In a spectacular showdown of mascots and cheerleaders, the HO opening was one not to be missed. Song Jia Jia tells us how Unisus wowed the judges with their stunts.

Cheerleading – the sport commonly associated with beauty, catfights and ultra-short mini skirts. This year, there was definitely much more to it.

More commonly known as the inter-hall cheerleading competition, the Hall Olympiad Opening Ceremony commenced on 16th January 2007.

Special participants like Ninja turtles, Sailor Moon and our hall one Cupid tried out for this challenging sport this year! Stealing the limelight from our flamboyant cheerleaders, fanciful mascots from the 16 halls put on a tough fight in a game of creativity.

Mascots this year was required to perform alongside cheerleaders.

While this may have thrown many off their feet, our very own hall one mascot Ang Qi Mou, a year 2 Civil Engineering student and our JCRC vice president, embraces the idea.

“I think it is a very good idea to incorporate the mascot into the competition,” said the 22-year-old undergraduate. “By doing so, more creativity can be sparked off.”

With his body painted in shimmering gold, Ang takes on the form of cupid, shooting for sweet lovey-dovey.

His comical performance triggered convulsive bursts of laughter from the audience. Though Qi Mou was a hot favourite of the night, the crown of the best mascot went to Hall 7’s warrior bull.

Beaten but not defeated, our very own cupid embraced the result with all graces.

“There is only one winner for the mascot anyway, it is not the result but the process that matters,” explains the high spirited Qi Mou.

With smooth transitions, sharp stunts and synchronized moves, our cheerleading team did us proud by securing the second runner position, trailing behind the champion Hall 3 by merely 0.22 points.

When asked to comment on the lamentable loss, Jimmy Lin, a vivacious cheerleader that 13’s stunts were much more difficult, but just because of minimal failure here and there; they didn’t make it to the top.”

Cheers and screams punctuated the entire SRC while the ecstatic cheerleaders of Hall 1 attributed their achievement to the vast amount of hard work put in.

Unisus Magic Shines Through

“All the cheerleaders practiced really hard since December last year, the chemistry amongst our squad members and the hard work has definitely brought us to success,” beams Joseph Thia, 21, the Assistant Social Secretary of hall 1.

He adds that everyone had put in their all on that day, and that is all that matters to him.

Other cheerleaders echoed this view unanimously.

“I think we have trained hard,” said Shu Ling, another cheerleader. “Everyone has done their best.”

So having done our hall proud, what else is there to expect from our very own Unisus cheerleading squad?

Jimmy predicted with aplomb.

“We are looking forward to be in the limelight again next year and hopefully with more to be expected from us.”
President’s Message...

Greetings to all residents of Hall of Residence 1.

How time flies! The second semester of academic year 06/07 is coming to an end and we have had another exciting semester filled with activities. During the December break, we had our annual Inter-hall Olympiad which saw our players competing with the rest of the halls in various sports and recreational games. The spirit of the Hall Oners was high and players were enthusiastic about the games even without the incentives in terms of points. It is very heartening to see the passion of our players as they do their very best for Hall 1. Our sports finished in a respectable 6th position and on our recreation side, with some tough luck and close decisions, finished 12th overall. However, the results are secondary, what really matters is that our residents have enjoyed the games that we have put up for them.

One of the highlights of the semester was at the Hall Olympiad opening where our cheerleading team and our mascot did us proud. Our mascot - ‘cupid’, mesmerized the crowd with his unique sense of charm. Our cheerleading team finished 2nd in the cheerleading competition. Our supporters were superb as they cheered on the team and totally rocked Student Recreation Centre!

Some of the other events of the semester are our combined cultural night with Hall 2, Hall bash at MOS, alumni dinner and Hall dinner. All the events were successful and I would really like to thank all the sub-commers involved and of course to our dear residents. Lastly, I would like to wish everyone best of luck for the upcoming exams.

Turning up the heat @ MOS

Our first hall bash this year came and went with a bang. Let Siak Ru Ren tell you more about the goings-on that one wild night.

