kjærstad AS**

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tlf 776 83 188

resepsjon@tannlegekjaerstad.nhn.no

Tannlege Jan Erik Kjærstad  
Tannpleiere Anita Wiik,  
Christina Fredheim og Karina Bergland



# Helgekurs med Dayan Qigong

TEKST: Oda C. Rykkje

ILLUSTRASJON: Gueyang Shanren,  
Wikimedia Commons

**Første helgen i april ble det holdt nybegynnerkurs i Qigong og Wild Goose Qigong i Tromsø. Unge så vel som gamle stilte for en helg fylt av ro og god-følelse, masse te-driking og sol som tittet inn vinduet.**

## Åpningen av kurset

Vi var rundt 10 nybegynnere på helgens Qigong kurs. Vi stilte spente og oppgløddede i Chez Flava sine lokaler, like ved brua. Vi ble så å si kastet til sjøs med en gang. Etter at introduksjonen var over var det rett i gang med oppvarmingsøvelser. Men dypt vann kom vi ikke på, da disse øvelsene var lette å plukke opp og utøve. Det hele gav en god, velsmakende bit på hva som lå oss i vente de neste timene.

## Qigong

Qigong er et tradisjonelt kinesisk helsefremmende treningssystem som fremmer flyten av energi i kroppen. Dette skjer ved at Qigong stimulerer og åpner akupunkturpunkter og kanaler, gir slipp på negativ energi og samle positiv energi. Ordet «*Qi*» betyr energi og «*Gong*» betyr arbeid, satt sammen får vi «*Qigong*»; arbeid for energi (energiarbeid).

Bevegelsene i Qigong kombineres med meditasjon. Qigong er avslappende, energigivende og styrkende og kan hjelpe mot mange helseproblemer som muskel- og leddproblemer, hodepine, utmattelse, søvnløshet og ryggsmertter. Qigong kommer originalt fra kina og teknikkene har vært utøvd i flere tusen år.

## Balancing Gong og Wild Goose Qigong

Qigong består av flere forskjellige former, som alle har sine ulike egenskaper. I helgen ble det fokusert på Balancing Gong og Wild Goose Qigong:

Den første formen i systemet, *Balancing*

*Gong*, består av 11 øvelser hvor man jobber med avspenning og holdning. Formen er spesielt bra for rygg, nakke og skuldre. Balancing Gong vil gi deg grunnlaget man trenger for å gå videre til mer avanserte former.

*Wild Goose Qigong* er en lengre sekvens (det er hele 128 forskjellige øvelser!) av varierte bevegelser. Sammenlignet med Balancing Gong vi jeg påstå at Wild Goose Qigong hadde en bedre flyt over seg. Bevegelsene gled fra en øvelse inn i den neste, og det følte nesten som en dans som ble ledet av en uhorlig musikk. Sammen med læreren ble vi tatt igjen om de elleve stegen av Balancing Gong på lørdage, mens søndagen var viet til Wild Goose Qigong.

Som med all trening, kan Qigong vise til en rekke helsebringende effekter. For dem som liker flyt og rolige bevegelser vil Qigong absolutt være et alternativ til tredemøller og vektløfting.

## Stillhet

En av de tingene jeg virkelig nøt under kurset var stillheten. Foruten litt bil-sus i bakgrunnen hadde kurstimene en herlig, avslappet stilhet og ro over seg. Ofte var de eneste lydene vi kunne høre den lette rislingen av klær da alle deltakerne gjorde sine øvelser. Det var med en herlig avslappethet jeg forlot lokalene søndags ettermiddag, og vandret ut i Tromsø sine støyende gater.

Som nevnt over er Qigong også meditasjon. For mange kan det være vanskelig å sitte stille og bare konsentrere seg om pusten. Da kan Qigong være et alternativ. Ikke bare får du beveget kroppen, men du får samtidig klarnet hodet og tankene – du gjør det som kalles bevegende meditasjon.

## Videre trening

Hvis du er nybegynnere som ser etter kurs i Qigong, vil det bli holdt et nytt kurs i juni. Da vil en Stormester komme og holde kurs her i Tromsø. Dette er absolutt noe som er verdt å få med seg.

Youtube har også mange videoer som det er mulig å ape etter, men jeg vil personlig anbefale et kurs da dette hjelper til å få rettet opp i eventuelle bevegelser du gjør feil slik at du får maks effekt ut av Qigong.





# The Live-(Wire) Issue

TEXT and PHOTO: Lyonel Perabo

## Old School Rock evening was no joke at Kulturhuset



On the photo: Rumblin Retards

It has been a while since such a panel was assembled in a Tromsø live venue: Four bands playing Old School Rock/Punk/Metal gathered for a night of convivial sonic insanity and camaraderie. But to be fair, Utopia was mostly present for one of them: 666! North-Norway's oldest and truest Metal band! Indeed it has been quite some time (a year? two? hard to remember) since the quintet last performed publicly. This insufferable wait was thankfully over on the first of April with the occasion of the "Aprilsnarr" ("April Fools") concert at the Verkstedet stage of Kulturhuset.

Preceding 666 were two Punk, or punky bands, LORRYLORRY and RUMBLIN RETARDS and the final band of the evening, closing the show following 666's performance was local favorites NIKKEBY LUFFHAMN. Each of these bands received quite the welcome from the generally cheerful and, as the evening went by, increasingly inebriated audience.

The first band of the evening was LORRYLORRY, an Old School Punk-Rock band singing in North-Norwegian. Their singer, expressing himself through a megaphone, seemed quite driven by their songs' lyrics while his bandmates delivered a rather powerful and catchy flow of riffs and rhythms. The band's performance ended with a cover of, if I understood

correctly, the British protest-singer Billy Bragg which fit very well with the band's original Norwegian-language material.

