

Utopia



Studentmagasinet for UiT
Norges Arktiske Universitet
Nr.1-43. Årgang
GRATISMAGASIN

- > Samisk Uke i Romssa 2016
- > A beginner's guide to whale watching
- > Ny forsknings spalte!
- > David Bowie: the man from outer space..

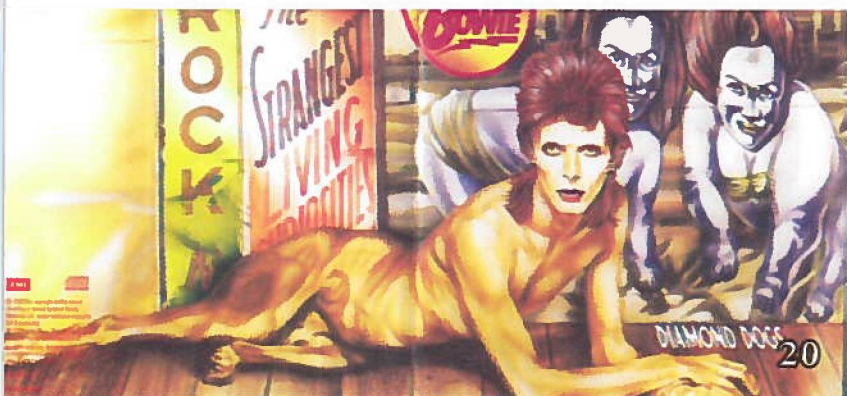
TROMSØ
OUT **DOOR**
Sjøgata 14, Tromsø

SKI AND SNOWSHOE RENTAL

Tuesday and Wednesday

15% DISCOUNT FOR UiT STUDENTS

book.tromsooutdoor.no/en/todo



En stor takk til våre medarbeidere!

FORSIDEBILDE:

Adrian Myhren

SKRIBENTER:

Anastasia Ivanovna Zaytseva
Anastasia Sapunova
Ellen van Marrewijk
Elinor Tessin
Luidmila Gils
Lyonel Perabo
Michalina Marczak
Rajwinder Singh
Simon Steinnes
Stefanie Singh
Yati Chen

JOURNALISTER:

Anna Dranovska
Augusté Jasiulytė
Elias Bergsholm
Elizaveta Lamova
Elinor Tessin
George Stoica
Oda C. Rykkje
Yeonwoo Baik

ILLUSTRATØRER:

Ashai
Boyka Todorova
Mateusz "Mat Mot" Motyka

FOTOGRAFER:

Audun Iversen
Camille Saint André
Enrico Tedeschi
Espen Bergersen
George Stoica
Jordi Pizarro
Luidmila Gils
Kevin Ochoa
Violeta Onland

KORREKTUR:

Elizabeth Tendai
Gil Orr
Gorn Phetchpinkaw
Michalina Marczak
Oda Camilla Rykkje
Sarah Skuseth
Simon Steinnes
Sophie Scotter

Ansvarlig redaktør
MATS JOHANSEN BELDO
ansvarlig@utropia.no

Nett- og frivilligkoordinator
OLGA SHAVRINA
kultur@utropia.no

Nyhet- og kulturredaktør
OUTI AUTERE
kultur@utropia.no

Grafisk- og fotoansvarlig
OLGA SHAVRINA
foto@utropia.no

Trykkeri
LUNDBLAD MEDIA AS

Nettside
WWW.UTROPIA.NO

E-post
REDAKSJON@UTROPIA.NO

Besøksadresse
UiT
TEORIFAGBYGG 2 - 2.138
Telefon 77 62 09 60

Postadresse
Utopia - Studentmagasinet ved
UiT - Norges Arktiske Universitet
9037 Tromsø



Innhold

- 4 _ Lederkommentar
- 5 _ All disciplines for a greener world
- 6 _ Science column
- 8 _ The Great Outdoors!
- 10 _ The Baleen Routine - A beginner's guide to whale watching in Tromsø
- 12 _ Self-identification through posting on social media
- 14 _ Sip your coffee, with style
- 16 _ 7 reasons to become an international student
- 18 _ Samisk Uke i Romssa 2016
- 20 _ The man from outer space..
- 22 _ Jazz og Tromsø Jazzklubb
- 24 _ Music under northern lights
- 26 _ In Search of Human Experience of Spirituality
- 27 _ Songs to add to your Valentine's Day playlist.
- 28 _ New Year and (the Same) New Year's Resolutions – Every Year?
- 30 _Sjakkspalten
- 32 _The Heavy Metal Page
- 33 _The Alternative Rock Page
- 34 _ CD Anmeldelse: Cry Baby's adventures in the real world
- 34 _CD Anmeldelse: "On your marks, get set... GO PSYCHO!"
- 35 _ CD Anmeldelse: Urie! At The Disco
- 35 _ CD Anmeldelse: Sivert Høyem, Lioness
- 36 _FILM Anmeldelse: Youth
- 36 _FILM Anmeldelse: 13 Hours: The Secret Soldiers of Benghazi
- 37_ FILM Anmeldelse: The Big Short
- 37 _ FILM Anmeldelse: The Danish Girl
- 39 _ Food column
- 40 _ Underholdning
- 42 _ Bildespecial: whales



LEDERKOMMENTAR

TEKST: Mats Johansen Beldo
 FOTO: Olga Shavrina

Nytt år, nye muligheter

Kjære leser, som ny ansvarlig redaktør i studentavisen vil jeg takke deg for at du plukket opp en utgave av Utopia.

Et nytt semester betyr i aller høyeste grad én ting, nye muligheter! Det betyr nye muligheter for deg, dine medstudenter og oss i Utopia.

Utopia er i endring, i løpet av de kommende månedene vil vi i redaksjonen jobbe for å være mer til stede ved universitetet, dette betyr at vi ønsker å dekke mer av sakene som omhandler din studiehverdag, men for å få dette til trenger vi også hjelp av kjernen ved universitetet, deg og dine medstudenter. Derfor vil jeg benytte denne lederspalten til å fortelle deg hvorfor du bør benytte dette semesteret til å engasjere deg ved siden av studiene!

For er det en ting som er sikkert, så er det slik at det finnes ting man ikke kan lese seg til, og som man må ha praktisk

erfaring med. Det er ikke alltid like viktig hvor man har det fra. Snarere handler det om hvilke oppgaver det innebærer. Det meste tyder på at frivillig arbeid ved siden av studiene gir uerstattelige fordeler når man skal finne veien videre etter endte studier. Frivillig engasjement ved siden av studiene er også det som bygger et levende campus for studenter. Studentorganisasjoner som skaper liv er noe vi som studenter gjerne tar for gitt, men som vi alle setter pris på.

I dette magasinet kan du lese mer hva våre fantastiske frivillige i studentavisen produserer, interessante artikler, fantastiske bilder og mye mer. Dersom du vil bli en del av vårt team og utvide din horisont, ta turen innom kontoret!

Og sist men ikke minst, lykke til med studiene dette semesteret!

Mats Johansen Beldo
 Ansvarlig redaktør.

Utopia for 37 år siden...

Alta-utbygginga i energiperspektiv

Ei unødvendig utbygging



For høye prognoser
 Stortinget fattet sitt vedtak om utbygging med henvisning til kraftsituasjonen i Finnmark. Det er blitt reist sterke innvendinger mot at fylkets egne prognoser for framtidig energibehov ble lagt til grunn for vedtaket. De enkelte fylkene opererer nemlig med langt høyere vekst i strømforbruk enn Norges Vassdrags- og Elektrisitetsvesen (NVE) regner med for landet som helhet. Fylkenes «prognoser» har derfor mer karakter av utbyggingprogrammer enn usikkerne vurderinger av utviklinga av etterterspørselen etter elektrisk kraft.

Energisituasjonen i Finnmark står sentralt i diskusjonen omkring Alta-utbygginga. Striden står i første rekke om prognosene for det framtidige energibehovet i fylket.

Alternativet – samkjøring
 Stortingets vedtak bygger videre på en forutsetning om at strømbehovet i Finnmark hovedsakelig skal dekkas av fylkets egenproduksjon av elektrisk kraft. Dette skjer samtidig med at Norge gjennom ei utbygging av samkjøringssnett- et etter hvert er blitt samlet til et rike også når det gjelder elektrisitet. Overskudd av kraft i en del av landet kan gjennom samkjøringssnett- et overføres til områder med underskudd. Å argumentere med at et hvert fylke skal være sjøforsynt med elektrisk kraft, har derfor lite for seg. Det kan innvendes at Finnmark har for dårlig tilknytning til samkjøringssnett- et.

Den planlagte forsterkinga av linja Alta-Kvernangen og den videre utbygginga av samkjøringssnett- et mellom Nord- og Sør-Norge, vil rette på dette. Disse oppgavene vil være sluttferdige for Alta-utbygginga er ferdig. Forsterkinga av samkjøringssnett- et vil dermed gjøre Finnmark i

stand til å gjøre seg nytte av kraftoverskuddet sørpå. Der vi Alta-utbygginga i forhold til landets energiforsyning, viser det seg at vi vil få forholdsvis lite kraft til en høy pris og med store skadevirkninger. Alta gir bare 625GWH (1 GWH=1 mill. kilowattimer) på årsbasis. (Til sammenlikning var Årdal og Sunndal Verks samlede forbruk i 1973 5500 GWH eller om lag 9 Alta-utbygginger.

Av Altas 625 GWH er en uforholdsmessig stor andel sommerkraft, som det er mindre behov for. Så lenge det ikke kan påvises at vi på landsbasis trenger det beskjedne krafttilskuddet Alta kan gi, er en utbygging fullstendig unødvendig, sjøl innfor systemets egne premisser.

Energisparing – alternativ energikilder
 Det er fortsatt vasskraftutbygging og atomkraft det satses penger og fagfolk på i NVE. Utvikling av alternative

Videre går debatten på om utbygging av Alta er nødvendig for å dekke et eventuelt kommende underskudd på kraft eller om det finnes andre alternativer.

energikilder og energioekonomisering står ikke særlig høyt i kurs, og arbeid på disse feltene gir liten faglig prestisje. Det virker som det er lite konsekvens når det gjelder statens energipolitikk. Ordninga med billige energisparelån for isolering av boliger som ville ført til minsket etterterspørsel etter elektrisk kraft, ble f.eks. tatt bort etter kort tid pga. den vanskelige økonomiske situasjonen. En bevilgning på 60-80 mill. kr. til Alta-utbygginga gjed allikevel glatt i gjennom. Ubedring av eldre kraftverk og dårlige linjer vil også kunne gi betydelige energigvinster, men lite blir gjort. Det samme gjelder modernisering av en del av den kraftkrevende industrien. I stedet for å bygge ut til siste vassdråpe, burde vi heller satse på slike sparetiltak og intensivert forsøkinga når det gjelder alternative energikilder basert på sol, vind og bølgeenergi. På lengre sikt er det imidlertid ikke mulig å komme utenom at vi må bremse veksten og stabilisere energiforbruket.

All disciplines for a greener world



TEXT: Liza Lamova
PHOTO: Olga Shavrina

The students meeting with leaders of a multidisciplinary network of students – Concerned Students has yielded results. The organisation has officially started to work at the UiT. The Concerned Students is created for those who are interested in the environmental issues and want to do their best to change the current ecological situation. Utopia has met with Annika Rødeseik and Haroun Egeh Ute and asked them some questions to get to know the Concerned Students better.

- Could you please introduce the Concerned Students?

Annika Rødeseik: Concerned Students is the students' answer to Concerned Scientists Norway. The core of our organization is a multidisciplinary network. Journalism, natural sciences, psychology etc. – we are trying to see the situation from different disciplines and perspectives. Concerned Students organise educational activities, for example, we arrange round table discussions. The organisation invites experts and professors of different disciplines to participate in such

events. Also, there are film screenings and discussions afterwards. To my mind, it's better not to have as many people as possible, but as interesting discussions as possible.

- What is the keynote behind the organization?

Annika Rødeseik: We are an environmental group which is always eager to exchange knowledge. All subjects have their role in answering questions relating to the climate and environment, which could contribute to making the society more sustainable. I have mentioned at the Arctic Frontiers conference that different disciplines were divided artificially from each other. Concerned Students in Tromsø will combine different actors to find good solutions.

- How are Concerned Students organised?

Annika Rødeseik: Concerned Students Norway is the head group. There are 3-4 persons who look after the group in each town. We will see how the Concerned Students will be organized in Tromsø. In

Bergen, for example, we have a core team of seven people. The reason why we're starting the organization in Tromsø is because of the Arctic Frontiers conference and Concerned Students Norway taking part in it. We started to figure out that it's a good opportunity to start here, in Tromsø, because we established a lot of contacts. And I'm really excited right now! New organisation is forming!

- What's the plan for developing the organisation in Tromsø? How can students join it?

Haroun Egeh Ute: I'm really getting into this idea and I'm glad to be able to contribute to such an important field. I'm very optimistic about how it is going to be. Now we are finishing our website and creating a Facebook group. I suppose in the future Concerned Students will gather weekly. I don't believe that there are any requirements except being a concerned student. I think it will be great to have a general interest in the subject. It's not hard to come in. The interest in our organization is growing and we are going to grow vastly. Welcome!

Super-resolution Imaging: Exploring the strange world inside a living cell.

TEXT: Rajwinder Singh

PHOTOS: Wikimedia Commons

Humans have always been curious to explore deeper into nature's creations. Considering the fact that humans are themselves among the most intelligent beings created by nature, looking deep into our body structure one finds that Cells are our building blocks. We are able to see skin with our eyes, but not the cells of which it is made up. Why? If we take a slice of skin and look at it under a simple microscope, skin cells may become visible. What do microscopes do? We may now be able to see the cells, but not its structure. Why? We can continue to ask; is there any limit after which we cannot look deeper? In this article I will try to address these questions. In order to understand them you need to understand the concept of Resolution Limit.

Resolution:

Imagine that you are looking into the sky and seeing an object which looks as if it were a star. But Hubble's telescope (a giant telescope which is stationed outside the Earth's atmosphere) confirms that it is actually a galaxy i.e. collection of stars which appear as one. Our eyes were not able to resolve the stars lying close together. Hence our eyes have some limit such that if we start bringing two objects closer, there will be a point after which our eyes will not be able to identify whether it is one object or more. This limit is known as Resolution Limit of our eye. Fig 1 (a) shows two objects, 1(b) show two objects which are just resolved and 1(c) shows two objects which can't be resolved and appears to be as one.