On 22nd February 2007, Ministry of Sound (MOS) hosted a joint hall bash organized by the good people of Hall 1 and 3. If you really need a one liner to describe the event, it would have to be, ‘It was a Blast!’

People started to trickled in from 10pm that night and guests were ushered into the ‘smoove’ room first.

The crowd took some time to warm up, and most people stood around in their cliques had their own little activities going on in different corners of the smoove’ room.

Little clusters of people downed their booze, while others just stood around waiting for their friends to arrive, anticipating the start of real partying.

The party started soon enough, as more people started to arrive.

New guests were ushered into the main arena in MOS when the ‘smoove’ room began to fill up quickly.

The dance floor was filled with packs of clubbers who were moving along to Hip Hop beats.

Slowly but surely, people began to advance onto the dance floor as their inhibitions wore off. The night progressed and the crowd went to the beats of the music. The dance floor was littered in packs with clubbers moving to the Hip Hop rhythm. Slowly but surely, people advanced onto the dance floor. The long night progressed and the crowd went slowly.

Sweaty bodies moved in sync.

The residents loved the party. “It was quite interesting except that there were too little people when they moved us all onto the main arena,” said Aki Nagashima, a 2nd year student from HSS. She continued with a grin, “Then again, too many girls were screaming on the dance floor, but all in all it was great fun!”

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Yeung Ka Leong
President
Hall 1 25th JCRC
Thinking it was just another regular hall event, I sauntered to hall supper on the evening of 15 February. My excitement was soon piqued when the aroma of nasi lemak (from the popular Famous Fong Seng) wafted from the block 18 badminton court.

What came into my view were packets of delicious looking nasi lemak, arranged neatly in large red plastic bags, ready to land in the hands of our ravenous Hall 1 residents.

The court was bustling with activity; a large screen had been set up as a display for console games. Qimou, the vice president of the Hall 1 JCRC, got the show started with an opening speech, and hall supper soon commenced.

“Hungry” was written all over our faces as we dug eagerly into our boxes of nasi lemak.

With hands full, and between munches, the guys soon started their electronic game of soccer - Brazil vs. Brazil. Many others were settled comfortably on the ‘sofas’ transported from the TV lounges.

Smiling faces and chewing mouths were evident all around, as we indulged in the relaxed friendly atmosphere.

As the end of hall supper approached, satiated and satisfied, we went back to our rooms. As Jase, a Chipmunks fresherie, puts it, “The nasi lemak is fantastic! Nice food!” Coupled with the company of good friends and acquaintances, the evening was made even more memorable.
In the months of December 2006 and January 2007, our hall residents fought it out with other halls in various games and competitions, in the competition commonly known as the Inter-Hall Games (IHG) and the Inter-Hall Recreational Games (IHRG). So how did everything go? Let our reporters, Lee Khai Yan and Aw Hui Min, bring you all the happenings in these two months.

### Inter Hall Games (IHG)

Rising to the challenge of the new Hall Allocation Scheme, hall 1’s players did us proud by emerging with excellent results in this year’s Inter-Hall Games 06/07.

Improving by both ranking and points, we obtained 35 points to rank 6th on the IHG tables.

Chee Zi Hui, our Sports Secretary, attributed the improvement to the increased number of teams making it into the quarter-finals this year.

“In general, it has been great,” she said with a smile. Zi Hui continued, “The tennis team has performed much above expectations, the water polo boys and basketball girls have done well to reach the semifinals.”

### The Semifinalists

Our semifinalists put on a brave fight to the last. They are - our tennis team, water polo team, and our basket ball girls.

With a combination of talent and luck, these three sports did exceptionally well this year in being one of the top 4 teams of their respective sports.

#### Tennis

A brilliant run that saw our tennis team reaching the semi-finals, was a surprise to many.

“Last year we did not even qualify for the quarters,” commented Ko Hui Yun, this year’s tennis captain. She explained that the team had initially aimed only to go through quarters, and that making it to the semis was a bonus.

Fondly listing down all the team members, she credits the fantastic result to every single one of them.

#### Waterpolo

Our water polo team this year performed excellently, reaching the semis for the first time in a number of years. All matches fought were won, prior to the semi-finals against Hall 7.