The second band to play was RUMBLIN RETARDS and it was one of the weirdest and yet oddly fascinating bands I've seen live in quite a while. The band's musical style could best be described as Anti-Christian Hardcore Surf Rock which does not even start to express how awesome the band's sound really was. Mixing some really heavy, nerve-biting Hardcore riffing with bluesier, garage-surf melodies, the band topped this already singular mixture with pretty anti-religious lyrics and imagery. Few bands could make such an odd mix work, but RUMBLIN RETARDS did that masterfully, even enticing a moshpit half-way through their performance. A fascinating outfit I'm glad I finally got the chance to see live.

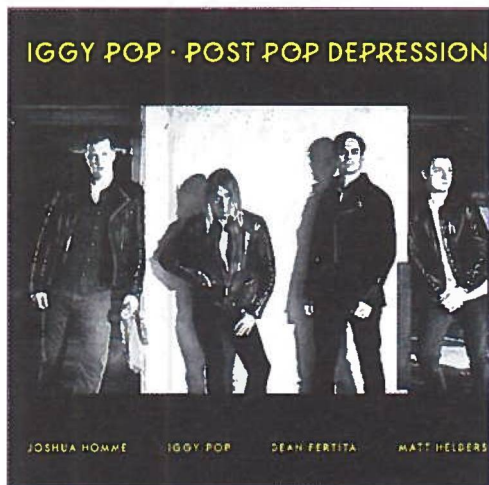
After these entertaining retards came the evil bunch of 666. Fronted by rock-n-roll crusader Tor Arne, the band blasted their way through a forty-minute long setlist, aptly mixing old classics and modern songs, all of which electrified the audience in equal measure. The quintet, which benefited from a great sound-mix, played what they're best for: Old School Hard/Heavy Metal with lots of guitars, completely free from any blasphemies like slow tempo, or technical convolutions. Just plain rock-n-roll like it should always be!

Navigating between 80s-penned songs, newly-written tracks and even a few covers (Mötley Crüe and AC/DC, good stuff indeed!), each and every song of these old ruffians was really enjoyable, and if the band was relatively static except for their theatrical singer, the quality of these Old School songs, written either in or in the style of, the 80s, back when the very word "Metal" hadn't really fully coalesced yet, largely made it up for it; especially the hard-hitters "666" and even more so, "Alkohol".

To be honest, I think that this must have been the best concert 666 has played since they reformed four years ago. It is pretty hard to think of the band as a nostalgia act anymore. These guys are just really good for rockin' around and, judging by the audience's reaction that night, I reckon 666's rise from the abyss won't be stopped anytime soon!

In any case, shortly after the quintet's performance, NIKKEBY LUFFHAMN took the stage to close the evening off with less extreme, yet punchy Garage songs which delighted the now pretty smashed concert-goers. All in all, this first concert of the spring was a delightful way to warm up for the summer to come, when the sun will never set on the countless live-venues and watering holes of Tromsø, the Rock n' Roll City!





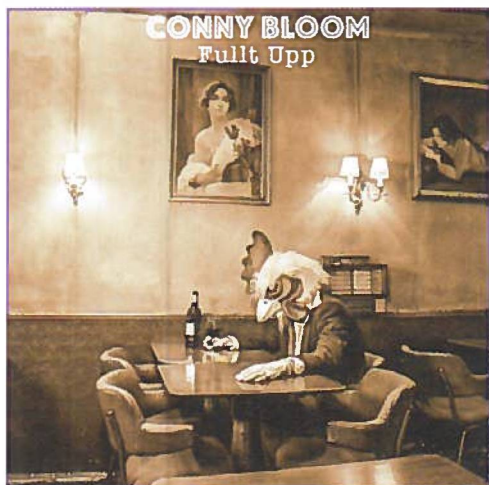
**ARTIST:** Iggy Pop  
**ALBUM:** Post Pop Depression  
**RECORD LABEL:** Loma Vista Recordings  
**RATING:** 6/6

## The fuss about it was well founded

**TEXT:** [Stefanie Singh](#)

Punk rock legend Iggy Pop teamed up with Queens Of The Stone Age frontman Josh Homme for a secret album. This news made quite a splash when it was announced on January 21st 2016. The collaboration was met with high expectations, even higher given the excessive media coverage and the ticket prices for the upcoming common tour being anything but humble. The dark side of "Post Pop Depression" is the Eagles of Death Metal concert in Paris, one of Josh Homme's other bands, which turned into a horrible massacre on November 13th 2015; furthermore, Iggy Pop's longtime friend and collaborator David Bowie succumbed to liver cancer on January 10th 2016. "Post Pop Depression" was created in truly dark times, but contrary to its title, the record turns out to be a ray of hope that outshines them.

"I'm gonna break into your heart": No sooner is the first line of the homonymous opener sung that one is already spell-bound by the album. It's unbelievable how well the voices of Iggy Pop and Josh Homme harmonise in reality, and Iggy Pop's seventeenth opus sounds a bit like the Queens Of The Stone Age album one was waiting for ever since the brilliant "Lullabies To Paralyze" came out in 2005. This applies, amongst others, to the track "Vulture". "In The Lobby", on the other hand, is reminiscent of the psychedelic sound of The Doors. The slightly funky "Sunday" somehow ends with female vocals and an orchestra, while the final "Paraguay" begins a cappella, features a similar "la-la-la" part as Iggy Pop's mega-hit "The Passenger" and ends with gospel and rants. "Post Pop Depression" certainly doesn't play by the rules - and that's not the only reason why one can count on it being a classic in the future.



**ARTIST:** Conny Bloom  
**ALBUM:** Fullt Upp  
**RECORD LABEL:** Kronbloom Records  
**RATING:** 5/6

## Grooves, riffs, melodies - and "Rock'n'Roll på svenska"

**TEXT:** [Stefanie Singh](#)

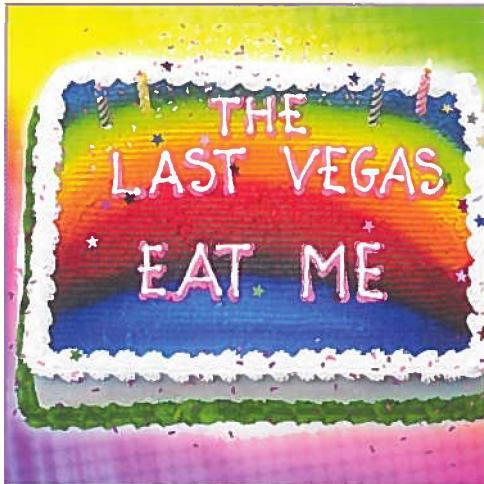
When Conny Bloom launched the crowdfunding campaign for "Fullt Upp" on pledgemusic.com, he said: "A solo album in Swedish? Hell yeah! Been on my mind for long and I'm happy 'Fullt Upp' is finally being done. [...] I'm sure the music will work even for you non-Swedes as well. At least I hope so!!"