This limit depends on the wavelength of light which is reflected from the objects. More is the wavelength of light, less is the resolution. As an example, it might happen that two objects which are lying close together appear to be one in red light but

can be seen as two if we use blue or ultraviolet light. Blue and ultraviolet light have a smaller wavelength than red light. Looking at cells through a simple microscope may help us resolving up to the limit where we can distinguish the cells which our eyes were unable to. Its resolution is not high enough to see the sub-cellular structure. Hence the resolution power of a microscope is larger than our eye but we will have to do more in order to see the structure inside.

Magnification doesn't increase resolution:

At this point one might think that a microscope magnified the skin slice, which is true but at the same time it also increased resolution. If you do not trust me, try taking a photo of your hand with your mobile camera and then zooming-in. I am pretty sure that you will not be able to see skin cells even if you magnify it 100 times! This kind of magnification is called Empty Magnification where we are unable to get extra information after magnifying further. This means that your camera doesn't have high enough resolution! One must not confuse magnification with resolution. Magnification helps us to easily see the information provided by the high resolution of the system. Higher resolution means more details.

Super-resolution:

If we use green light to see the objects, no matter how strong our microscope, we will not be able to distinguish the objects lying closer than 200 nanometer (nm) approximately. To get an idea, this is one millionth of the width of human hair. But the organelles (specialised structures in a living cell) are about 10 times smaller than the resolution limit of our best microscope. Resolving the objects beyond

the resolution limit of conventional light microscopes is known as Super-resolution. If we achieve super-resolution, we may be able to see the sub-cellular structure. There are different methods to do it, but I will discuss one which is easy to understand.

Super-resolution Imaging: From Microscopy to Nanoscopy

Cells are made up of macromolecules like Proteins, DNA, RNA etc. There are some natural/synthetic molecules which start glowing when we shine some light on them. These molecules are known as fluorescent molecules. Fig. 2 show Jelly fish glowing in light as it contain Green Fluorescent Proteins(GFP) inside. Now the fluorescent molecules are attached to protein molecules inside the cell one on one. More scientifically we say that protein molecules are tagged with fluores-

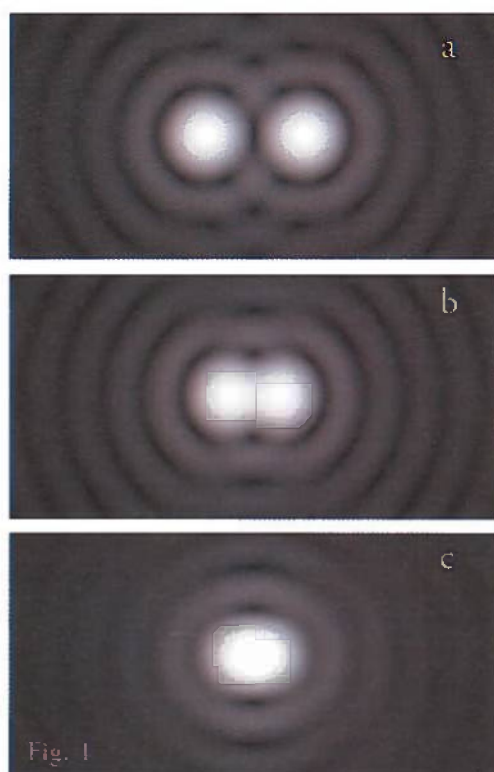


Fig. 1



Fig. 2

cent molecules. This process is known as labelling. Cell which is to be imaged is labelled very densely (10,000 molecules/ μm^2). If we now see it under the strong microscope, the cell will appear to be coloured. We will not be able to see the structure yet! Now the fluorescent molecules are made to turn on and off such that at a given time only few molecules lying at a distance greater than resolution limit generally glow. Images are taken one by one at different instants of time. In each frame different fluorescent molecules are glowing. We know the coordinates of these glowing molecules on which a Gaussian curve is fitted. In simple language, a point is marked on those coordinate positions in each frame. After taking tens of thousands of images, all the point marked frames are overlapped on top of each other to give us the clear structure inside a cell. This technique is known as Stochastic Optical Reconstruction Microscopy (STORM).

These microscopes are known as Nanoscopes. The study of developing nanoscopes and their application is known as Optical Nanoscopy. The development of these nanoscopes is done by Physicists and Electrical Engineers, development of fluorophors for labelling is done by Chemists and these nanoscopes are generally used by Biologists. Hence it is a multidisciplinary field. It is worth pointing out that 2014 Nobel Prize in Chemistry was awarded to Betzig, Hell and Moerner for developing super resolution microscopy techniques. In general we can achieve resolution up to 20-30 nm with these

nanoscopes which is about 10 times better than resolution of a conventional microscopes. There are some other techniques by which we can achieve super-resolution like Structured Illumination Microscopy (SIM), Stimulated Depletion Emission (STED) Microscopy, etc. Fig. 3 show kind of resolution we get from super resolution microscope as compared to confocal microscope. If you're more interested, you can look it up online.

Applications of super-resolution imaging:

Major application is in the field of Biology. It allows us to see much greater details inside a living system, from a molecule to an entire microorganism. We can see the cellular mechanisms at a molecular level. An example in Neuroscience, scientists are looking at the molecular mechanisms of proteins which go wrong and do not function properly in brain cells causing Parkinson's disease using nanoscopes. Now with this we have possibility to see whether we can use drugs to inhibit this process. We can also track optically

the drug-cell interaction with these nanoscopes. We can see the pathogen-cell, or intercellular interactions.

Research in both development as well as application of nanoscopes is carried out at our own University of Tromsø very actively. Assoc. Prof. Balpreet Ahluwalia's project on "High-speed chip-based nanoscopy to discover real-time sub-cellular dynamics" was awarded with European Research Council prestigious ERC Starting Grant in 2013. The project aims to develop a novel optical nanoscopy with high resolution (50-100 nm) and fast imaging speed (25 Hz). At the same time applied research in this field is done jointly by Dept. of Physics, Dept. of Medical Biology and Dept. of Fisheries. Main focus is on live cell imaging using SIM which is available at Dept. of Physics.

Concluding Remarks:

Although still in its infancy, super-resolution fluorescence microscopy has shown great promise for studying biological structures and processes at macromolecular scale. This is one of the fastest growing fields with a bright future ahead. In recent years, the invention of various super-resolution techniques has broken the resolution limit. Images obtained from these super-resolution approaches enable scientists to directly visualize biological samples at the nanometer scale, significantly expanding our understanding of molecular interactions and dynamic processes in living systems.

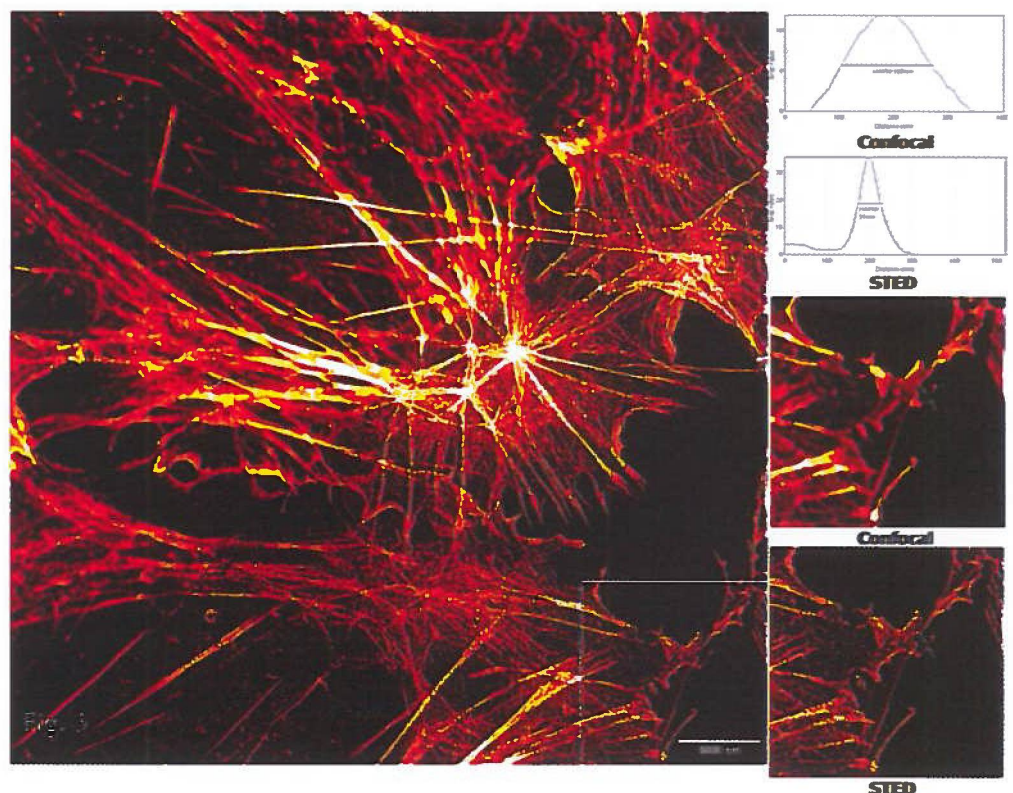


Fig. 3

The Great Outdoors!

TEXT: Elinor Tessin
 PHOTO: Tromsø Outdoor

Tromsø is an outdoor enthusiast's paradise. In summer you can bike, hike, climb and kayak. In winter it gets dark and cold up here, but that's no reason to stay at home and dream of warmer months. In fact, it's quite the contrary! During this season especially, a myriad of activities suddenly become available. I talked to Kasia Pacek from "Tromsø Outdoor" to get some tips.

Many outdoor sporting activities are available in Tromsø. As Kasia says, one of the unique advantages of living here is the proximity to nature. In addition to the wilder parts of the island, you can reach real mountains within twenty minutes by bus or car. Put on some snowshoes and you can hike in deep snow or you can go ice-skating, for

example, on the outdoor rink in Charlottenlund.

Then, of course, there is the skiing. The alpine variety, which non-Norwegians are probably more familiar with, is possible in Kroken. Another version is "topptur" skiing, where you walk up the mountain-side and ski back down. For the latter, it's

necessary to be an experienced skier and have confidence in deep snow. Cross-country skiing, in contrast, is a popular everyday activity, possible for almost everyone no matter what skills you already possess (or don't possess!). Just put on some skis and start practicing in a flat area. There are ski tracks all over the island; though they are flatter in the south-



ern part, whilst steeper elevations can be found in the north. In addition to the ski tracks on Tromsøya, there are also regularly maintained tracks on Kvaløya and the mainland.

You can rent skis from Kraft for the whole season, for a week from Tromsø Kommune or otherwise for a specific time period from local outdoors shops. It is also possible to borrow winter clothes and it never hurts to ask for student prices. For example, Tromsø Outdoor offers discounts on certain days of the week. Used cross-country skis are also affordable, though top-tur equipment is more expensive and not as easy to handle for beginners.

For those who have never skied before and feel insecure about setting off alone, a guided tour may not be the worst idea. You will be taught the basics of how to get moving, and more importantly, how to stop moving should you encounter a slope. If you are planning to take on a mountain, it is important to have at least some

knowledge about weather and snow conditions, or better, take someone experienced with you to avoid setting off avalanches. To minimize the risk of encountering an avalanche, stay away from steep mountainsides, especially in lee of the wind. Rising temperatures, persistent wind and precipitation make avalanches more likely, so these conditions might be a reason to just avoid the mountainside altogether. Again, joining a tour with an experienced guide is probably a safer option than setting off on your own.

Another thing to be wary of is the cold, says Kasia. If you are not used to the Norwegian winter, you might not have the clothes necessary to stay outdoors for longer periods of time. It's important to wear multiple layers, with the outer layer protecting you against wind. However, don't get too warm in there: sweat will make you even more vulnerable to low temperatures. Jeans are insufficient for winter outdoor activities, at least not without water-proof snow pants on top.

For summer, Kasia recommends bike-tours around the surrounding islands. Take advantage of ferry and bus connections to more remote spots. Before multi-day tours, look up DNT cabins, or exercise your "allemannsrett" and just set up camp somewhere – making sure to stay at least 150 meters away from private properties and occupied cabins.

There are some activities that are possible all-year round. You can, for example, rent kayaks and set out to explore the fjords from another perspective. However, you need to get a Norwegian kayaking license first (våttkort) to prove you're capable of saving yourself and others, should you end up in the water.

A secret tip from Kasia is to purchase a special winter sleeping bag, in which you can spend the night outside (even on snow), allowing you to spot every last second of the Northern lights...as long as you don't doze off. Enjoy!



To read more about outdoor safety in the winter, a brochure with guidelines is available at tourist offices as well as online: (http://www2.turistforeningen.no/files/DNT/publikasjoner/Sikkerhetsbrochure_A5_VINTER_ENG_TY.pdf)

In addition, <http://skisporef.no> has information about the state and location of ski-tracks for cross-country skiing

<http://www.varsom.no> will keep you updated on snow conditions and avalanche risk in the area you plan to visit

<http://www.tromsooutdoor.no/explore-tromsoe-and-northern-norway-by-bike.5769863-139088.html> has tips on single and multi-day biking trips around Tromsø

The Baleen Routine -

OUTDOOR ACTIVITIES

TEXT: Elinor Tessin

PHOTO: Espen Bergersen / www.NaturGalleriet.no

As if northern lights, beautiful snowy mountains and fjords weren't already enough, Tromsø has recently gained another very unique attraction: gigantic humpback whales, stopping over on their long way from Svalbard to their calving grounds in the south to hunt herring alongside flocks of orcas and fishermen. Before 2010, the herring gathered further south; according to nature photographer Espen Bergersen, who has been documenting the yearly visits from the beginning, their wintering grounds change occasionally, so we should probably enjoy the phenomenon while it lasts.

Where can you see the whales? Your chances are pretty good anywhere on Kvaløya with view on a fjord; however,

as Bergersen states, both whales and herring arrive from the North in the beginning of the season, and move towards the south as it progresses. Right now, your chances will probably be best around Sommerøya. There is a Facebook group, where whale-watchers share their observations can help you keep up to date. The season usually starts in October, and ends at some point in February; but the number of whales and length of their stay vary from year to year.

Taking good pictures of the whales can be quite challenging, Bergersen says: there is very little light during the main part of the season, and as whales move around quickly, good equipment and high apertures lens are helpful. A high ISO number and a big lens will allow

you to capture as much light as possible. Underwater pictures of the whales are harder, as a lot of the scarce light doesn't make it through the surface.