“Although the team did not manage to meet my target of the finals, we actually overcame a rather strong opponent in the quarters, which is Hall 2,” said Richie Deng, the captain of our water polo team.

Now in his final year, Richie has been the captain for 3 years now.

“I am really happy to be able to experience the feeling of playing in a semi-final,” he commented.

Richie revealed that regular weekly trainings, extra swimming drills, as well as pep talks before games, were all crucial in preparing his players physically and mentally.

#### Basketball (F)

A strong force to be contended with, our basketball girls blew many opponents from their path in this year’s bid for the champions.

Michelle Huang, the captain of our girls, was happy with the results of ultimately reaching the semifinals. “The team did well this year considering the frequency of training and attendance of the players”, she said. In particular, she felt that the tough fight in the quarters for a semi-finalist slot made their eventual placing even more valuable.

Michelle concluded, “I’m glad we eventually pulled through the quarters, though it was a pity that we lost in the semis.”

With much fresh new blood seen in this year’s basketball girls team, let us await even better results in the next IHG!

### Finalist - Rugby

Champions for the previous five years, and now finalists for six consecutive years, it was a daunting task which our rugby team had to fulfill.

Though our bid to clinch gold for six years running came to an end, it was still an enthralling finals that saw Hall One being a few minutes short, and a few minutes unlucky, of being crowned champions.

A last minute penalty kick in Hall 6’s favour resulted in a their dark horse triumph, the final score: 8-7 against our hall.

Qing, our rugby captain and manager, attributed the final loss to injuries as well as a lack of preparation. “Many of us had IVP commitments,” he explained, “we did not train much for the match as it was last minute notice”.

Firmly, Qing concludes, “Next year, we’ll train harder and claim back our championship title once more!”

### Quarter-finalists

Reaching the quarters were seven various sports; badminton, sepak takraw, soccer, softball (M), swimming, table tennis, as well as volleyball (F).

Much hardwork was put in, and much passion was seen.

Congratulations, hall one players, you have done us proud. Well done!
in the months of December 2006 and January 2007, our hall residents fought it out with other halls in various games and competitions, in the competition commonly known as the Inter-Hall Games (IHG) and the Inter-Hall Recreational Games (IHRG). So how did everything go? Let our reporters, Lee Khai Yan, and Aw Hui Min, bring you all the happenings in these two months.

Battle of the Halls

PHOTOS | COURTESY

Othello
4th Quarterfinals 2 pts

Snooker
3rd (Group of 4) Preliminaries 1 pt

Carrom
3rd Quarterfinals 2 pts

Wei Qi
8th Preliminaries 1 pt

Darts
4th Quarterfinals 2 pts

Bridge
3rd (Group of 4) Preliminaries 1 pt

Scrabble
3rd Quarterfinals 2 pts

Boggle
5th Preliminaries 1 pt

C. Chess
7th Preliminaries 1 pt

I. Chess
3rd Quarterfinals 2 pts

Total
15 pts

Inter Hall Recreational Games (IHRG)

Hall 1 has made progress in this year’s Inter Hall Recreational Games (IHRG) despite having less recreational players as compared to the previous year.

This is possibly due to the effect of the new Hall Allocation System (HAS).

Results this year are a mix of good and bad. There is an improvement in points but a drop in overall ranking.

Our hall won a total of 15 points and clinched 13th in terms of standing.

More games have also made it into the quarterfinals. Hall 1 recreational secretary, Khoo Seok Kin, felt that it has been a remarkable achievement for Hall 1 with the limited number of players this year.

“Some of the recreational players are sports players as well and had to shuttle back and forth for their games,” said Seok Kin.

She smilingly continued, “I am really grateful for their help and their passion for playing for hall and doing Hall 1 proud.”

Asked about this year’s recreational games performance, Seok Kin commented that the hall players should deserve a better win.

“It’s a tragedy that we lost most of the games by a tiny margin as Lady Luck is not with us this year. Still, there is always a next year,” said Seok Kin.

Some of the results of Hall 1’s better faring recreational games are as follows.