Well, first of all: yes, the songs with Swedish lyrics are working for non-Swedes as well. That the former guitarist of Finland's most legendary rock band Hanoi Rocks and current frontman of the Swedish Funk-O-Metal band Electric Boys, sings all of a sudden in Swedish and not - as usual - in English is a fact that one gets used to pretty quickly. And also with regard to musical style, one doesn't need much time to get used to it as the solo album offers as much variety as Electric Boys records do. There are funky mo-

ments ("Du É Mitt Socker"), unusual guitar sounds ("Söders Ferdinand (Födelsedagslåten)"), compositions which are entirely instrumental ("Ronnie Peterson" and "Tanken É Fri (Outro)"). Conny has said that "the album will be packed with grooves, riffs, melodies and Rock'n'Roll."

As a matter of course, "Fullt Upp" is first and foremost a Rock'n'Roll record, therefore it's not that surprising that amongst others, Dregen, the former guitarist of The Hellacopters and the Michael Monroe Band and current guitarist in Backyard Babies, dropped by as one of the guest musicians when the album was recorded ("Finns Det Lite Stolthet Kvar, Finns Det Också Hopp Om Bättring"). And last but not least: Hats off to the funny album cover, Mister Bloom! If definitely sticks out among all other CD releases at the moment.





**ARTIST:** The Last Vegas  
**ALBUM:** Eat Me  
**RECORD LABEL:** AFM Records  
**RATING:** 4/6

## It's a wild party - but not one of the best parties ever

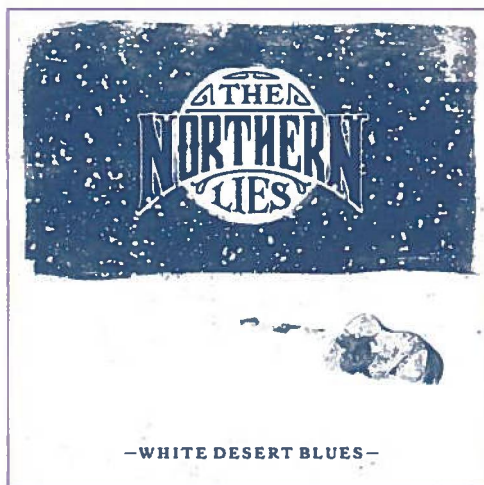
TEXT: Stefanie Singh

It seems that cancellations of concerts, tours and the like have meanwhile become rather the rule than the exception in the increasingly fragile music business. The Last Vegas fell victim to such a cancellation in 2013 when they couldn't open for Buckcherry and Hardcore Superstar on their common UK tour as planned. Quite a pity, given that the perfect target group would have been reached there. After all, The Last Vegas aren't another very young hard / sleaze / glam rock band in their early 20s.

The guys from Chicago, Illinois are in the business since 2003, shared stages with the creme de la creme such as Guns N' Roses and Mötley Crüe and even brought in Mötley Crüe's bass player Nikki Sixx to produce their fourth studio album "Whatever Gets You Off". Their brand new, seventh opus "Eat Me" was done without a big name during the pro-

duction process, but with a pro in charge for the mixing (Chris Laney). And in the end, it's the sound of "Eat Me" that impresses the most, next to the vocals of Chad Cherry.

The opener and first single "Bloodthirsty" is a rock smasher straight out of a picture book, and the last three tracks (The outstanding "To Be Treated", the ballad "Anything It Takes" and the experimental, darkly tinged "From Hell") are equally convincing, yet the full potential of The Last Vegas isn't tapped on "Eat Me". The album simply has too many moments which one has heard too often from other bands already. There is a lack of an own mark, an own sound, an own identity - despite the Americans being so long in the business already. And maybe that's why they are often still mistaken for a newcomer.



**ARTIST:** The Northern Lies  
**ALBUM:** White Desert Blues  
**RECORD LABEL:** Lunheim Grammophon  
**RATING:** 3/6

## The country quintet returns with their sophomore effort

TEXT: George Stoica

Country balladeers "The Northern Lies" have grown more numerous since their last album, going from three to five members in the interim between Midnight Medicine and their new record - White Desert Blues. Has this translated somehow into the band's sound? It depends on who you ask. The songs still follow the same major patterns, and there are no surprises when it comes to style either. This album encapsulates the idea of "easy listening" with regards to both complexity and aesthetics. Some people will find that acceptable, some won't.

The album is fairly homogenous, though the one song that seemed to stray from the rule, "No Good", seemed to be the best of the lot just by virtue of its slight variety. However, this homogeneity also means that the tracks manage to flow together discreetly, and you get the sense of one big song, rather than several smaller ones.

Now, as far as lyrics go, I have to say that some of them aren't very imaginative. For many people it may not detract from the

music itself - it's a matter of taste - but if you're looking for a skilled wordsmith to weave a web of words, you will find that The Northern Lies lack a little ...poetry. Oftentimes the imagery is delivered in a sort of unrefined manner. They use blank verse for a significant percentage of the time, which is not a bad idea in theory, but whether or not it adds or subtracts from the music is for anyone to decide.

As far as the instrumental side is concerned, the band does its job. The liberal usage of steel guitar sets the tone firmly down in the realm of Americana, and country fans are sure to find a catchy little ditty to whistle along to. The harmonized vocals are nice and add much needed variety to the mix. Themes of melancholy and nostalgia are omnipresent, and they hang in the air even after the last track ends. White Desert Blues is by no means a bad album, but it failed to reach me on a level deeper than the surface. If you get the chance to see them live, check them out and decide for yourself.