But if you get lucky, and you're at the right place at the right time, with the right equipment, you will have the chance to experience and capture some amazing moments. Espen has many stories to tell about both the huge humpbacks and the smaller, but equally fascinating orcas: one time he observed an orca toying with a little auk, as a cat might play with a mouse. The bird got thrown around like a tennis ball, but survived the experience with only slightly ruffled feathers and probably some psychological scars.

A beginner's guide to whale watching in Tromsø

Other times, he was lucky enough to see the giant humpbacks breach – i.e., jump out of the water, not unlike dolphins but a little less graceful. It's rare one can observe such behavior, and nobody really understands why they do it – Bergersen hypothesizes it might be to shake off parasites, get rid of an itch (which must be hard without arms), or simply because they can – it does look like fun! Another unforgettable experience is watching the humpbacks feed in groups by herding the herring upwards, then exploding through the surface in unison while gobbling up as many fish as they can fit into their mouths, like slightly plump and extremely hungry synchronized swimmers.

As a human observer, one can feel quite small and insignificant next to these

colossal, mysterious animals, but apparently, they are just as curious about you as you are about them. Bergersen has captured many pictures of both orcas and humpback whales “spy hopping”, meaning that they stick their heads out of the water to investigate their surroundings while practically swimming upright, a little like humans treading water.

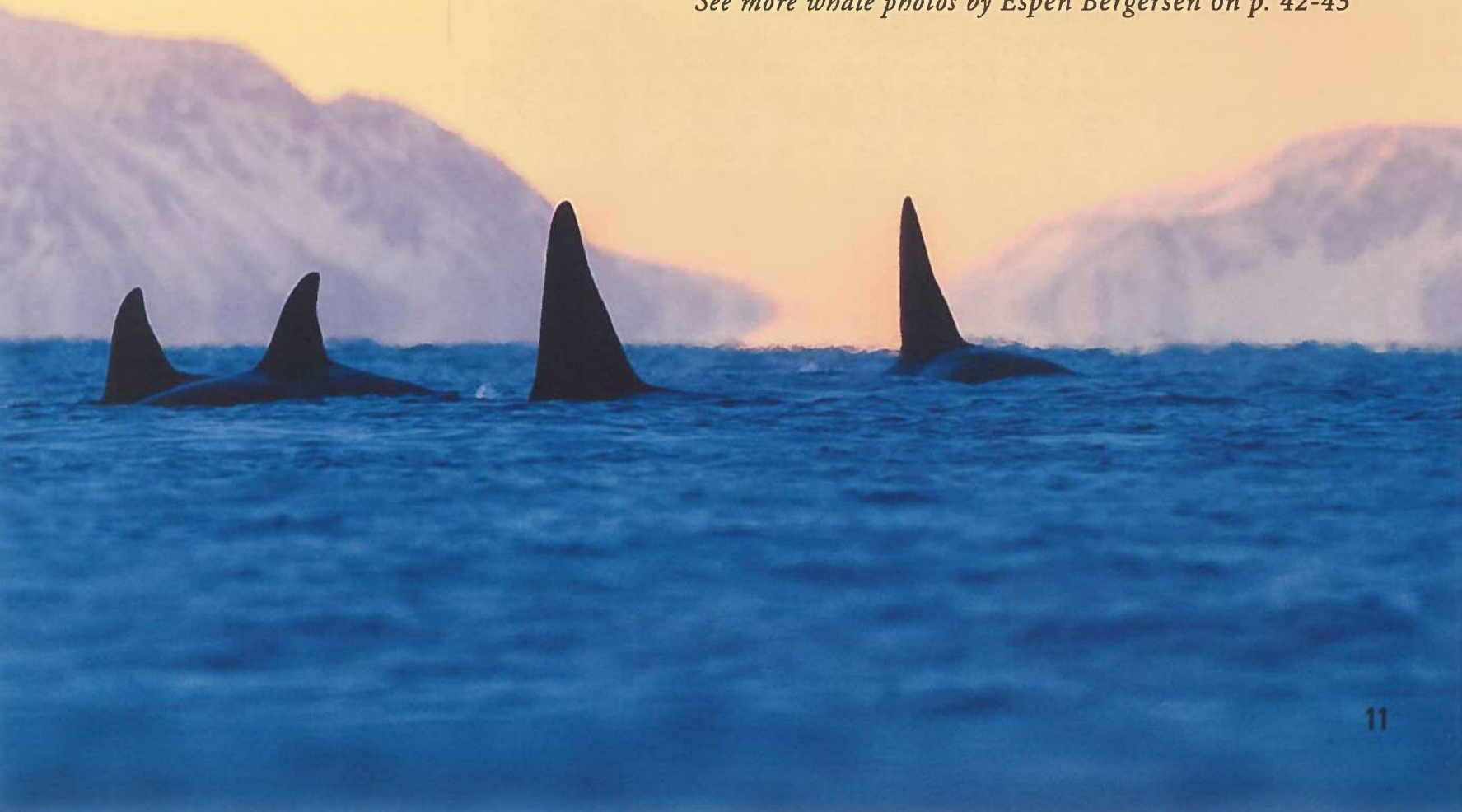
There are a few companies in Tromsø that offer whale-watching cruises. For those on a smaller budget, bus 42 to Eidkjosen goes three times an hour; from the last station, it's a short walk to Kaldfjord, where you have a good chance of observing whales from land. Other buses around the island go more infrequently, so if you want to have a look

at beautiful Sommerøya, Grøtford or Tromvik, you should rent a car or plan an overnight stay. Especially Sommerøya is worth a visit – if you are lucky, you might see a whale from above while crossing the bridge!

Missed the season and all the whales are gone? You might still get a chance to see some – whale safaris leave from Andenes (6 hours from Tromsø by car; a little less in summer when the ferries operate) throughout the whole year. You will probably not observe humpback whales during summer, but you might spot sperm whales, minke whales and orcas.

Head over to www.naturgalleriet.no to see even more pictures of whales, mammals and North-Norwegian landscapes!

See more whale photos by Espen Bergersen on p. 42-43



SELF-IDENTIFICATION THROUGH

TEXT: Elizaveta Lamova
ILLUSTRATION: Ashai

Scrolling a page in the social media nowadays is quite the same as meeting a person. Instead of saying "How are you?", you get a status and profile photo which replace an appearance. And if you have decided that this article is about follies of social networking, you are wrong. How Facebook helps to understand yourself? How you can use different platforms to create a story? Interested? Move on.

The phenomenon of social network

Facebook, Instagram, Twitter – nowadays it's very rare to meet a person without an account in any of these services. It all started from a profile. Actually, creating one is a kind of forming your identity. There were small diaries in my childhood which you have to fill in. Banal questions – what is your favorite actress, food, sport, etc. – at first glance it's easy, forcing you to think about it. You started to remember all films you've watched to find your favorite actress. And then, the next question in the diary was "why?" And you became a self explorer. The same thing happens in a social network. The process of self identification contains three main components: living experience, expression, and reflection. Writing your impressions post, getting "interested" in particular events, or posting pictures with a short caption – these examples are a will to show yourself in the way you want to, to make people hear and understand things about you. It turns out that we are making self-identification through these stories. This is a story of my experience and feelings and, at same time, it is also a story about others. Your "friends" also participate in creating their story, while it is placed into open, flexible platform. And what is important to mention - your own story will be fragmentary. To

understand what kind of person you are, page visitors have to read all your post, look at your photos etc. This could be the influence of media, more precisely, hypertexts (texts with a lot of references). We could stop reading every second, so each paragraph should contain one thought. At least, it won't hurt writer. We getting information like this every day, so we shouldn't be surprised that social media borrow these features.

To sum up, users create accounts in order to present themselves. They can choose what information to share. Actually, fake account is the best way to learn the person in a way he/she pretends to be. Anonymous are always create their stories detailed and believable.

Storytelling

All of us do love stories. Stories, that keep us holding breath until the end. We are fascinated by them, believe in them. Now imagine that you are a writer. You have to create characters. Think about it carefully, what kind of this person is, and make him alive by uploading... his Facebook page! Sounds strange? Perhaps. For example, you have an idea of making a short story, it could be everything you like: novel, tale, parable – it doesn't matter. And then you start to tell a story using soci-

al media of your characters. It's a perfect way to express the character. Our pages, actually, are inner monologue. Sharing some kind of information will make the character understandable to readers, but at the same time keep some secret. Because it is virtual world? Should we truly believe in it? Ingenious programmers are working to create a new reality, and that's why a question appears: what reality is better? Nowadays we are offered a choice.

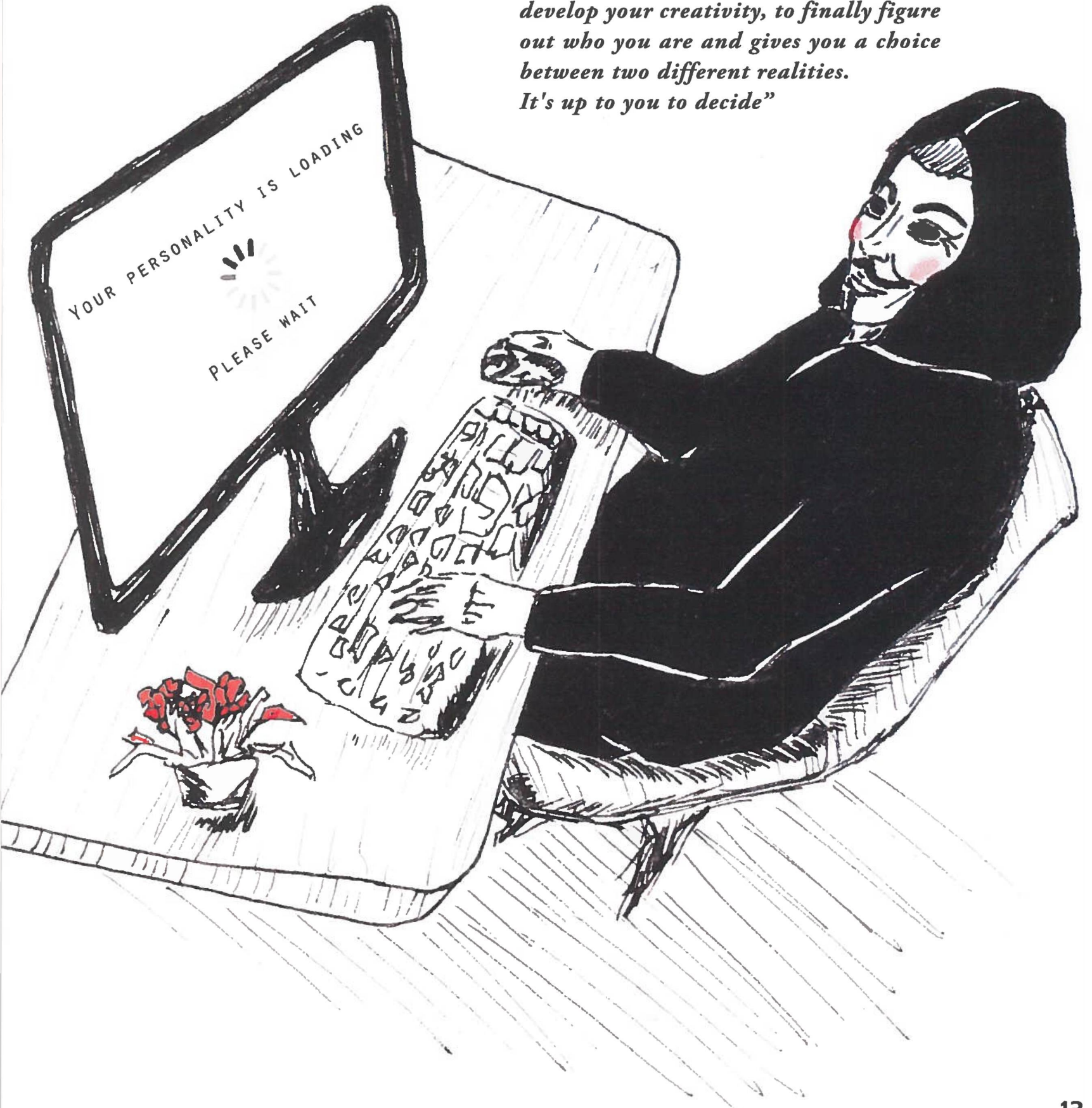
With the help of the website Storify.com, you could easily form a story. If you want to be popular, the story should be believable. Here, your imagination starts and the world building begins. The world building is a construction of imaginary world where rules are up to you. Recently, new types of films appeared. These films are the screening of a laptop, showing audience how the characters chat, talk to each other using Skype and so on. The world in such a film is becoming flat, it's just a monitor of a computer. And this type of operating is really up to date.

Social media gives users a good start to develop your creativity, to finally figure out who you are and gives you a choice between two different realities. It's up to you to decide.

Written using the material of SoMe Storytelling Hackathon Workshopen by Ismet Bachtian.

POSTING ON SOCIAL MEDIA

"Social media gives users a good start to develop your creativity, to finally figure out who you are and gives you a choice between two different realities. It's up to you to decide"



Sip your coffee, with style

INVENTIONS

TEXT: Yati Chen

Are you a coffee lover?

If yes, then this article is for you!

The ultimate dream of every coffee lover is to be able to drink their favorite coffee, everywhere, at any given time. However, this dream can be shattered by the fact that coffee lovers have to carry all the equipment necessary in order to make a perfect cup of coffee. In order to make a perfect cup of coffee, some people prefer to use a coffee machine, others prefer a coffee press, or an espresso mocha pot, or a coffee drip with a filter, and so on. All these appliances make it impossible to brew the coffee perfectly on the go, and most people will sadly end up drinking instant coffee or buying from a/the coffee shop. But thanks to innovation, coffee lovers can now enjoy the perfect cup of coffee anytime and anywhere. Here are 10 coffee gadgets for you to drool over.

1. Minipresso; take your barista with you everywhere.

Claiming to be to be the smallest, lightest and most versatile handheld espresso machine, Minipresso weighs 360 grams and measures at 175 mm. With the help of the semi-automatic piston, small quantities of water are injected into the coffee adapter. After few pushes, the optimal extraction pressure is achieved. A rich and bold espresso is extracted. The capacity of the standard water tank is 70 ml. No battery or electricity needed.