Carrom
It is one of the more wasted games not because of lack of skill, but because of lack of luck. Hall 1 players played a total of seven matches, winning six and drawing one.

Hall 1 was tied with Hall 9 on winning the number of games. However, Hall 1 lost to Hall 9 by a slight margin when the number of boards were counted, thus failing to get into the semi finals.

Bridge
This is yet another wasted and heart-breaking game. Hall 1 played a total of three games in a group of four halls. Despite winning the first 2 games and losing the last game by one point, Hall 1 failed to qualify for the quarter finals.

Othello
The team, comprises of five players, has made an improvement in performance from the previous year.

Darts
The game is played in the format of Round Robin. As this year’s team comprises of new players, Hall 1 did badly in the first set, which consists of 4 rounds, as she was competing against stronger halls.

Hall 1 won all three rounds in the next set which consists of 3 rounds.

International Chess
The captain of the team, Ho Ching Shing should be given commendation for being very responsible and disciplined in training.

Standard for this year’s international chess is maintained. Credit must be given to the international chess players, especially the Vietnamese who account for the majority of the team, for being diligent in their practices.

Scrabble
Results for this year’s scrabble have been very satisfying.

Kudos to Kee Seng for taking initiative to train and teach the players on playing scrabble strategically. The team aims to get into the semi finals for next year’s IHRG.

On the whole, congratulations, for the results, and for the hard work put in. Let us await even better results next year!
Rendezvous at Harry’s

As hall life draws to end for our final-year students, Aw Hui Min unearths unforgettable hall experiences from the graduating seniors.

Having old friends to catch up with, a good ambience at Harry’s Bar and a delectable epicurean spread, the sixty who turned up for this year’s alumni dinner could not be more pleased.

It was a pleasant evening of hall gathering for the seniors, comprising mainly of final-year students and graduates who once resided in Hall 1.

All were extremely satisfied with the event, feeling that it was arguably one of the better alumni dinners that the JCRC organised.

Even Hall fellow, Professor Kong, who attended, said the alumni dinner was a huge success, citing that the centrality of the event’s venue helped a lot.

As dusk fell, everyone settled comfortably, catching up with each other and reminiscing the nostalgic times in hall.

It is unanimous that hall’s late night activities like playing mahjong, having suppers and steamboat sessions, participating in drinking games, mass-dota-ing (hall slang for mass block or level participation in playing Defence of the Ancients, a Warcraft III game) and pondings (hall slang for throwing a reluctant person into the water catchment area just outside Hall 6), are just some of the many activities that made hall life memorable.

But that was not all that our seniors reminisced at the alumni dinner.

Year four block 18 resident, Lian Shi, said celebrating birthdays was the highlight of hall life. “Unlike normal birthday celebrations, in hall, the birthday boy is usually treated and tortured like a prisoner-of-war. As part of hall ritual, he’ll be tied up and pinched all over the body, which is all for the fun of it,” said Lian Shi. He added, “The security guard made so many trips to our room that we are on friendly terms with him.”

Chuckling, Tong Liang, a year four who was Lian Shi’s roommate, said it was common knowledge to keep your birthday as a secret to survive in hall.

Not just that, Ru Ren, a graduating block 18 resident, recalled fondly the time he and his three other friends attempted carrying a friend from block 15 to block 16, a feat which took them 45 minutes as their victim was struggling very hard.

“He was sleeping on my bed and refused to get up. So, I had to pond him,” said Ruren.

With the strength of five other guys, his friend was eventually ponded.

Another unforgettable ponding experience that happened three years back was cheerfully recalled by a group of ex-block 18 graduates.

While trying to pond a friend, one of his friends accidentally tore off the victim’s shorts, leaving the victim struggling back to his room clad only in underwear.

Besides ponding, one of the more nostalgic hall memories collected by most was the nauseating after-effects of a drinking binge.

“It’s normal to see people merlon-ing (hall slang for vomiting) at two in the morning from the second floor after drinking too much,” said Mu Shan, a final-year block 14 resident.