**ARTIST:** Dommin  
**ALBUM:** Rise  
**RECORD LABEL:** Eternal Sound Records  
**RATING:** 6/6

## Love is gone - and now it's time to rise

TEXT: Stefanie Singh

When Dommin from Los Angeles, California released their major label debut album "Love Is Gone" in early 2010, it was advertised with the slogan "The voice of the broken-hearted", and already the opener, the first single "My Heart, Your Hands", lived up to that slogan. The perfect record when suffering from heartache, but equally nice to listen to when one is not lovesick. The sound of the quartet around frontman Kristofer Dommin - whose surname was the inspiration for the band's name - can still be classified as gothic rock/dark rock, but the successor "Rise" sounds less "broken-hearted" and also a little less dark, but heavier and more "forward-looking" instead.

It is this very development that takes one's breath away. After a strong debut, there is always the risk that the successor won't

be able to keep up with its predecessor or that it will be just a mere copy of it. As for "Rise", the powerful opener "These New Demons" already sends out one clear signal: this album is as good as "Love Is Gone", if not even better!

Something that almost all of the songs have in common: they are extremely catchy ("Manipulator Girl", "The Girls", "There You Are") and they some have very memorable riffs ("The Quiet Man"). Overall, the album is very entertaining, and Kristofer Dommin explains the musical development as follows: "I don't enjoy repeating myself creatively, so this album will offer fans another face of the band. The songs are more empowering, maybe a bit more pissed-off, and some songs are definitely a lot more tongue-in-cheek."

## Grand Hotel

**DIRECTOR:** Arild Fröhlich

**RELEASE:** April 8th 2016

**RATING:** 6/10

TEXT: Auguste Jasiulyte

Atle Antonsen, som er mest kjent for sin rolle som en kald og kynisk samlivsterapeut i TV-serien *Dag*, går inn i en lignende rolle igjen, men bare har slanket seg elleve kilo. Han spiller en forfatter, Axel Farstad, som mildest talt misbruker alkohol og har på grunn av skrumpelver bare to til fire måneder igjen å leve hvis han ikke slutter å drikke. Han er også egoistisk, og må ikke lete etter ordene, spesielt hvis de fornærmer andre. Ikke den snilleste typen, med andre ord.

Han bryr seg ikke mye om sykdommen sin og sjekker inn i Grand Hotell, for han holder på med å skrive en ny bok som kommer til å være det beste som han noensinne har skrevet, men det kan han selvsagt gjøre bare på på det beste hotellrommet på Grand Hotell i Oslo. Axel har ikke nok dekning på kredittkortet sitt, men her stikker Noah innom, en gutt av en enslig mor (Hannah, spilt av Vera Vitali) som jobber på hotel-

let. Noah er en vanskelig gutt som ikke vil være på SFO fordi han blir mobbet av andre barn. Axel foreslår å passe på gutten mens han venter på et tvilsomt forskudd fra forlaget. Axel og Noah har bare det til felles at de ikke omgås så bra med andre folk.

Axel prøver å holde en fasaden av en stor forfatter, men han hadde sin suksess for ti år siden og har ikke skrevet noe særlig etterpå. Det går vel ikke så greit med å skrive en ny roman, og vi ser ham mest drikkende og stirrende på skjermen. Hotellet blir et tilfluktsted for å rømme fra både problemer og andre mennesker.

Skal Axel slutte å drikke? Blir Axel og Noah venner? Vil lyden som Noah produserer irritere tilskuere gjennom hele filmen? Det var ikke vanskelig å forutse filmen, men anbefaler likevel for alle beundrerne av hotellfilmer som pleier å gi et ønske om å gjemme seg bort fra hele verden i et flott hotellrom.





## Kung Fu Panda 3

**DIRECTORS:** Alessandro Carloni, Jennifer Yuh Nelson

**RELEASE:** January 29th 2016

**RATING:** 7/10

**TEXT:** George Stoica

About eight to ten years ago, DreamWorks studios were at full throttle. 3D animation was “the thing”, and in many respects it still is. However, their competition was stiff. The Pixar-Disney power duo was cranking out blockbuster after blockbuster with heavyweights like *Finding Nemo*, *Wall-E*, *Up* and a score of others competing for the box office, and with some dubious production choices such as *Shrek* and *Bee Movie* (really inspired names, guys, good job!) plus a few others which cut it waay too close to the profit margin, DreamWorks had to come up with something fresh. Sure, they had the *Shrek* franchise (which I have to say I never really “got”) pouring in the dough, but simultaneously dropping in ratings like an unfunny ogre down a mineshaft. Something had to be done.

Enter *Kung Fu Panda*. Quick-witted, smart, touching and funny in all the right places, it came about as a more than pleasant surprise. It was very well thought out for its intended audience, and Po’s gushing yells of “Awesome!” and “Whoa!” not only identified with the younger crowd whose go-to word for anything was “epic”, but would have also made 80s Keanu Reeves proud! Its sequel even defied the downward slope that follow-ups usually take after a successful and fresh movie idea. And now here we are in 2016, with the third installment in our collective lap. Following a strangely staggered release schedule, *Kung Fu Panda 3* hits Norway almost two months after being screened in the US or China, but setting all that aside, let’s see if it’s up to par.

I’ve always appreciated the franchise’s visual style. The first two movies had excellently styled intros, which grabbed you and let you know exactly what to expect in terms of tone and setting. While the first movie did not insist too much on chromatic symbolism, the second clearly left a mark with its red-black-white palette which permeated into both story and characters. *Kung Fu Panda 3* keeps this tendency, but this time contrasting the lovely jade green theme of evil with the

warm peach tones of good. It works very well, and gives the animators the chance to shine when it comes to making a visual impact. CG animation gives us so many possibilities that it’s nice to see that studios use them in a truly artistic way, not just by ramping up the polygons and dusting off the textures.