2. Handpresso; high pressure creating better coffee on the go.

Handpresso works by creating high pressure (16 bar) to extract high quality espresso. The pump is similar to a bicycle pump but Handpresso measures at only 22 x 10 x 7 cm and weighs 480 g. The water tank capacity is 50 ml. No battery or electricity needed.



3. Cookie Cup; drink the coffee, eat the cup.

This edible cup is made of pastry, but thicker than traditional cookies. The inner part of the cup is coated with sugar glaze so that the cup can withstand the high temperature of the coffee and the stay in shape longer. It also means that the coffee will taste sweeter when the sugar glaze melts. After the coffee is finished, the cup tastes like coffee dipped cookies.



4. Coffee Cuppa; reusable single cup coffee infuser.

Coffee Cuppa is basically a pod with a metal coffee filter that work exactly like a tea infuser, but Coffee Cuppa's filter is finer than that of a regular tea infuser. The pod, shaped like coffee bean, can hold a spoonful of ground coffee. To enjoy a cup of coffee, simply load the pod with ground coffee, pop in the metal filter, drop the pod in a cup and add hot water.



5. Coffee Joulies; metal coffee bean to regulate your coffee's temperature.

These metal coffee beans are made of special metal that absorbs heat before reaching 140°F and stops after that, so you can drink your coffee sooner without burning your tongue. The more heat you feed your Joulies, the longer they will keep your coffee warm.



6. Piamo; half a minute espresso.

If you are familiar with espresso mocha pot, then you will like Piamo even more. You just need to fill the ground coffee, water and put the Piamo in microwave. You will get fresh espresso in just 30 seconds, much faster than the traditional espresso mocha pot.



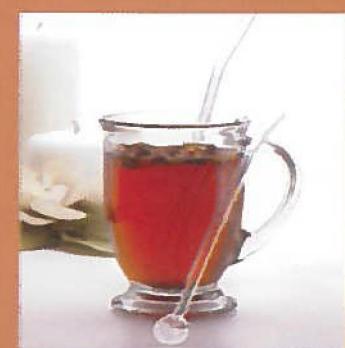
7. Hey Joe; the world first smart mug.

Put a coffee pod in the cup, pour water of any temperature, push the button and you will get a cup of freshly brewed coffee. Push the button once for regular coffee and twice for stronger coffee. Hey Joe is a battery operated cup with a smart heating plate to regulate the temperature of the water. To charge the battery, which is detachable, just plug in a USB cable. The coffee pod is just like a round tea bag, but is biodegradable and even weaved with flower seeds so you can plant it afterwards!



8. Wisdom wands; coffee filter straw.

This hand-blown glass straw has a small coffee filter at the bottom and doubles as stirrer. Just drink from the straw, no need to wait for the drip or pressing the ground anymore.



9. Cafflano Klassic; make coffee on the go from the bean.

This one is especially for serious coffee lover. The portable coffee maker includes coffee bean grinder, drip kettle, filter and 450 ml tumbler.



10. Zoku; ice coffee without the ice cubes.

Perfect for summer, this spill-proof cup makes ice coffee without the need of ice cubes, so you can enjoy the coffee without the ice diluting it. Just freeze the inner cup for 8 hours, fill with hot coffee, in 7-8 minutes the ice coffee will be ready.



7 reasons to become an international student

TEXT and PHOTO:
Luidmila Gils

Have you ever thought of leaving your university and spending at least one semester studying abroad? May be now is the time!

The Arctic University of Norway (UiT) hosts several hundred international students from all over the world every semester. I was lucky to be one of them autumn semester 2015. I can't say that studying pedagogics (geography and English) in Petrozavodsk State University, Russia is something that I don't like. On the opposite, I really love my studies, enjoy my professors, and I have many good friends there. Why have I decided to apply for one semester of the Arctic Norway Studies at the UiT, you will ask me then? Here are 7 answers to this question, which I hope would also inspire YOU for becoming an exchange student.

1. New places - new perspectives

I guess a lot of people like to travel and visit new places. I am not an exception. In my twenties I have been in Belarus, Ukraine, Poland, Sweden, Finland and Israel. Visiting a new place inevitably gives you new emotions and strong feelings as you

encounter people from diverse countries, speaking different languages and representing various cultures. I believe that this experience leads to personal transformation. When you come back home you are not the person you were before. Approaching new people and seeing how diverse we are broadens your mind and understanding of the world. Arctic Norway is a special place, peculiar with its northern climate and beautiful nature. That's why I chose to come here. Which part of the world would you choose to go to?

2. Taking new knowledge and new experience in educational system

Studying about Arctic Norway was extremely important for me because it allowed me the rare opportunity to acquire first-hand knowledge about the historical and cultural background of this region. I study geography at my home university, which

is why this knowledge and experience was very important for me.

In addition, I found that approaches to education vary greatly from country to country. For example, the autumn semester in Norway begins in August, while in Russia it starts on the 1st of September, and there's more. It was fascinating to learn about the differences between the educational systems and take some useful methods back home with me.

3. New challenges and adaptation in new place

When was the last time you had to use a map to find a street, a shop or a bus routes for the first time? Being a new student in a foreign country is exactly the kind of experience that requires you to get out of your perfectly shaped comfort zone and step over what is known and safe. I have to pinpoint that UiT is very good at pro-



viding new students the necessary adaptation tools. During the Introductory Week (which was also by the way full of entertainment such as picnics and hiking trips) we were told all we need to "survive" in the new environment and got the opportunity to meet many new friends from other countries.

4. New friends, who can become your friends-for-life.

Arriving to a new place one always tries to make friends, and guess what: in the universities hosting exchange students you most likely will have a chance to meet people from all over the world! Where else will you get this fantastic opportunity? Trust me, even 4 months is enough to do a lot of crazy things together, starting from getting lost late at night in the snowy forest to climbing up a mountain to take a selfie. Tromsø was generous and gave me a lot of new friends. We continue our friendship via Internet, and who knows, may be one day we can meet again!

5. Improving your language skills

Studying abroad very often implies studying in English, which is a foreign language for many people. However, you can choose programs where the teaching will be provided in the language of the country you are visiting. Imagine having classes in Italian? Would that not be a great practice? You will write essays, speak in class, and use the foreign language in informal communication on an everyday basis. I promise that this will increase your language skills significantly.

6. Teaching your culture

When you are in another country you are a representative of your country. It is a rule, so be prepared to tolerate some jokes about Polar bears on the streets if you are from Norway, and frogs for dinner if you are from France. On the other side, it is your Hour of Glory, when you can te-

ach people something about your culture. For example, you can cook a traditional meal from your own country and share it with your friends or neighbors at the student hostel.

7. Hobby

I can assure you that there is no better time for finding out what you are truly interested in, than when you are an international student. Being in a new and foreign environment you naturally become more open to new experiences. Always been interested in scuba diving, but thought it would never happen to you? Studying in Hawaii will give you a perfect chance! I am keen on photography and collecting coins. In my free time I walked around Tromsø and took photos. Also I got many new coins from different countries. My new friends gave them to me. I have coins nearly from 40 countries in my collection now. That's my memory about my student experience in Tromsø.



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,-)
- Tannbleiking kr 1800,- (ordinært kr 3000,-)
- Tannsmykker, saltblåsing etc.

Studentrabatt 40%

hos tannpleier.

På behandling utført av tannlege gis som før 20% studentrabatt.

Husk studentbevis 😊

Ring for time:

MNTF *Tenner i sentrum* 

Tannlege Kjærstad AS
Storgata 39, Tromsø,
tlf 776 83 188
resepsjon@tannlegekjaerstad.nhn.no

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

Samisk Uke i Romssa 2016

TEKST: Augustè Jasiulyté

Kan det moderne mennesket uventet kjenne seg igjen i diktet av den finsk-samiske multikunstneren Nils Aslak Valkeapää? Er kanskje hjertet din heim? Samene er Nordens eldste folkegruppe som har vandret som nomader i Sápmi i mer enn flere tusen år. Hvor mye vet vi egentlig om samene og deres kultur?

Det polysemantiske begrepet Sápmi finnes i alle samiske språk og omfatter ikke bare det samiske bosettingsområdet som strekker seg fra østkysten av Kolahalvøya over Nord-Finland, via kyst- og innlandet i Norge og innlandet i Sverige, ned i Jämtland og til Idre, men også den samiske befolkningsgruppen, det samiske språk og samene. Noen tror at den opprinnelige roten *šämä er lånt fra det litauiske žemė (land). Samiske språk er en del av den finsk-ugriske grenen og tilhører den

uralske språkfamilien. De samiske språkene blir delt inn i tre språkområder: østsamisk, sentralsamisk og sørsamisk. Det finnes ti forskjellige samiske språk og det er lulesamisk, sørsamisk og nordsamisk som snakkes i Norge av svært få mennesker i dag. I 1992 ble samisk godkjent som offisielt minoritetsspråk, og det innebærer at det brukes på lik linje som norsk. Omtrent 85–90% av alle som snakker samisk, bruker nordsamisk.

Stille samiske skilt og samiske navn på landskapet i Nord-Norge er av avgjørende betydning for samene. I cirka 100 år (fra omtrent 1850) var de utsatt for fornorskingspolitikken som ville assimilere samene i det norske samfunnet, og barna fikk ikke lov til å lære seg samisk. Ifølge SSB (per 1. oktober 2012) var det 2 126 elever i grunnskolen i hele landet

med samisk i fagkretsen og 930 elever hadde samisk som førstespråk.

6. februar feirer alle samene, både i Norge, Finland, Sverige og Russland, Samefolkets nasjonale dag for å markere det store, samiske landsmøtet da samene samlet seg for første gang for å arbeide for felles samiske mål i Trondheim i 1917. Dagen ble feiret for første gang i 1993, og det har skapt mye debatt om det skulle kalles for Samenes nasjonaldag eller Samefolkets dag. Sametingspresident Aili Keskitalo framhever at det ikke er slik at samene uttrykker et ønske om en egen stat, en slik idé finnes ikke, men hun forteller på vegne av samene at: vi synes at vi har fortjent å feire oss selv, vårt språk, vår kultur og vår felles historie på tvers av grensene i de fire statene vi bor i.



FOTO: Enrico Tedeschi

Samisk uke i Tromsø 2016

For første gang ble samisk uke arrangert i Tromsø i 2005. Samisk uke begynner **31. januar** og holder frem til **7. februar**.

Det er varmt og lyst med samisk bålkafe, tradisjonell samisk mat og ikke minst håndverk i samiske lavvoene som står på Stortorget hele uka. Samisk uke tilbyr mange varierte arrangementer som samis-

ke filmer, utstillinger, verksted, konserter og mange andre spennende ting både for voksne og barn. 3. og 4. februar en forestilling **Nok en Same** ble vist på Rådstua Teaterhus. Forestillingen forteller hvordan samisk språk og kultur nesten helt forsvant fra Gamvik, et gammelt fiskevær.

I år markeres Samefolkets dag offisielt på Rådhuset med ordførerens tale og samiske artister.

Det var **Norgesmesterskap i lassokasting** og konserten til den verdensberømte sangeren Mari Boine som har etablert en unik og enestående stil som kombinerer joiken med jazz, rock og folkemusikk fra forskjellige land.

7. februar avsluttet samisk uke med **Norgesmesterskap i reinkappkjøring** som trekker flere og flere folk hvert år.



FOTO: Camille Saint André



FOTO: Kevin Ochoa

**Det kommer til å være en uke full av kulturopplevelser.
Ønsker du å lære litt samisk? Her kommer noen smakebiter på samisk:**

God dag - Buorre beaivi

Takk - Giitu

Jeg heter... - Mu namma lea...

Jeg elsker deg - Mun ráhkistan du

Du er utrolig vakker - Don lea nuuuu čáppat

(š uttales som sjo; č er kombinasjon av t+s)

Ditt smil varmer som bålet i lavvoen en sen høstkveld -

Du modji ligge dego dolla lávus sevdnjes čakčaeahkedis

1 - Okra

2 - Guokte

3 - Golbma

4 - Njealje

5 - Vihtra

6 - Guhtta

7 - Čieža (ž uttales som d+s)

8 - Gávccí (c uttales som t+s)

9 - Ovcci

10- Logi



FOTO: Camille Saint André

The man from outer space. .

ROCK ICON

TEXT: Michalina Marczak
PHOTO: Press

His original name - David Jones - sounded too ordinary. Besides it was too similar to Davy Jones, the vocalist of the already famous 'Monkees'. One thing for sure, David never wanted to be confused with anyone. He never even wanted to be caught up with any of the characters he played. Instead, he took on the stage name David Bowie, soon gaining global recognition and changing music forever.

The dogged man

*Though I'm past one hundred thousand miles
I'm feeling very still
And I think my spaceship knows which way to go*
(Space Oddity, 1969)

David Jones, aka Bowie, was born in gloomy south London in the late 1940s. The same neighbourhood was soon to welcome the first wave of immigrants from Jamaica, marking the beginning of British multicultural society. From the very start of formal education, David showed above-average musical ability. His older brother exposed him to different kinds of rock'n'roll as well as beat literature, both of which had great influence on young David. However, it was the art teacher at the local high school who shaped his future as an artist.

David formed his first band at the age of 15 and pursued different projects for the next five years. Despite this, none of the singles recorded throughout this period granted him commercial success. It was someday then that he decided to rename himself David Bowie, after the famous Bowie knife used for fighting. His 1967 debut album David Bowie went unnoticed, and another two years passed without any releases. However, David remained active, writing songs for others and performing as a dancer and mime actor. Finally, in 1969, Space Oddity reached the UK's top five hits after the BBC used it as a soundtrack to the Apollo 11 moon landing. Suddenly the whole world had heard about David Bowie.

The chameleon man

*So I turned myself to face me
But I've never caught a glimpse
Of how the others must see the faker
I'm much too fast to take that test*
(Changes, 1971)

From then on, Bowie's road to stardom proceeded relatively smoothly. To escape the celebrity cliché, Bowie introduced a new incarnation of himself with almost every album. Utilising heavy rock sounds, *The Man Who Sold the World* (1970) portrayed Bowie's androgynous character to the audience, causing much controversy over the long chic dress he wore on the album cover and during the US tour. With *Hunky Dory* (1971), he moved easily between kitsch and high-art, blending different pop styles. His friend's mental breakdown - manifested in his belief that he was a mix between a god and an alien - as well as a quest for constant re-invention of his stage image, inspired Bowie to tell the story of an ill-fated bisexual rock star from outer space. This is how Ziggy Stardust, played by Bowie himself, was born. The release of *The Rise and Fall of Ziggy Stardust and the Spiders from Mars* (1972) soon followed, and The Ziggy show presented by Bowie and his fellow musicians was exceptional.

