



Eye of the Tiger

There's more to university life than walking into a class in a zombie-like state and whining about the canteen food. Honing your debating skills help. Settling issues through logical discourse beats throwing petrol bombs at your opponents or bystanders who just happen to be there. Or does it? Ever regret certain life choices so much that you wanted to remove them from your history? Well now you can. From your Facebook life, at least.

For the geek in you itching to come out, we have PC upgrade 101, and to help you prepare to face the neighbourhood bully we're starting a regular feature called "Is Your Body Ready?". We got you covered.

I'm not into poetry; I often find them depressing. But the poems featured in this issue of Fable Factory are nice. Give them a go. You might enjoy them.

– Karim Waheed, Editor, SHOUT

This Week's Horoscope

ARIES

Thank you for visiting Interrogation Station. Please close the iron maiden on your way out.



TAURUS

If he can't spell your name right, it's because he's dyslexic. Let's not be judgemental.



GEMINI

Making fun of 'otakus' is like shooting fish in a barrel.



CANCER

If you're in pain then have you thought about how your leg hurts?



LEO

The answer to 'why?' is 'YOLO' and the answer to 'YOLO' is 'why?'



VIRGO

If you've got a problem then you're facing difficulties.



LIBRA

How do you know other horoscopes aren't just giving you bad advice?



SCORPIO

Have you tried the new 'insert everything into the shredder' style of management?



SAGITTARIUS

Furry superheroes are gross.



CAPRICORN

Your fairy god-mother is in love. Don't enter her room tonight.



AQUARIUS

If strangers start playing music and drawing for you, then you've probably wandered into a liberal arts neighbourhood.



PISCES

You will learn a lot about yourself after showering. Firstly, that you don't like it.



APP REVIEW



My Fitness Pal

DYUTY AURONEE

Platform: Android

Maintaining weight takes constant effort as well as a bit of counting to know how many calories you consume and burn. Since, we have handed over the control of our lives to our smart devices, we might as well let them control how much and what we eat and how we spend those calories. A fitness app is a motherly recommendation for you because it won't curse at you if you binge eat for a day or turn into a couch potato for a week or so. It would just keep you informed and aware with its gentle reminders.

My Fitness Pal is a mobile app and also a website that gives you a wealth of tools for tracking what and how much you eat, and how many calories you burn through activity. Though there are quite a

handful of fitness apps available, this particular app is popular because it's free, compatible with most devices and keeps a count of both your calories and activities. In the beginning, My Fitness Pal takes your weight, height, goal weight and lifestyle into account before giving its recommendations. Once you have entered the relevant information, it breaks up your big goal into a smaller goal a month away from now. This keeps the user motivated and makes the target quite achievable. There is a built-in extensive database of food so that you can know the calorie points before buying or consuming anything. You can also access the information online from its website using any computer and lastly, get some extra encouragement by sharing your progress with friends.



MIXTAPE

Late Night

Morcheeba

Enjoy the Ride

Khruangbin

The Recital that Never Happened

DJ Shadow

Scale it Back

Yo La Tengo

Big Day Coming

Regina Spektor

On the Radio

Emancipator

Dusk to Dawn

Grails

Up All Night

Swans

Helpless Child

Sunn O))) & Boris

The Sinking Belle (Blue Sheep)

Dream Theater

Trial of Tears