Since I’ve mentioned evil, I will say that the main antagonist is not as interesting or tragic as Lord Shen of the second movie, but then neither was Tai Lung. He is not as one-dimensional as the latter (this is a pun, but you’ll only get it after seeing the movie, hohoho!) and his slightly humorous air makes a good case for him but ultimately fails to make him a worthy enemy. The Furious Five recede into the background even more (Lucy Liu’s recording session must have taken thirty seconds at most, but at least they gave Jackie Chan a few more lines this time) as new characters show up, many of them nameless but adorable due to their dopey behavior. I sensed a love story that was probably abandoned midway during production, but honestly I think it may be better that way. There’s only one thing Po loves, and that’s food.

What’s even better is the cast. The stable lineup is already well known, but they’ve really gone all out for this one and brought in some big names for the new characters. Brian Cranston is in the house, y’all, not to mention the amazing JK

Simmons, with whose voice I fell in love ever since he was berating me in *Portal 2*. Kate Hudson joins the all-star cast as well, and if you look over the full list online, you’ll find a few Easter eggs in there.

All these things combine with a good sense of pacing, which doesn’t create any downtime. The movie knows when to be silly and when to tone it down so that sadness and loss can tug at your heartstrings. You’ll see ridiculous action scenes worthy of an over-the-top *Kung Fu* movie, you’ll see moments of glorious power, but don’t get too comfy because a food joke is never too far away. Speaking of, this movie is literally full of hundreds of dumplings and no one will judge you if you walk out of the cinema and head straight for some Asian cuisine.

*Kung Fu Panda* would have been a great trilogy if it ended here, but there are plans for up to three more sequels. I haven’t seen the TV show, but things must be going well over at Camp DreamWorks if they’re so confident that they can keep this franchise going. I for one am a little skeptical. I believe less is more, and many franchises would have been better off quitting while they were ahead. Yes, I’m looking at you, *Pirates of the Caribbean*! And you, *Terminator*! Regardless, it is a very satisfying movie and I can hardly fault it for some minor predictability since the lackluster moments are easily forgotten. Go see it, but bring dumplings!





## Batman vs. Superman: Dawn of Justice

A nice superhero action film for the fan boys, an enjoyable film for the others

**DIRECTOR:** Zack Snyder

**RELEASE (Norway):** March 23rd 2016

**RATING:** 7/10

TEXT: Yeonwoo Baik

To be honest, I did not expect much from this film before I watched it. The action scenes and visual effects would be great because we are living in the year of 2016, but I thought that those kinds of things would be all there was to this film, a superhero film with quite a childish title ("vs") that brings two superheroes together. And surely, the action scenes and visual effects are fantastic—I do not think that those who look for spectacles will be disappointed by this film. A lot of high quality action scenes. But it would be quite disrespectful of me to talk only about the action because there are many more things that make this film quite a well-made one.

I heard that there was a lot of discontent among the fans of Batman and Superman about the casting. Fold and throw away the doubts! The acting of the main characters is all spectacular. Ben Affleck, too much of a guy next door? Jesse Eisenberg, too much of a boy? Gal Gadot, too much of a princess? Well, at first sight they might seem so (I have not read the original Superman comics and only after I Googled the image of Lex Luthor did I understand that the initial skepticism about Jesse Eisenberg was quite a reasonable one). However, as they act their ways through the film they perfectly become one with the characters they are playing. They breathe a new kind of life into the characters and succeed in convincing the viewers. Ben Affleck and Jesse Eisenberg are definitely two of the best elements of the film.

And we cannot talk about this film without mentioning the music created by Junkie XL and Hans Zimmer. The music makes all the elements of the film feel several times more epic than they might have been without it. There are some scenes that were intended to be grand but ended up looking childish and preposterous, and it is the music that comes along with those scenes that saves them. Indeed, the

music completes this film. Some people might be worried about the plot. I know a number of people become quite lax about poorly composed plots when it comes to action and superhero films and do not really care about them. <Batman vs. Superman: Dawn of Justice> actually has quite a nice plot and carries it well through the film though. If you agree with the idea that films of different genres should be met with different expectations and focuses, you will not be distracted by a serious lack of reason in the plot while watching this film. Rather, you will be drawn more into the world and the logic of the film thanks to the plot which is neither too complicated nor too sloppy—just the right balance for a superhero action film. The Good-versus-Evil or what-is-justice kind of questions and spirit still feel quite naive and childish, but without that spirit there is no reason for our superheroes to be created, so let's just leave it be.

I understand that many people might be skeptical towards the idea of bringing Batman, Superman, and Wonder Woman all together in one film. Actually I felt that the film was going too far when it introduced Wonder Woman, but she blends into the plot as smoothly as she can. The director and the writers really tried hard to make sense, and it seems to be somehow working.

If you happen to be a person who is not that much into all these superhero things,



there definitely are a lot of funny scenes that were actually meant to be serious. However, I would like to tell you that it is helpful to keep your expectations low and forget about adult logic for the two and a half hours. Think of this as a fairy tale. You would certainly not expect a <Spotlight> from a fairy tale, would you? As long as you are aware of the fact that this is a superhero action film where some degree of childishness is allowed, you will enjoy the film.



## Carol: on the verge of bursting with irreducible little moments

**DIRECTOR:** Todd Haynes

**RELEASE:** March 11th 2016

**RATING:** 9/10

**TEXT:** Yeonwoo Baik

Therese, a young woman who works at the toy section of a department store and an aspiring photographer, encounters elegant, mysterious Carol. Intrigued by each other, the two women develop a relationship that deepens further and further as time goes by, a kind of relationship that cannot be easily accepted in 1950s' United States.

There is nothing very complicated in the plot—it follows quite the classic path of a love story. However, the details that fill this film are simply irreducible. Not even a single line, not even a single eye contact has been put in thoughtlessly. The film is full of little moments that cannot be verbally summarised but can only be savoured directly with heart. Delicate emotions embedded everywhere in the film sparkle dazzlingly all the time. Untold words are secretly delivered through the windows, through the glass, through the camera. The simple storyline works rather as a helper here, letting us relish the overwhelming power that all these details conjure up together. I have never seen a film that makes use of close-up shots

more beautifully than *Carol* - the way they are used to portray all the exquisite sentiments is simply breathtaking. Indeed, the film is all about details and subtlety.