During concerts, dressed mostly in unusual alien costumes, Bowie sang about a range of political issues, sexuality and the end of rock'n'roll as people knew it. This incarnation of Bowie became extremely popular, turning him into a superstar. Then, to escape the persona of Stardust,

Bowie recorded *Alladin Sane* (1973), his first album to top the UK pop chart. It was this album cover that depicted Bowie with a lightning bolt across his face, one of the most memorable images in pop culture. During the *Diamond Dogs* (1974) tour, Bowie performed dramatic choreography full of special effects presented on an enormous stage built to resemble a city. His next albums saw him continue to transform musically from the so-called plastic soul of *Young Americans* (1975), through the controversial cabaret-style and hollow character of Thin White Duke singing on *Station to Station* (1976), to minimalist ambient sounds from the *Berlin Trilogy* - *Low* (1977), *Heroes* (1977) and *Lodger* (1979).

At the beginning of the 80's, Bowie embraced new-wave culture on *Scary Monsters (And Super Creeps)* (1980) and followed with a typical pop style in *Let's Dance* (1983), his best selling album. After releasing two more pop albums, Bowie decided to turn back to rougher sounds with *Tin Machine* (1989) and *Tin Machine II*, two years later. These albums very much announced the arrival of the grunge era. His later albums did not meet such commercial success, however many regarded them as a come-back to his artistic roots.

After a ten-year break, Bowie returned in 2013 with *The Next Day*, recorded in art rock style. His twenty-fifth album *The Blackstar*, deemed by critics to be as far from pop as Bowie could get, was released on the artist's 69th birthday, just two days before he died on January 10th, 2016.

The iconic man

*I, I will be king
And you, you will be queen
Though nothing, will drive them away
We can beat them, just for one day
We can be heroes, just for one day*
(Heroes, 1977)

As much as David Bowie was a great hero of my parents' generation, he remains one of the most influential figures in pop-culture, an absolute icon of popular music. The constant musical transformations stopped him from getting caught up in easy classifications, whilst the pursuit of moving on, constantly experimenting, rethinking what pop music is and reinventing the stage image, have served as inspiration for musicians all over the world. Taking into account all the musical genres he played with, one can see how far his influence stretches. Not-to-mention that Bowie is regarded as a pioneer of several different styles of music including glam rock, punk, grunge as well as of lavish pop concert shows. There probably wouldn't be Madonna, Lady Gaga, Kanye West and the like, the way they are today, if it wasn't

for David Bowie. What's more, through his queer incarnations and openness regarding his bisexuality - as early as the 70's - he did a world of good to LGBTQ community.

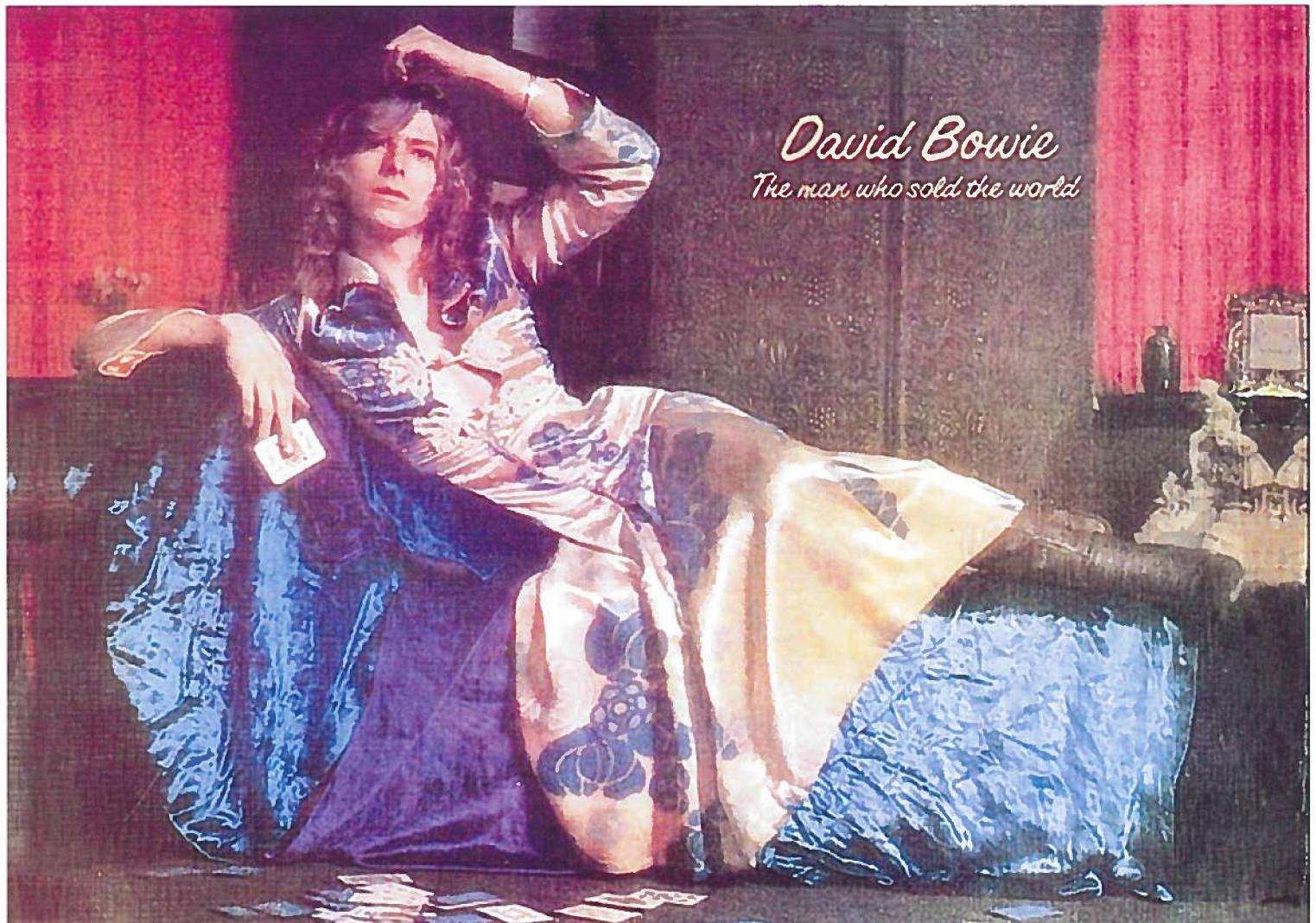
My own exploration of Bowie started from hearing Nirvana's cover of *The Man Who Sold The World* from their *Unplugged* in NY concert. Later I heard him singing with Placebo on the single version of *Without You I'm Nothing*. This was the point at which I decided to go to the original source, to Bowie's own albums. I discovered a world of innovation, unobvious sounds intertwined with catchy melodies and visual shows leaving me in awe. No wonder his songs were covered by a whole spectrum of artists representing a variety of genres. Many will know The Smashing Pumpkins version of *Space Oddity*, *Moonage Daydream* covered by White Stripes or Warpaint's cover of *Ashes to Ashes*. Some might have heard of the indescribably addictive *Love Is Lost* remix by James Murphy. Even though David Bowie is most recognised for his work in the 1970s as well as his 80's pop hits, his last album, *The Blackstar* - influenced by modern hip-hop

and electronica - is surely as good a bet as any for those hungry for a piece of truly good music.

The starman

*There's a starman waiting in the sky
He'd like to come and meet us
But he thinks he'd blow our minds
There's a starman waiting in the sky*
(Starman, 1972)

The fun fact is that without David Bowie there probably wouldn't be me either. My parents met for the first time on a screening of *Absolute Beginners*, a film featuring Bowie and his music, yet another coincidence in the universe. Actually, much of Bowie's inspiration came from outer space. This is why, shortly after his death, astronomers from the MIRA public observatory in Belgium registered a constellation shaped like the lightning bolt from *Alladin Sane*, in honour of the musician. What's more, everyone can mark their favourite Bowie song in the constellation using Google Sky (www.stardustforbowie.be), a tribute to a musician with an unearthly talent.



Jazz og Tromsø Jazzklubb

TEKST: Oda Camilla Rykkje
FOTO: Audun Iversen

For mange er musikk en viktig del av hverdagen. Jazzmusikken har dype røtter - en del av disse finnes her i Tromsø, hos Tromsø Jazzklubb, som har vært jazzmusikkens scene i mange år.

Musikk for øret og sjela

For mange er musikken blitt en del av hverdagen. Det er enkelt å ha musikk med seg hvor enn man går – alltid tilgjengelig for avspilling. Men det er lite som slår en livekonsert, der du får føle på energien på scenen og la musikkens rytmer ta over blodstrømmen i en brusende takt, mens en kraftig stemme overtar trommehinnen med nøye utvalgte ord. Det å kunne stå på konsertgulvet og føle musikken slå over deg er noe som de fleste av oss verdsetter. Det gir en helt spesiell stemning, noe du nesten kan ta og føle på. Musikken blir levende. Og der står du, midt mellom andre mennesker som opplever den samme opphøyde stemningen som deg. Det er euforisk.

Jazzens røtter

Jazzen vokste fram på begynnelsen av 1900-tallet i Sørstatene i USA. Grunnlaget for jazzen var et møte mellom afrikanske og europeiske musikktradisjoner. Blues, ragtime, spiritual og work song ble blandet med europeisk folke- og militærmusikk, og fikk sitt utspring først i New Orleans og senere i Chicago og andre storbyer hvor det fantes store andeler av afroamerikanere.

Jazzen har etter sin fødsel vokst seg stor i det internasjonale miljøet, og vi finner mange forskjellige former for jazz, men ett av fellestrekkene som står sentralt er elementet *improvisasjon*.

For mange er nok jazzen kjent som dansemusikk med god rytme, men man kan like gjerne sette seg ned og nyte jazzen enn å riste løs dansefoten.

Tromsø Jazzklubb

Tromsø Jazzklubb (TJK) ble stiftet i 1986. Den er en av flere foregående jazzklubber til å farge bybildet i Tromsø. Gjennom lokale helter, til internasjonale artister står TJK som Nordnorsk Jazzsentrums fylkesscene.

TJK slipper hvert semester et nytt program med lokale, nasjonale og internasjonale artister. Disse artistene holder sine konserter på Tromsøs mange scener, men hovedscenen er Verkstedet på Kulturhuset i Tromsø.

Øystein Norvoll, en av TJKs daglige ledere, kan fortelle:

«Tromsø Jazzklubb inngår i et nettverk i hele Norge. Tromsø er på en måte hovedbyen i Nord-Norge for jazz. Skal du turnere i Nord-Norge, må du innom Tromsø.»

Siden Tromsø er så godt utrustet i henhold til lokaler og miljø kan TJK også skryte på seg stor variasjon i tilbudene de kommer med.

«Vi har både nasjonale og internasjonale artister, og ikke minst, lokale artister. De yngste som har opptrådd på jazzklubben har vært nede i 12 år! Vi presenterer også forskjellige typer musikk (innen jazz) – vi har en god blanding av stilartene: alt fra folkelig

musikk, smal musikk og sær/spesiell musikk. Vi har altså et bredt spekter av musikk, som kan passe alle, fra barn og ungdom til folk godt opp i årene.»

Bardus

Noen ganger i løpet av semestret blir det holdt gratiskonserter på utestedet Bardus. Som den andre daglige lederen Øystein Blix sier:

«Vi holder 5-6 arrangementer på Bardus i løpet av året, så det er noe vi gjør regelmessig, men ikke hele tiden.»

Ane Marie Hektoen, styreleder i TJK, fortsetter å forklare:

«Arrangementene på Bardus trekker helt andre publikummere, også yngre. Dette er fordi det er unge artister på scenen.»

TJK er med på å opprettholde et viktig kulturbidrag i Tromsø, og et høyt nivå på kulturlivet.

Hektoen fortsetter: *«Med TJK har vi som mål å bringe inn varierte band, fra store til små, som spenner vidt innenfor jazz. Vi har også en veldig viktig scene for unge musikere.»*

Det er viktig å få inn mangfold i musikken som spilles. TJK er populære på et internasjonalt nivå, og får inn forespørsler fra hele verden fra artister som vil komme og spille på TJK sine arrangementer. Det er desidert dekket for et fabelaktig musikkbord i år også.

Program våren 2016

Februar:

BOL&SNAH – Torsdag 11. februar
 Norwegian Great Guitars – Torsdag 18. februar
 Marie Vangen – Lørdag 20. februar
 Lars Erik Drevvatne kvartett – Tirsdag 25. februar

Mars:

John-Kåre Hansen & Northern Concept – Torsdag 03. Mars
 Torun Eriksen & Mathias Eick + fire band fra Musikkonservatoriet – Torsdag 17. mars
 Mauro Sigura Kvartett «the color of identity» - Onsdag 30. mars

April:

Ole Morten Vågan, Jonas Kullhammar og Kresten Osgood – “Andratx» - Onsdag 13. april
 Bernd Reiter New York All Starts, featuring Eric Alexander and Harold Mabern – Onsdag 20. april
 JazzNatt 2016 – Lørdag 30. april

Mai:

Ekornes i 100 – Søndag 8. mai
 Alexander Aarøen Pedersen med Tromsø Storband – Torsdag 26. mai



Music under northern lights

FESTIVAL

TEXT: Anna Dranovska
PHOTO: Violeta Onland

Tromsø has always been one of the best and most beloved locations for tourists and other visitors. Many of them come here to see northern lights, trying to live their dream. But northern lights is not only about aurora borealis dancing in the winter sky. It is also about music. Every New Year in Tromsø starts with world famous music festival Nordlysfestivalen, filling up the air of the city with magic and amusement. Utropia had a fascinating opportunity to talk to its manager, Øyvind Bakkeby Moe, and bring music even closer to its readers.

Music is what my day starts with on my way to school and music is what my day finishes with on my way home from work. It is one of the best things, that can help you enjoy your solitude, and there is hardly anything else, that can give you a bigger feeling of belonging, than taking delight in a shared musical experience.

...I am almost running late for my first interview, with Øyvind Bakkeby Moe, manager of Nordlysfestivalen, and as much as I would love to be a person able to keep deep intellectual conversation about classical music, jazz etc., let's face it – I am not. The festival begins in some two hours after our meeting and it will be the third time for Øyvind to have the honor of bringing together world's most talented contemporary musicians and Tromsø's most appreciative ears. We talk about his way to becoming festival manager, important stages in preparations to upcoming festival, difficulties on the way to earning love of the audience and importance of discovering new as part of music development.

