



# No longer a student

As I find myself really close to my inevitable graduation, I can't help but feel mixed emotions. Yes, I am very glad that I do not have to stay up late writing lengthy assignments, and relieved that I do not have any homework left to do. But there are a lot of things I will miss. The random hangouts in the canteen provided much-needed respite for sleepy eyes, the times we broke the rules to be regarded as legends, and the parties where we danced and sang our hearts out. What I will miss the most, however, is going home knowing that I will see the same faces again the next day. I always took that feeling for granted. But change is an integral part of life.

– Shahrugh Ikhtear, happysadboi, SHOUT

## THIS WEEK'S HORRORSCOPE

**ARIES**  
 Remember, remember, the rain in November; old and tacky, please stop.



**TAURUS**  
 Make sure your kettle isn't burning.



**GEMINI**  
 Freeing the proletariat and establishing a classless society would be easy if bourgeoisie had an easier spelling.



**CANCER**  
 Clad in the clothes you are wearing, reading this right now, smiles the best person ever.



**LEO**  
 Bet you're having a bad day, someone probably made fun of you and you didn't even get it.



**VIRGO**  
 "Say your name" – person in a relationship who always put their partner first.



**LIBRA**  
 Ulcer is an unfortunate disease, but it's not as unfortunate as someone speaking in 2 month old memes.



**SCORPIO**  
 Cho Guevara was Harry Potter's political idol at 13, he has learned better since.



**SAGITTARIUS**  
 Knowledge is power but it's more powerful in the hands of someone smart.



**CAPRICORN**  
 Abs de Villiers would be a very good name for a gymbro cricketer.



**AQUARIUS**  
 She is in parlours everywhere, she combs my hair, she's done my hairdo.



**PISCES**  
 Sharpen your tools before you use them, unless it's a club. That'd be stupid.



### APP REVIEW



## The High Intensity Interval Training Buddy

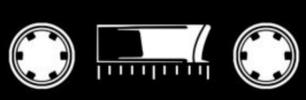
RASHEED KHAN

**Platform:** Android  
 High Intensity Interval Training (HIIT) is a difficult thing to do. To work your muscles so vigorously within such a short time frame is both admirable if you manage to pull it off, and extremely tiresome. But you know what's even more tiresome? Trying to count the intervals properly; this is where Tabata Timer comes to your sweaty rescue.

It's a very simple app. You can set up the exact number of seconds you want your high intensity and low intensity intervals to last. You can also set up a small preparation period right before

starting off. It allows you to set the number of cycles you want, as well as the number of sets and how many seconds of rest you'd like to have between the sets and lets you set up a cool down section at the end. If you have different exercises, good news: you can save your workout schedule too so you don't have to set everything up over and over. Finally, to top it all off with the icing, it even shows you the total time and number of intervals for the workout.

To unlock certain features, you need to go buy the premium version, but there's little that can go wrong with this app. If you need something like this, you'd better HIIT it up ASAP.



### MIXTAPE

#### BUS

**THE SMITHS**  
 There is a Light that Never Goes Out

**THE BEATLES**  
 Drive My Car

**JUDAS PRIEST**  
 Breaking the Law

**ARCTIC MONKEYS**  
 No Buses

**JOURNEY**  
 Wheel in the Sky

**NIGHT RIDER**