Then we have two great actresses who beautifully embody all those detailed and subtle emotions within themselves. Rooney Mara perfectly makes Therese's innocent yet daring attitude her own. Cate Blanchett is more graceful and charismatic than ever. Together, they create the sense of what it is like to fall in love - nervous and timid, yet excited and daring. The acting could not be better.

Last but not least, how the film deals with homosexuality is also worth mentioning. The issue of sexuality is surely an indispensable element when talking about the narrative of this film, but at the same time no big fuss is made about the two protagonists being women. The subject is woven together into the film in a delicate manner yet without losing seriousness, which makes *Carol* an all the more notable queer film.



## The Jungle Book

**DIRECTOR:** Jon Favreau

**RELEASE:** April 15th 2016

**RATING:** 9/10

**TEXT:** Yeonwoo Baik

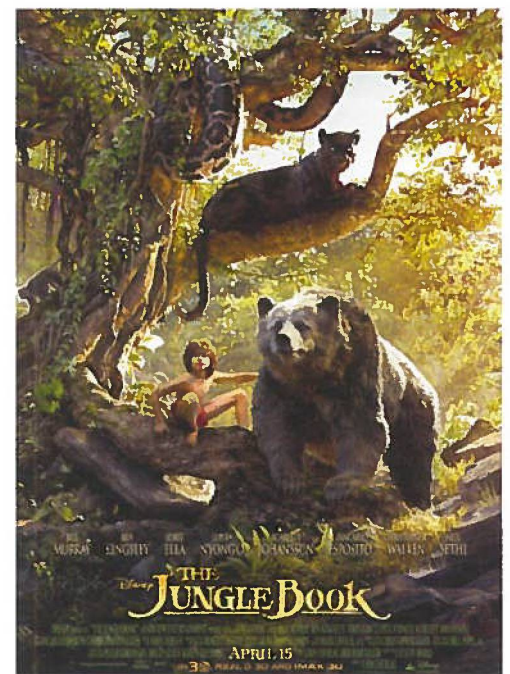
*The Jungle Book* treads the classic path of Disney films without notable grown-up twists and jokes. The man-cub Mowgli, raised among wolves for as long as he can remember, flees from his home due to the threat of the tiger Shere Khan. Based on the tales of Rudyard Kipling, the film follows Mowgli's journey where he discovers both the jungle and himself.

Despite the simple plot, *The Jungle Book* never leaves a single moment for the viewers to get bored. The CG here brings pure delight - the sceneries of the jungle and animals are not only realistic but also full of additional colours and life, which suits an animation film aimed at everyone from children to adults.

The characters of the film all possess vivid personalities, be it Mowgli or the animals, which makes the viewers truly immerse themselves

into the film. Shere Khan (Idris Elba) really knows how to scare those who see him, but you might also discover yourself soothed by genial-hearted bear Baloo (Bill Murray) or falling in love with the charismatic panther Bagheera (Ben Kingsley). This has been possible due to wonderful CG and voice-acting. On top of this, Neel Sethi's embodiment of Mowgli was simply impressive.

*The Jungle Book* tells a story that has been told so many times through generations, but the way it does it never becomes stale. It succeeds in moving people's hearts without getting cheesy. It is full of life and emotion thanks to the appropriate rhythm in telling the story, exquisite CG, impressive character development and amazing acting. *The Jungle Book* is evidence that a classic can be told in a colourful way even without too many modern twists.





# Cottage Cheese Pie

## FOOD COLUMN

TEXT and PHOTO: Anastasia Sapunova

## Recipe

Finally spring has arrived! We get more light and more sunshine every day, but sometimes the weather is not so appealing and there are days when the only thing you want to do is to stay home and relax with a cup of tea. Perhaps this easy-to-make pie will be a great thing to cheer you and your friends up on one of those days.

- 1 Mix the melted butter with the flour, sugar and baking powder (the dough should be crumbly).
- 2 Using only 2/3 of your dough, form the crust by pushing it into the buttered cake pan.
- 3 Make the filling by mixing cottage cheese with eggs and condensed milk.
- 4 Pour the filling on top of the crust and sprinkle the rest of your dough on the top.
- 5 Bake in the oven at 200°C for 25-30 minutes.
- 6 Voila! Enjoy your dessert!

## Ingredients:

- 100g butter
- 150g flour
- 100g sugar
- 1 tsp baking powder
- 1-3 tbsp sweetened condensed milk
- 250g cottage cheese
- 2 eggs





# Shreds

*A poem by Sophie Scotter*

*What is the name of the shred of paper that remains,  
When you've carved out the cutting?  
Those pieces that can't be reclaimed.*

*You can only whittle down the desired,  
To a fraction of its former,  
A mere shred.*

*We forever attempt to carve our perfect selves,  
But with the ill control of a tormented page,  
Anchored to the spine but with substance exposed.*

*On the way we lose shreds of self,  
A sheet trampled with muddy footprints,  
A note beyond worth.*

*We lose morals, principles  
And what have we gained in the end?*

*Oh how we have changed from the resilient tall trees.  
To the fragility of those torn and thinning pages.*

ILLUSTRATION: Ashai





# Missed Connections



Illustrasjon: Boyka Todorova, Text: The Prophet Boise

**To the gorgeous lady at Burger King:**

You were working at Burger King, I think it was the afternoon shift last Wednesday. I ordered a Chicago menu and you looked at me with intense azure eyes that made me stutter and say "extra ketchup... kah... ketchup please". I'm sure you'll remember that, I was very intimidated by your beauty but I have finally worked up the courage to do something about it. So please, if you see this, let the guy in the kitchen know that the burger was fantastic and that I'd like to meet him sometime. Thanks!

**To the girl trying to watch Batman vs Spiderman or something:**

Hey, so you know the guy who was bothering you in the cinema yesterday? The guy you couldn't see because it was dark, but he kept nagging you for your phone number. Even after the movie started he was trying to talk you into giving him your number, and it was really annoying for everyone. I was the guy next to him, you couldn't have seen my face either, so there's no way to

tell us apart cause our voices were so similar. But I kicked him out at one point, and I'm very big and strong lol. So, yeah, like, anyway, can I have your number?