The first thing I realized as we spoke was that the best leaders are those who themselves are led by the voice of their hearts. Just like Øyvind. Simple ability to organize people is not enough - you cannot excel as a manager of a festival if music is not something you have a passion for, something that comes into your life naturally like love for Frank Sinatra's songs.

We should never stop exploring; and this gets even more important when the questions are about music. It does not matter if you are selecting musicians for upcoming concerts or picking a concert from among numerous options of a rich festival



program – it always involves some part of gambling.

Festival preparations start more than a year in advance and, still, you can never know if the artist, whom you, as a manager, find especially fascinating and talented, will meet the same feelings in the listeners' hearts. Despite this uncertainty, one should never forget how important it is to do new stuff, discover something one never knew before, and introduce it to wider audience. Every small star in the music firmament should be given a chance to be heard, because otherwise music does not get to evolve.

On the other hand, many musically illiterate people (like me) find themselves at a loss when deciding which concert to attend when they do not have a slightest idea about performing artists. People are afraid if they are not sure – and then they choose

not to go. But if you never try – you never know.

It is interesting that, as Øyvind says, classical music, jazz and even some modern compositions are considered a more "grown up" thing, with a low number of young people interested in it; which is sad and outrageous, considering the number of opportunities to get familiar with the charming universe of festival music. Many of the concerts are free and all of them have student discounts encouraging young people to come and join. Festivals need our energy that will drive tomorrow.

Maybe the next concert will introduce you to a whole new world of blissful pleasure? So another time you have a chance to get a ticket for a festival event, do not hesitate, just go and see. And never stop exploring music!

Shared North: An Arctic Identity reflected in art

ART

TEXT: Elias Bergsholm
PHOTO: Press

On the 27th of January Alaska’s museum of Anchorage brought indigenous artists to the Northern Norway Art Museum in Tromsø to create a dialogue about what “An Arctic Identity” actually means. What do we know about northern art? What do we have in common? These and many other issues were discussed at the table during an event “Shared North”.

Cold. Unsettled. Mountains. Snow. These are the very first words that comes to mind on hearing “North”. But here and now a group of Alaskan indigenous artists as well as other international guests, who are currently working with the Anchorage Museum have a say about the understanding of Arctic lifeways from a human and cultural perspective.

“What is the vision of the Arctic? Living in the Arctic makes you think differently. It makes you turn away from the crowds and realize that you’re not thinking black-and-white anymore. You’re thinking Arctic.” – That’s how Sonya Kelliher-Combs (Bachelor and Master of Fine Arts), Alaska Native contemporary artist, began her speech in the Northern Norway Art Museum. Raised in the Northwest Alaska, her paintings and sculptures reflect her struggle for self-definition and identity in the Alaskan context.

Sonya, what do you want people to notice, realize, and maybe understand in your works?

“All of us here represent the Voice of the Arctic, the voice of the North, which means we have to stand up and create a conversation about the North and its distinct environment, about its people and culture, about its places and the past. The vision of the Arctic should be shared.”

Do you see the art as the reflection of your lifeway? Where the inspiration comes from?



“Since we’re Alaska Native artists we do have a sense of place and origins in our works. Our art is collection of the past connected to the global Arctic. Where we live, the people around us have been through a lot of things and I think our art is a way of discussing the emergence of Alaska’s identity.”

During the discussion I realized how powerful art can be. The importance of the art should gather us together and give us an opportunity to speak our minds rather than separate them. Being able to share our identities, our differences and our approaches is crucial in raising the awareness.

Aaron Leggett is the Special Exhibits Curator of the Anchorage Museum who first learned of his ancestry in preschool. In the very beginning of this event he introduces himself on his native language “Dena’ina”. He explains what the meaning of this assembly is:

“Being an Arctic person is what distinguishes us. We know how to care for people around us. We understand man’s impact on the nature. Colonization of our habitat strongly reflects our art. I was raised at a time when there was almost no recognition of the original inhabitants of Cook Inlet. We build new traditions every day. I dedicated my life to raise the awareness of questioning where we came from and where we are going. I’ve brought us here to northern Norway to create the understanding between us. Nothing has ever been done with the Alaskan art of Natives and I think it is important to give a space to art. My grandmother instilled in me a sense of being proud of who I am and it is an important thing not to forget”.

Art has an important role to play. It creates dialogues, moves from black-and-white and raises awareness. Art vision of the Arctic is the voice of the North!

In Search of Human Experience of Spirituality

PHOTO EXHIBITION

TEXT: Yeonwoo Baik
PHOTO: Jordi Pizarro

Right before you enter the exhibition room, you are faced with a big black and white photograph in which there are seen monks in procession. The composition is simple. All these elements—black and white, monks in procession, simple composition—come together to give off a solemn, stoic atmosphere. I enter the exhibition room, and am gripped by the solemnity that has been foreshadowed by the photograph of the monks.

Jordi Pizarro is a freelance documentary photographer based in India. His works largely concern current social and environmental issues influencing different communities in the world, most of which are remote areas that aren't advertised by major media. His ideas and works have anthropological touches to them, and he hopes that he can raise awareness and reflexivity regarding issues that affect people and their environments.

Religion is one of the key human phenomena. Through religion people form their ideas on the origins of the world and themselves, believing in and expressing deference to something they cannot sense. It is a truly exceptional product of human societies worth studying. *The Believers*, a photo exhibition of Pizarro's works which is held at the Perspektiv Museum from the 10th of October, 2015 until April

10th, 2016, shows works from his on-going long term project of the same name. In this project he explores religious communities in ten different countries across four continents in search of the relationships human beings hold towards religions, spirituality, traditions, and cultures.

The not-so-big exhibition venue is nevertheless full to the brim with photos, all down to the cafe area next to the exhibition room and the staircase. Once we step into the exhibition venue, we are surrounded by human faces and bodies—staring, performing rituals, walking in procession, moving in trance, etc. The photographs are black-and-white, and most of them are taken in close-up shots with simple composition. We are so close to these people. The ways they keep their eyes closed, prepare for a ritual or stare at something with concentration are recorded down to the details, striking the viewers so vividly. With decorativeness and distraction at their minimum, Pizarro's photographs take us right into the core of the human experience of spirituality. In the simplicity of his photographs Pizarro attempts to communicate the essence that lies in the religious practices, letting us concentrate on the spirit of the moments captured in the photographs.

Tens of hands are laid on a big wooden cross. The hands, blurred faces at the back

and the cross are captured in a static form, but nevertheless the flowing energy and spirit remain. A woman with her eyes closed is feeling the warmth of the candle lit by the holy fire, and we are gripped by the curiosity over what might be going on in the heart of the woman, over her spiritual experience. The small venue is full of passion, concentration, devotion—the energy flowing through the exhibition hall is never small. It is especially remarkable how all these energies are embraced in solemnity and stoicity without any overflow of emotions. Still, they do not fail in overwhelming us.

It will definitely help if you yourself hold religious beliefs, as empathy plays an immense role in reading the meanings of artworks. However, *The Believers* is not just about spirituality. It is also about beauty—the way Pizarro utilizes light, the following contrast of shades and different textures, all create breathtaking beauty. The expression, the reserved joy and deference that appears on the face of a nun as she kisses a cross are strikingly well captured, but the photograph is also about the tangible softness of her clothes, and about the contrast between the black clothes and her fair face well captured by Pizarro. You don't necessarily need religions to witness beauty. *The Believers* will be a satisfactory experience for viewers in many different aspects.



Songs to add to your Valentine's Day playlist.

PLAYLIST CHOICE

TEXT: Anastasia Sapunova

It's the beginning of February and we all know what that means – St. Valentine's day is upon us. It's the day that some of us just can't wait to come. Everyone wants their share of romance, flowers and chocolates. Others however, are afraid of this day, and try to ignore it because of the fear of feeling lonely. For those of you who do care about this holiday, here are some songs to listen to during your Valentine's celebrations.

Firstly, here are a few songs for those who will spend Valentine's Day with their significant other and are wanting to create a romantic atmosphere by listening to love songs.

1. "We Found Each Other in the Dark" by City and Colour

This is a very calm and beautiful song about love conquering all troubles. The kind of love people dream about. "So bright, the flames burned in our hearts, that we found each other in the dark".

2. "Stomach Tied In Knots" by Sleeping With Sirens

Sometimes you make mistakes and it's important to tell your significant other how you feel. Perhaps you don't want to lose him or her, and maybe you'd like to start over.

3. "Shapeshifters" by Hands Like Houses

Song from an Australian rock band. Every girl will be so flattered to hear the words "You're my muse and you're my masterpiece, my canvas and my chemistry, my magic and my mystery".

4. "Jack and Jill" by Katie Herzig

This song title originates from the nursery rhyme: "Jack and Jill went up the hill to fetch a pail of water. Jack fell down and broke his crown, and Jill came tumbling after" As you might expect from the title, the song is sweet with a catchy melody. So Jack, take your Jill for a walk and make her smile on this beautiful day.

5. "Chocolate and Ice Cream" by Plumb

A song for all those who are so happy in their relationship that they can't believe how lucky they are being together. "Oh baby, what we've got we could never imagine would be so great". A nice song to dance and sing along to whilst getting ready for your date.

There may be countless love songs about affection and feelings for another person, but what about single people? Valentine's Day should not be a sad day for all the people staying solo. The time has come for you to feel good about being single. Whether you've been through a rough breakup or you haven't met your significant other yet, you shouldn't be sad on Valentine's day. Finally, you have time to spend with the most important person – yourself.

1. "22" by Taylor Swift

Want to know a great thing about being single? Freedom. You have endless opportunities to go out, have fun and do crazy things. Just simply enjoy being young and reckless.

2. "Miss Movin' On" by Fifth Harmony

This song is ideal for ladies who have recently been through a breakup and want to move on with their lives. It's all about gaining a fresh start, changing, and becoming a stronger person. You can overcome all the troubles and find out who you really are.

3. "Love myself" by Hailee Steinfeld

This is a debut single that caused huge controversy as a result of its lyrics. People argued over whether or not the song had a provocative meaning or if it was simply about being self-confident and taking care of yourself. I guess you have to decide for yourself when listening to this song. All in all, being comfortable with yourself is a great message.

4. "Move on" by Confide

Another song about moving on, but this one is for those who enjoy listening to post-hardcore. You should stop pretending, wearing a fake smile and start living your own life. Live your own dreams with people who truly understand you. "I just had to realize where my priorities lie. I'll find out who really cares and I'll make my way right there..."

5. "Party by myself" by Hollywood Undead

And the last one is for every party animal out there – go and have fun and be crazy, even if you are all by yourself.

New Year and (the Same) New Year's Resolutions – Every Year?

TEXT: Outi Autere

PHOTO: wikimedia commons

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

New haircut, new motivation to school or work, new hobby? You are finally ready to cut your hair (which either no one even notices or you regret it a month later), you boost your energy to all the books you needed to read already last year (and after 80 pages you are done with that motivation) and you excitedly find out new sport centres with some alternative sports (that you soon realise you cannot afford and you do not have time to travel to the other side of the town twice a week). Luckily this happens to most of us – every year.

After the year's shortest day in the end of the year we are lighting the new fire in us and we want to get rid of all the old and welcome anything that is new into our lives. We relate the new to success, excitement and possibilities we have not yet screwed up. We are human and we make mistakes. When a new year arrives, we have a new chance to make ourselves believe we can change the world little by little,

starting with ourselves. And we kindly accept that for others as well. We will rise from the ashes once again. It is an energy boost.

The funny thing about new year's resolutions is that they do not seem to last for too long. It is not that we would think any less of the resolutions themselves but they just fade away from our active minds, little by little. After the nice and perky new haircut, we realise it is so much more convenient to wear a pony tail; we remember that the best result in our work comes under the pressure (previous night) and we still have months before it is time to show a bikini (or speedo) body. All is understandable, this is how we roll.

Well, what if we did not? What if the problem is not in us when we cannot carry on with the same unrealistic goals we always set to ourselves, year after year? What if we would just need to change the goals and not ourselves?

A ponytail is a perfect way of wearing your new haircut, it is moreover super sporty! And after all, if the working system is so well proven and it works, just schedule the previous day free from all the other events and focus fully on the last night panic. It is cool, no worries. And even if the new hobbies sound so exciting, why not to create a strong foundation to your health with tiny steps over the heavy start for 24/7 gym memberships?

Long lasting bikini and speedo bodies are created with patience and time, not with a rush. It is a combo of heathy manners; a proper amount of sleep, nutritious food and physics. I will not write about the meaning of reducing sugar, carbohydrates and adding protein to your diet, or preach the meaning of stress free life (not this time at least). I will simply give out the best simple exercises for your body that can be made anytime, anywhere, with only the weight of your own body. Start with these, and you will see and feel the changes before the next issue comes out. Boom, as easy as that!



Squat

Primary muscles: gluteus maximus and quadriceps

Few main rules are to keep feet about shoulder width apart, hips back, back straight, and while squatting down, knees in line with the feet and look straight ahead. The deeper you go, the harder (better) it is. There are multiple variants, one really good to name is "a sumo squat", same movement but feet wider apart, toes pointing a V-shape.

Lunge

Primary muscles: gluteus maximus, quadriceps and hamstrings

The same starting position than with squats, then take a large step forward with one leg, bend your knees until they both form 90 degree angles so that your front knee should not extend over your toes. (Hint: a must exercise for telemark skiers!)

Push Up

Primary muscles: Pectoralis major, deltoids

Place palms on the floor, about shoulder width apart, next to your shoulders, with your elbows pointed towards your toes. Raise yourself using your arms, either knees on the floor (lighter version) or on your toes (heavier version). HOX! Your core muscles are needed to prevent your hips from sagging!

Plank

Primary muscles: Abdominal muscles

Basically the upward position when doing push ups but your elbows are on the floor. Hips down, back straight and elbows right below your shoulders. Now the pressure should feel in your core, keep it tight and do not forget to breath!

TABATA

Tabata is a high intensive workout model, with a 20/10 second session repeated eight times. 20/10 means 20 seconds of all-out exercise followed by 10 seconds of rest. This adds up to four minutes total. Try all of the four above mentioned exercises by using the Tabata model. You make the exercise as easy or as hard as you like. 16 minutes per day can be more than enough, it is entirely up to you.