On the topic of drinking-binge, Kai Le, a year four block 16 resident, quoted an incident when his drunken friend set his own head on fire when he was in year one. His friend has been showing signs of balding since that traumatic episode.

Marcus, a year four who is Kai Le’s current roommate, clearly recalled an instance that happened three years back, when a friend absent-mindedly locked the toilet door while his roommate was bathing.

The roommate was stuck in the toilet and had to knock down the door using physical strength. Taking revenge, that roommate locked the room door knowing that his friend had forgotten to take his key. As a result, his friend had to perform a precarious climb through their window at the second floor to get into the room.

“Ever since that incident, everyone has been wary about locking toilet doors,” said Marcus.

It seems that gone are the wilder heydays of hall life. But traditional hall activities like mahjong and drinking-sharing sessions in the wee hours are still evident, clearly showing that they are deeply embedded in our hall culture.

Hall 1 wishes our final-year students all the best in their future endeavours.

PHOTO | Emmanuel Lim

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Hall 1 Alumni Dinner 2013

PHOTO | Emmanuel Lim

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The month of effort invested into the planning of this event is definitely worthwhile as the residents seem to be having a great time.” These were the words of Brenda, the cultural secretary for Hall 2.

The combined cultural night – ‘Etoile Amitie’, which was jointly organized by Hall 1 and 2, was a night of good music, good fun and good company.

The Hall 2 volleyball court was transformed with laughter and chatter as those present were entertained with dance items, song and strum items, jazz band performances and even a cheerleading routine.

All who attended the event were given a toy microphone containing sweets at the ‘door’ which had lucky draw numbers pasted on them. The lucky winners got to take home with them hampers containing snacks like Pringles, which would definitely come in handy when the midnight hunger pangs attack.

The eventful night began with the song ‘Peng You’, which was sung by the presidents of both halls. The song was chosen to symbolize the friendship between the two halls as this is the second year a combined cultural night has been held to encourage interaction between residents.

The experienced song-and-strum teams from each hall then performed to songs by Collin Ray, Wang Lee Hom and Cao Ge. As they set up an atmosphere of romance and reflection, the hall 1 Jam Band took over with more popular tunes such as ‘Creep’ and ‘High and Dry’ by Radiohead.

Under the twinkling sky, people sat on chairs provided and on the floor, while others stood around, unwilling to leave the event which provided them with an opportunity to catch up with friends while making new acquaintances at the same time.

The night ended with no less than a dazzling performance by Unisus, Hall 1 cheerleading team which won second place in the Hall Opening Cheerleading Competition ‘07. The audience rewarded the performers with applause and much cheering and as Hall 1 Resident Song Jia Jia said ‘It was a fantastic opportunity to bond with my friends and I will attend it again if I can.’

Lim Li Mei, the cultural secretary for Hall 1, was full of praise not only for the beautiful performances put up but also for the performers themselves. ‘We could not award people with points and the Hall Allocation System has resulted in much fewer people participating in hall activities. Those who helped did it out of friendship and a sense of belonging to their halls.’

Kudos to all the performers, many of whom are freshmen who have never performed with their teams, for taking the time and effort to share their talents.

Not forgetting the organizing committee, who made the event possible through their hard work and bright smiles at the entrance, and those who attended the event and experienced culture under the stars.
Working out and eating good goes hand in hand. Once you start a good exercise routine going, you'll find that you'll naturally want to eat healthier foods. It's a good cycle to have when you are aiming to lose weight and look your best.

Here are my 5 little tips to losing body fat while staying healthy.

1. **Include Resistance Training In Your Workout Program.**
   Strength training is the fastest way to boost your metabolism and burn calories. It can boost your metabolism by up to 30% after working out. Even after the workout, your body continues to burn calories. Lean muscle mass burns fats even as you sit around doing nothing!

   Aim for 3-4 days of Strength Training (hitting the weights) a week. Change up your strength training program every 6-8 weeks, to ensure your body is never entirely comfortable. Remember, variety is the spice of life.