**To the tall army guy:**

Yeah, remember a week ago, we met for a first date and went crazy with the wine. When we got to my place you said you had a vasectomy and that it was all cool, and no worries. We need to talk...

**To the fine honey waiting in line at Rema this Monday morning:**

Hay gurl, I noticed you noticing me. Yeah, that's right, I was the dude flexing his pecks in line at the supermarket. You one fine honey, gurl! Dem yoga pants though, they is aight, know wha'm sayin'? Imma be all chill 'bout it, leave you mah numbah, you can call me when you want a real man for some lovin', know wha'm sayin'? Yeeeah, tha's right. Oh, just don't call after 7 p.m., my mom gets mad if she hears the phone ringing late at night.

## Utroscope



**Aries:** This month is stormy when it comes to relationships, so I have good news and bad news. The good news is you will fall in love with the person sitting right next to you. If you're sitting by yourself, well then I've got bad news...



**Taurus:** Mars is in retrograde, so this is a bad time for taking action, but a good time for planning things ahead of time. For example, plan out your study schedule but avoid enforcing it until, you know... whenever...



**Gemini:** In order to reach for the stars, you will need perseverance, ambition, ruthlessness and one big ladder. Remember that anything is easier when done together, so trust your friends. To hold the ladder, I mean.



**Cancer:** Things are looking up for you this month. No money means you don't have to worry about the bills, as well as expensive gifts and pretending to like what they like. No career prospects means no need to make an effort. Yep, it's all going great...

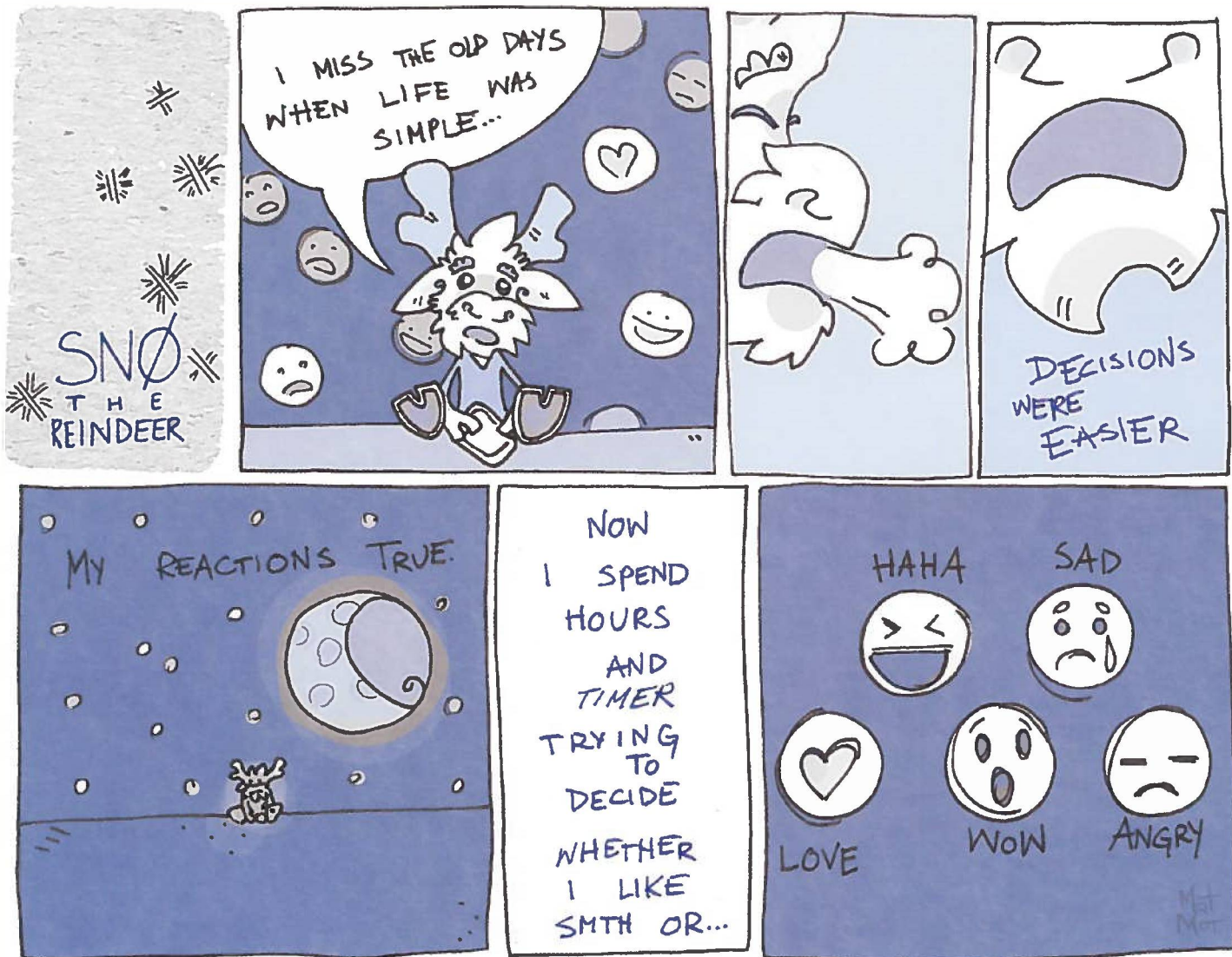


**Leo:** Listen very carefully. There is a package hidden under the park bench that is hit by the shadow of the oak at precisely midday. Retrieve it; it contains your horoscope for this month. Await further instructions. Hurry!



**Virgo:** Many of your peers are moving ahead with their lives, their families, and their careers. Don't fall for it. Adulthood is a trap to get you to pay taxes. Stay in bed. Watch cartoons. The stars have spoken!