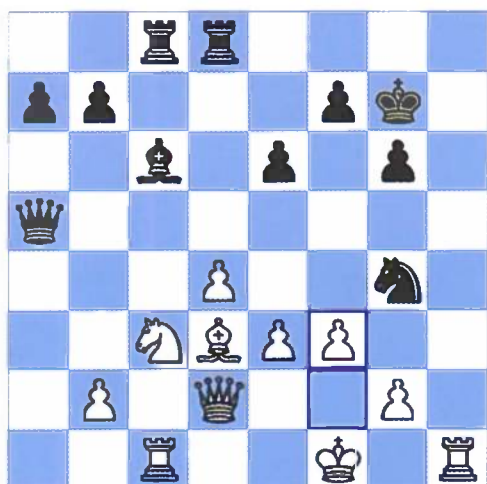
Good luck!



Tid og tidspress

TEKST: Simon Steinnes

Enhver sjakkspiller vil før eller senere oppleve at tiden ikke strekker til. Enten man spiller lynsjakk med en kompis på Café Bodega eller har tenkt seg inn i tidsnød i en sjakkturnering, ser man ganske ofte at det er mindre tid på klokka enn det man trenger for å finne ut hvilket trekk man vil spille. Det leder ofte til stress og dårlige avgjørelser, slik følelsen av å ha dårlig tid også gjør i andre sammenhenger. Samtidig er det behagelig å ha mer tid på klokka enn det motstanderen har, og mange spiller bevisst på å presse motspilleren like mye på klokka som på brettet. I januar i år fikk vi se Magnus Carlsen gjøre nettopp dette mot nederlandereren Loek van Wely i Tata Steel-turneringen.

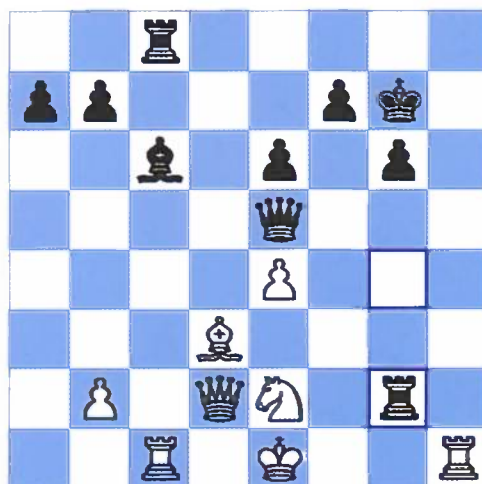


Vi kommer inn i partiet etter at van Wely har spilt bonden til f3 i trekk 23. Begge spillerne har brukt mye tid i åpningen og det tidlige midtspillet, og frem til trekk 40 har Carlsen litt over 30 minutter og van Wely bare ti. Det var nok på grunnlag av dette at sort valgte sitt neste trekk:

23...Dg5!

Magnus Carlsen lar rett og slett springeren stå i slag, men til gjengjeld oppnår han å vinne en bonde, ødelegge hvits bondestruktur og sette i gang et farlig angrep. Objektivt er nok ikke trekket det beste, men stillingen er komplisert og sort gir hvit vanskelige oppgaver å løse. I praktisk spill har sort gode vinstsjanser, spesielt med tanke på tiden.

24. fxg4 Txd4! 25. Ke1 De5 26. Se2 Txf4 27. e4 Txf2??



Å ta bonden var litt for grådig. Sort kan ikke tillate dronningsjakken på h6.

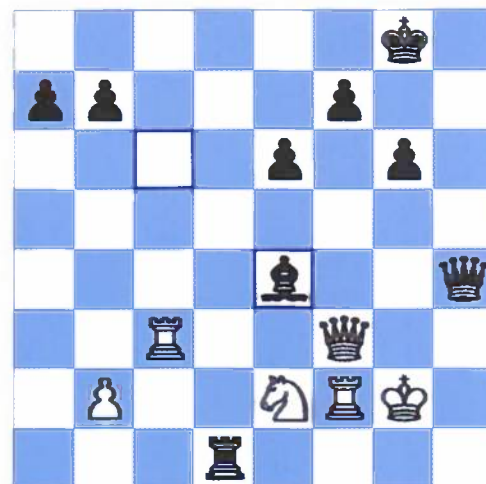
28. Dh6+ Kf6 29. Tc3?

I tidsnøden mister hvit tråden. Vinstvarianten var 29. Dh4+! g5 30. Dh3 og sort kan ikke redde tårnet på g2, men på dette tidspunktet hadde van Wely bare ett minutt igjen på klokka. Nå er stillingen balansert igjen, og med så lite tid på klokka i en fortsatt komplisert stilling er det bare et spørsmål om tid før nederlandereren gjør en avgjørende feil.

29... Td8 30. Dh3 Dg5 31. Tf1+ Kg7 32. Df3 Td7 33. Tf2 Tg4 34. Sf4 Dh4 35. Le2?

Der kom den, og nå er van Wely i trøbbel.

35... Tg1+! 36. Lf1 Kg8?! 37. Se2? Txf1+! 38. Kxf1 Td1+! 39. Kg2 Lxe4

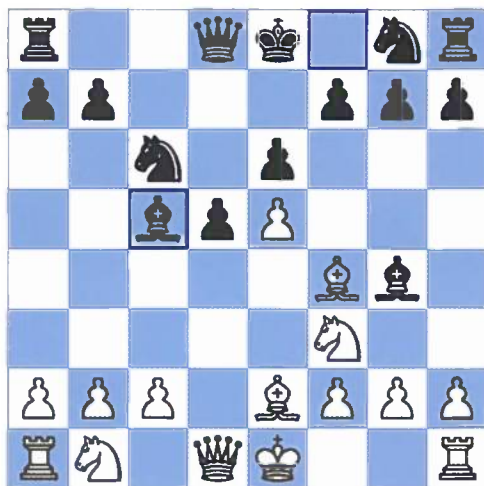


Sort vinner dronningen, og hvit ga opp. Med det fikk Carlsen sin første seier i turneringen etter fire remispartier i de fire første rundene, og tok over ledelsen med seire mot Evgeny Tomashevsky og Pavel Eljanov i de to neste rundene. Sluttresultatet ble fem seire, åtte remiser, ingen tap og et helt poeng ned til nærmeste konkurrent.

For å få en tidsfordel på klokka må man naturligvis bruke mindre tid enn motspilleren, men det er ikke alltid tilrådelig å spille fort uten annen hensikt enn å spille fort. Det finnes likevel ting man kan gjøre for å bli mer effektiv. Mange venter bare på motspillerens trekk når man selv ikke er i trekket, men denne tiden kan man godt bruke selv. Mikhail Botvinnik, som var verdensmester på midten av 1900-tallet, skal ha sagt at han brukte motspillerens tid til å vurdere stillingen,

legge planer og forestille seg hvordan han best kunne forbedre brikkenes plassering på generelt grunnlag. Dermed kunne han bruke mer av sin egen tid på andre ting, først og fremst variantregning, og dette er for så vidt ganske vanlig praksis i dagens sjakkverden.

En mer direkte måte å gjøre dette på er rett og slett å regne på motspillerens trekk mens han eller hun tenker. Det tar ikke lang tid å finne en håndfull fornuftige trekk for motspilleren, og da kan man prøve å finne det beste svartrekket til hvert av disse. Hvis motspilleren til slutt spiller et trekk du allerede har regnet på, kan det godt hende at du ikke trenger å bruke av din egen tid. Selv hadde jeg gleden av å spille et slikt parti for omtrent et år siden.



Etter litt unøyaktig åpningsspill fra hvit har undertegnede fått en ganske behagelig stilling med sort etter bare syv trekk, og i denne stillingen bestemte jeg meg for å regne på noen av trekkene som hvit kan ha lyst til å spille. Det mest naturlige ville kanskje være å rokere, så jeg begynte å se etter gode svar på det. Ganske fort så jeg en kombinasjon der sort vinner en bonde, og da min motspiller bestemte seg for å rokere, hadde jeg allerede svartrekket klart.

8. 0-0? Lxf3! 9. Lxf3 Ld4!



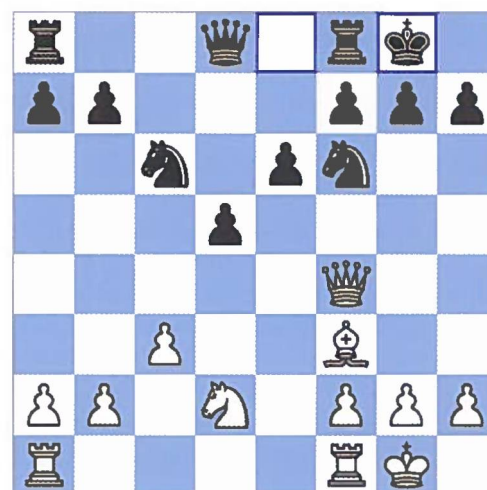
Poenget. Hvis hvit hadde spilt for eksempel c3, Sc3 eller Sbd2 i sitt åttende trekk, hadde stillingen fortsatt vært ganske jevn, men nå angriper løperen to bønder som

ikke er tilstrekkelig beskyttet, og hvit kan bare redde en.

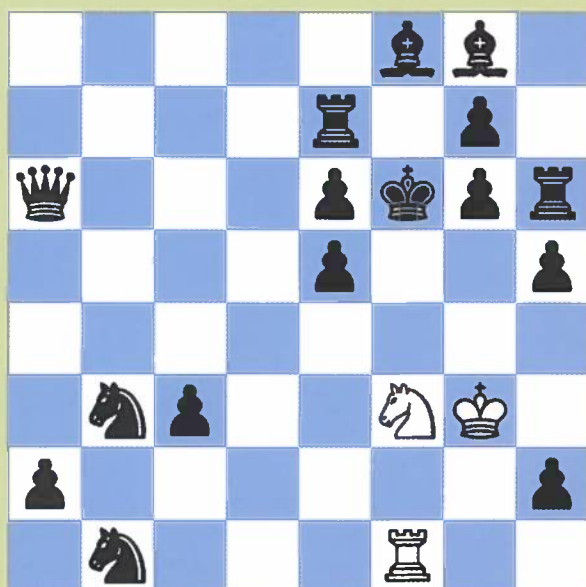
10. c3 Lxe5 11. Da4!?

Dette trekket innebærer en trussel om å vinne offiser, siden springeren på c6 er bundet og dermed ikke beskytter løperen på e5. Etter det naturlige 11... Sf6 kommer Lxe5, og hvit vinner. Sort valgte derfor å slå løperen med en gang.

11...Lxf4 12. Dxf4 Sf6 13. Sd2 0-0



Sort har fullført utviklingen, ligger en sunn bonde over, har god kontroll over sentrum og vant etter 48 trekk.



Månedens nøtt!

Hvit trekker og holder remis.

Send inn svaret med navn til [sst067@post.uit.no](mailto:ss067@post.uit.no) innen 1. mars, og vær med i treknin-gen av fine premier.

Vinneren publiseres i neste utgave.

THE VOICE - OF SATAN!

TEXT and PHOTO
MANIPULATION:

Lyonel Perabo

PHOTO: Press

2015 was a hell of a year for Devil-worshipping Black Metalers! Some of the arguably best Metal releases of the year were dedicated to our good old friend, goat-faced and horned. In order to celebrate this dynamic and joyful subculture, Utopia has decided to select two of those releases and compare them back to back in order to give its readers some helpful clues about what the trendy satanist should listen to these days.

So yes, what do we have deep down? Are these just two average Black metal records or is there something special about them besides Satan? Yes there is, a bit. MGLA is a Polish band which isn't GRAVELAND or BEHEMOTH and MISPYRMING is an Icelandic Black Metal band which isn't SVARTIDAUDI. That means that we're talking about at least one moderately underground band that probably neither your best buddy nor your third cousin knows about.

In terms of ancientness, MGLA is a clear winner. These hooded Poles have been a band for more than fifteen years (but have only released music for ten). MISPYRMING are much younger dudes whose hooded members have been playing in a few other bands, but not nearly as long as their Polish counterparts. The Icelanders' latest offering, "Söngvar elds og óreiðu" is also their very first. MGLA on the other hand has already released quite a lot of material and "Exercises in Futility" is their third full-length effort, following the critically acclaimed "With Hearts Towards None" from 2012.

What sets those bands apart isn't simply geographical location and past musical endeavors. Both bands are part of (or rather, are associated to) the "New Wave of Orthodox Black Metal", also known as NWOBM. This trend (because let's face it, this is what it is) which, despite not really being called NWOBM anywhere else than on these pages (which is a pity, that acronym works so well), is possibly the biggest and most-publicized faction at play in Black Metal these days. Most of the bands that are generally thought as being part of this 'sub-scene' such as NIGHTBRINGER, SVARTIDAUDI or CULT OF FIRE are characterized both by their vocal advocacy of unadulterated anti-human Satanism and Occultism and



by a near-constant wearing of hoods. Musically however, these bands do exhibit quite a lot of variation.

This diversity is very much apparent when listening to both MGLA and MISPYRMING back to back. While both are awesome releases they clearly differ from a musical point of view. To summarize in one sentence: "Söngvar elds og óreiðu" is definitely more Old-School in its approach as well as being both more atmospheric and diversified than its Polish counterpart. "Exercises in Futility" on the other hand, is straightforwardly melodic and possesses a catchy edge that is completely incorporated in all the aspects of its songs.

Now, stopping here would be blatantly criminal and revoltingly over-simplistic. Sure, MGLA master that little something in their guitar harmonies that catches your attention like a classic Heavy Metal tune, but MISPYRMING can also be absolutely nerve-wrackingly haunting. Out of nowhere, concealed between a sick blast-beat and some eerie keyboard part, a vicious lead-guitar can very well just pop up out of nowhere and punch you in the (musical) groin, so to speak...MGLA is also not just a band that simply makes

decent melodic Black Metal: the pristine layering of the guitars and absolutely insane drum-beating work together to create a strange, almost uplifting atmosphere that is almost religiously alluring.

In terms of quality, it's nearly impossible to give the upper hand to either one of these releases. Both albums are true works of Dark Art, which exhibit both a strong musical identity as well as essentially flawless musicianship. Rather than pitting them against each other, it would be much more beneficial to see them as complementary. For those enthused by a more orthodox, yet intelligent take on Second-wave Norwegian-ish Black Metal, "Söngvar elds og óreiðu" might be an obvious choice. To those willing to delve deeper into an as of yet more complex entity displaying an at-times ridiculous talent at throwing hooks at the listeners, "Exercises in Futility" will not disappoint. However, regardless of one's personal preferences it is very much advised to give both of those amazing albums a try. Anyone appreciative of Black Metal as a music genre and an art form will find something to feed on within the swarthy darkness summoned by these hateful devotees.