   Changing your workout program can be done by:
   A. Reducing Your Tempo
   Moving through a set at too great a speed can generate tremendous strain on your joints and connective tissue, and is self-defeating. Slow down! Your body will thank you.
   B. Reduced Rest Periods
   Resting less between exercise sets will mean that your muscles gets less time to rest. Your muscles will hence work at a much higher intensity.
   C. Increased Volume
   Adjusting total number of sets performed per exercise is another way to vary overall intensity. Instead of doing just 3 sets per exercise, you can try doing more.
   D. Increased Resistance
   Last but not least, increase the amount of weights lifted, per set or per workout.
   Try to note down how much weight you lift during each workout session, and how many repetitions are performed on every set. If possible, make jumps in increments of five to ten percent. (Girls should make two to five percent increments)

2. **Do 20 - 40 Min Of Cardio Before Your First Meal.**
   Cardio exercises aim to keep your heart rate elevated for a minimum of 20mins. Examples of cardio exercises include, jogging, swimming and stair climbing.

   Start slowly with a 20 minute session and add 2 minutes each day till you are at your desired time goal.

   Key point to note: doing 1000 crunches a day will not get you a nice 6-pac. Doing cardio faithfully and eating right does.

3. **Sleep 7 - 9 Hours Each Night.**
   Scientists have found that sleep deprivation increases levels of a hunger hormone, which may lead to overeating and weight gain. Hence, it is advisable to have a good 7 – 9 hour sleep daily.

4. **Consume small Meals Every 3 - 4 Hours.**
   Eating meals that contain slow burning carbohydrates, lean proteins, and healthy fatty acids 4 - 6 times a day is important.
   Eating often will:
   1. Keep your blood sugar levels in an optimal range.
   2. Will supply your brain readily available fuel.
   3. Will help you to burn a few more calories. (By raising your metabolism)

5. **Drink about 6 liters Of Water A Day.**
   Breaking down body fat and body muscle during weight loss produces wastes that must be eliminated through the kidneys. Drinking enough water is important to keep the kidneys functioning to remove these wastes. So, DRINK UP!

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1. **Always make a pact with your toilet mate to wash the toilet.**
   Unless you love the stench of a basket of rotten tomatoes, always make a friendly and kind pact with your toilet mates to clean the toilet periodically. A soiled toilet with ugly sights of algae all over the wall tiles is the last thing you want to see after a long day of lessons.

2. **Always make friends with your friendly neighbours.**
   Talk to your neighbours, mingle around, you never know when you need an emergency toilet roll!

3. **Always stock up on food supplies.**
   Food is essential, enough said. An occasional snack or two won’t kill, so stock up and feast away! You never know when you can whip up a feast to surprise that special someone.

4. **Find a communal hobby if you don’t already have one.**
   Finding a hobby means finding new friends, causing a manifestation of a group of enthusiasts. Friends will always try to conjure up the most magnificent excuse to spare a trip to the pond at hall 6. It isn’t going to be pretty after you get dumped into the slimy, yucky, dirty, stinky, cold pond.

5. **Keep yourself updated with hall activities.**
   Keeping your head above that darn well is always good for the hermit frog in you. Check out with the block reps or any JCRC member about the latest happenings in hall. Events are planned all year round to keep residents entertained. Alternatively, you can check out the hall website. http://webx.ntu.edu.sg/hall1.

6. **Know what’s around you and their availability.**
   We at hall 1 have various amenities around us. The SRC is just around the corner, the ATM machine is not far away and we have 24 hour food outlets nearby!

7. **Get a printer.**
   Or at least know where to find one in case of dire needs!

8. **Stay dry.**
   When your birthday is around the corner, and you know that your buddies are going to celebrate it for you, you never want to be seen as the one who’s always wet.

9. **Be cheapskate and go for the rag and bone style.**
   At the end of every academic year, the final year students will always have stuff to clear from their rooms. See if you can get the fridge or couch you’ve always wanted for a good price.

10. **Stay vermin free.**
    Communal living is the main cause of viral sharing and disease manifestations. Avoid people who are under the weather. If you’re sick, stay in your room and rest, don’t lumber around hall spreading your germs to an unsuspecting victim!

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GRAPHIC: Emmanuel Lim