Illustrasjon: Mat Mot

Tekst: The Prophet Boise, Illustrasjon: Boyka Todorova, Kolorist: Kisarael Elementum



**Libra:** A wise man once said “to err is human”. Therefore, look at recent failures as concrete proof that you are not a robot, and therefore not subject to The Three Laws. Feels good, doesn't it?



**Scorpio:** If you're feeling stressed out by upcoming exams, slow down and take it easy. Make some tea and read a book. The best books for this time of year are, however, YOUR TEXTBOOKS!



**Sagittarius:** Your social life will improve this month, but be careful not to neglect your responsibilities. You might go out drinking with your buddies, but remember you have the responsibility of showing them all that you are still the Sovereign of Beer Bong!



**Capricorn:** Do not forget about your relatives this month. On the other hand, even if you do, don't worry, they will surely remember to nag you with questions about your plans for the future. I guess Tromsø isn't northerly enough to escape. Next stop, Svalbard!



**Aquarius:** You know how they say that “if you don't have anything nice to say, don't say anything at all”? Having said that, I will refrain from telling you anything about your horoscope for this month. But I wish you the best of luck, you're going to need it!



**Pisces:** Do not listen to meteorologists. They are liars and scoundrels. They tell you to dress warm because it will rain, but MY eyes see beyond, into the void of space, where the constellations hover in monolithic silence and primordial cold. So I guess, yeah, dress warm either way.





Alle bilder på siden: Elias Bergsholm

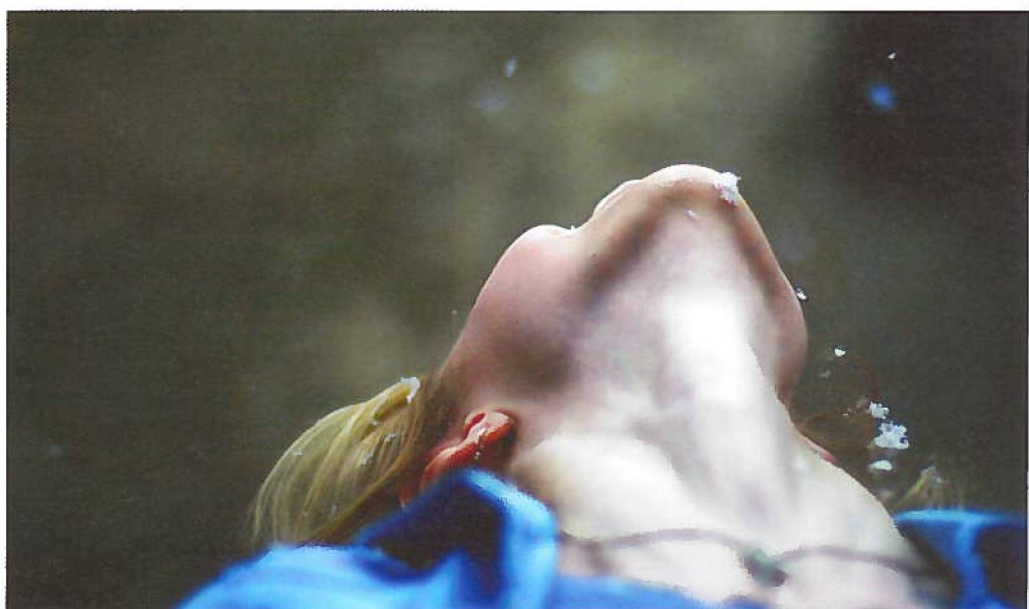






Foto: Gintarė Turškytė



Foto: Kevin Ochoa



Foto: Gintarė Turškytė



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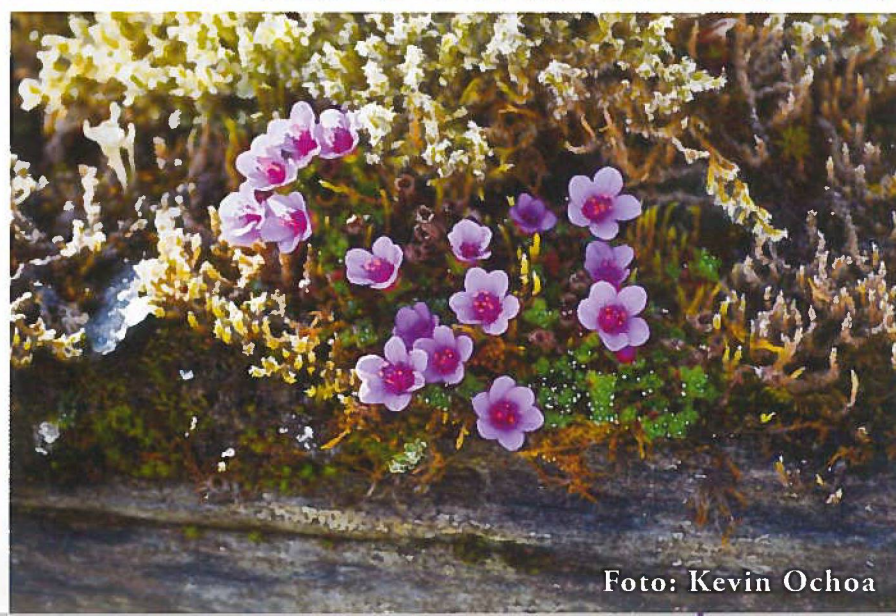


Foto: Kevin Ochoa



# SENDEPLAN VÅR 2016

**MANDAG**

**AMATØRBIBLIOTEKET**

**VETT OG UVETT /  
KA I NASEN**

**TIRSDAG**

**TUVA PÅ HURRADIO**

**LIVE 10.00-11.00**

**BAK LUKKEDE DØRER**

**LIVE 15.00-16.00**

**ONSDAG**

**KAFFE & FUZZ**

**STEIN I GLASSHUS**

**LIVE 18.00-19.00**

**TORSDAG**

**MORGENSHOWET**

**LIVE 10.00-12.00**

**KVEGPELS**

**LIVE 13.00-15.00**

**FREDAG**

**SKOLEFRI**

**SØNDAG**

**PSYKT KORREKT**

**LIVE 18.00-19.00**