IVVÁR AND THE STATE OF SAMI MUSIC

TEXT and PHOTO: George Stoica

"Sami music is in a new era now" was the first thing that Jon Iver Eira Tellefsen told me, when we finally managed to find a quiet spot to talk after IVVÁR's first show in Tromsø this year. "There are lots of things happening within all kinds of genres, like electronic, rap, rock, some metal..." at this point we were interrupted for something which devolved into shoutouts to Erik's mom (I have no idea...). More to the point though was Jon's poignant enumeration of Sami artists doing great things in music, some of which, to an outsider such as myself, came as a surprise: "We have world class rappers, Slincraze, Amoc and others. The flow, the lyrics they provide is just sick! It's definitely an exciting time for Sami music!"

I have to say it was refreshing to hear such solidarity coming from artists covering divergent genres. Perhaps the common goal of keeping this family of languages

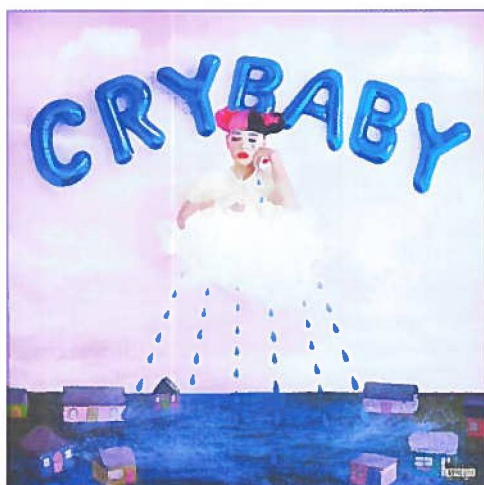
alive is what gives them a sense of unity, regardless of whether they rock a mike or a guitar. It is definitely one of IVVÁR's objectives. "We try to mix English and Sami because we want to get the language out there, to show that it's alive and to increase awareness regarding the Sami people". And it seems that the Sami community itself feels very strongly about this, as the Sami Parliament of Norway helped to fund their first album.

As for the concert itself, well it just stood as a proof that music really does step over boundaries like language, or rather is enriched by such differences. The soaring Muse-like vocals made for an excellent arching harmony over the tight musical craftsmanship going on underneath, and didn't press the point needlessly, instead changing to more cadenced almost folk-like passages which made for a great counterpoint. My inner desert-roc-

ker rejoiced to hear some serious cymbal abuse every now and then, alternating with rapid fire snare grooves. Didn't really understand why the guy with the tambourine didn't get a larger role in the whole thing, maybe more intricate percussions, since sticking a tambourine to the hi-hat would have achieved basically the same thing. It would have been nice to see them truly take advantage of a fifth member, but it didn't detract from the performance by any means. In the end I even had to pause during Moonflower so I could rock my head to the chorus. Hey, if it's catchy, what choice do I have?

I was however disappointed to note that the room was half empty, since a band sounding this tight and putting out such a great message would undoubtedly deserve a larger following. Looking forward to their next show here, hopefully they get the crowd they deserve!





ARTIST: Melanie Martinez
ALBUM: Cry Baby
RECORD LABEL: Atlantic Records
RATING: 5/6
RELEASE DATE: 14.08.2015

Cry Baby's adventures in the real world

TEXT: Anastasia Sapunova

Melanie Martinez is an American singer and ex-participant in NBC's TV show "The Voice" back in 2012, on which her unique voice and style of singing gained her much attention. She released debut album "Cry Baby" on August 14, 2015.

When you first see the song titles, you get the impression that this album is a collection of songs for children - it's like you are reading a storybook. Yet not everything in our life is that simple and magical. Serious issues such as self-acceptance, family and relationship problems, and sexual assault hide behind the same song titles. The song "Dollhouse" was Martinez' debut single and is about a seemingly perfect family completely broken and messed-up behind their beautiful front.

"Mrs. Potato Head" draws attention to the topic of plastic surgery. People are constantly trying to create perfect versions of themselves. They try to fit a perceived beauty standard, yet what they should re-

ally be doing is accepting themselves and realizing that they are beautiful just the way they are.

Reality is harsh and cruel. The feeling one gets after listening to these songs can be described as similar to when you find out that one of Cinderella's sisters actually cut off her toe - and another her heel - in order to fit the glass slipper.

An interesting fact for all those that like FX's American Horror Story: the song "Carousel" was used as the soundtrack to the trailer for the fourth season, American Horror Story: Freak Show.

As for the music itself, melodies are very catchy and enjoyable. Throughout the album you can hear different toy sounds, helping to further the contrast between the childhood theme and the mature problems explored.



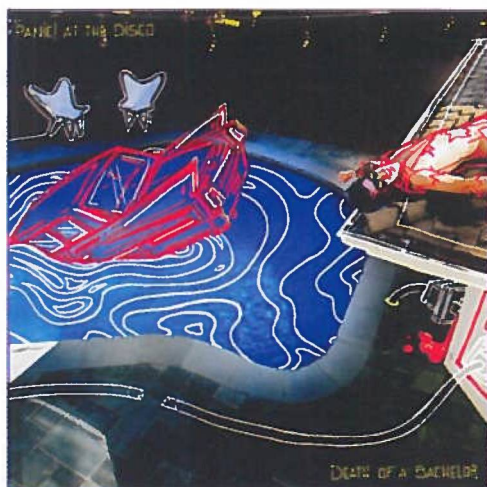
ARTIST: SET TO STUN
ALBUM: Set to Stun and the Desperado Undead
RECORD LABEL: Tragic Hero Records
RATING: 5/6
RELEASE DATE: 27.11.2015

"On your marks, get set... GO PSYCHO!"

TEXT: Anastasia Sapunova

Set to Stun is a three-piece band from Southern California, consisting of Damien Wong (Vocals / Guitars), Taylor Wong (Bass / Vocals) and Marcus Molina (Drums). The band released their debut album on November 27, 2015. "Set to Stun and the Desperado Undead" is nothing like what you're used to: it is something new, completely different and creative. The whole album has a theatrical feeling to it, like a musical. In these 11 songs you will find out about the main hero, Amadeus, and his long journey. This story has something to interest everyone. It is a story of love, war, murder, insanity, struggle and destiny.

This album is very interesting to listen to, not only by virtue of the intriguing story, but also in the fact that it has a very unique sound. It is really fascinating how many different genres have been combined into one crazy (but awesomely crazy) symphony. Songs don't follow the good old verse-chorus form and instead intonations and moods change rapidly, leaving the listener a little bit confused and excited. Besides, whilst listening, you will hear repetition of lyrics from previous songs, continuing and connecting the whole story. If you like post-hardcore, then "Set to Stun and the Desperado Undead" is definitely an album to listen to.



ARTIST: Death of a Bachelor
ALBUM: Panic! At The Disco
RECORD LABEL: Fueled by Ramen, DCD2 Records
RATING: 5/6
RELEASE DATE: 15.01.2016

Urie! At The Disco

TEXT: Anastasia Sapunova

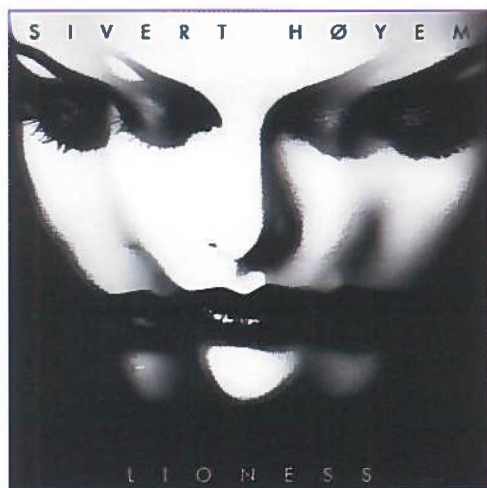
It's been 10 years since *Panic! At The Disco* debut album "A Fever You Can't Sweat Out" came out. Through these years, the band has been through a lot of changes. Members left, band style evolved and now front man Brendon Urie is the one and only member of *Panic! At The Disco*. Every sound, every word that you will hear on the new album – lyrics, vocals, guitar, bass, and drums – are a product of Urie's incredible talent and creativity.

"Death Of A Bachelor" is a fifth studio album and was released on January 15, 2016. But only five songs were a surprise for fans because 6 of the 11 tracks were pre-released ("Hallelujah", "Death Of A Bachelor", "Victorious",

"Emperor's New Clothes", "LA Devotee" and "Don't Threaten Me With A Good Time").

The album is a fun, energetic journey through pop, jazz and rock, containing elements of all these styles. A journey that is full of catchy melodies and outstanding vocal. You will not even notice how you have started singing along. Besides, some songs were written under an influence of Frank Sinatra ("Impossible Year", "Death Of A Bachelor").

So let's enjoy the album and wait for the next one with great interest and question: "How will *Panic! At The Disco* surprise us next time?"



ARTIST: Sivert Høyem
ALBUM: Lioness
RECORD LABEL: Hektor Grammofon
RATING: 5/6

Another felicitous opus filled with bittersweet melancholy

TEXT: Stefanie Singh

"Høyem is the holder of a voice that should be considered one of Norway's natural resources": The press release for Sivert Høyem's sixth studio album "Lioness" is anything but humble. Then again, modesty wouldn't be appropriate in this case, because, Hell yes, the voice of the former Madrugada frontman is without any doubt one of the best things that Norway has to offer when it comes to music overall! Vocally somewhere between Leonard Cohen and Nick Cave, Sivert Høyem breathes not only life but soul into songs like the first single "Sleepwalking Man".

The catchy title track "Lioness", as well as the dark "V - O - I - D", belongs to the highlights of the record. "Fool to Your Crown" appears very poppy at first, but it develops a nice '80s charm with the increasing repetition of its chorus; "Fool to Your Crown" could have been

sung by Phil Collins just as well. While "The Riviera of Hades" is a composition in true singer/songwriter style, the duet "My Thieving Heart" features the vocals of the Norwegian pop singer Marie Munroe. And "The Boss Bossa Nova" sounds like a crime thriller at first, but thanks to the strings, it unfolds the same bittersweet melancholy we already appreciated and loved so much during the heyday of Madrugada.

On 25th and 26th February 2016, Sivert Høyem is going to present "Lioness" live in Tromsø, at "Clarion Hotel The Edge". Both concerts are already completely sold out, but there is still the opportunity to visit the concerts in the nearest cities Sortland (27th February 2016), Sivert's birthplace, and Harstad (28th February 2016) instead.

Youth

DIRECTOR: Paolo Sorrentino

RELEASE: January 29, 2016 (Norway) **RATING:** 10/10

TEXT: Outi Autere

Youth is one of those movies that has it all. The incredible life-tasting tone throughout the entire film results from a combination of skillful actors, mesmerizing nature pictures, enchanting music and a storyline that gives room for an alternative concept. Moreover, everything fits to this very movie as if there could have been no other option.

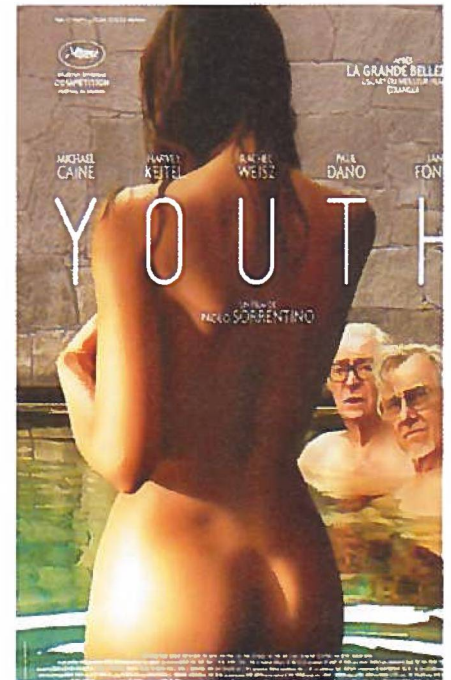
The wisdom of the movie is almost tangible yet it is not given hands-down. The secrets, thoughts and acts of everyday life are carried out so gracefully that it shuts down everything else. Italian director Paolo Sorrentino has succeeded in picturing life exactly as it is, with all its beauty and ugliness, unsaid words and passions. However, the real commendation must go justifiably to the cast.

Michael Caine shines in the leading role. His brilliance in his work as a retired composer is

unlimited, and the dialogues with his lifelong friend and persistent movie director (played by Harvey Keitel) are so priceless that sniggering at full speed is guaranteed. Furthermore, an extra credit goes to young Paul Dano - better known as Dwayne from Little Miss Sunshine - who nails it again with his dedication to the deep character he is playing. The cast was well-chosen and the remarkable role-plays throughout the entire movie continually amaze with their excellence.

The Swiss Alpine setting and the fine music by Pulitzer Prize-winning composer David Lang, are both more than just a background. The greatness of this movie comes from the fact that it touches all the senses at once. 'Youth' is a brilliant, intelligent and philosophical narration about life as it is: no more, no less.

"You say emotions are overrated – but emotions are all we've got."



13 Hours: The Secret Soldiers of Benghazi

DIRECTOR: Michael Bay

RELEASE: February 5, 2016

RATING: 2/10

TEXT: Elinor Tessin

On the night of September 11, 2012, the diplomatic compound of the United States in Benghazi, Libya, and later the nearby CIA annex, were attacked. Multiple people died, among them four Americans. The story leading up to the attacks is long, complicated and still not completely resolved. "13 Hours" attempts to recount the events of the assault, mainly from the point of view of the CIA security team.

One positive thing can be said about this film: it doesn't attempt to tone down or glamourize the violence and horror of its battle scenes. However, that's about it. The rest of the film is neither as satisfactory as a simple action movie, nor in any way an adequate depiction of the Benghazi attack.

Michael Bay, known for movies such as Transformers 1-4, Armageddon and Bad Boys, takes on some heavier material with this; and let's be honest, simply by restricting explosions and car chases to a minimum he is already exceeding all expectations (there are still plenty of explosions). Nevertheless, he manages to meet all the other criteria of a typical Michael Bay movie within

the first twenty minutes. Oversaturated colours, check; two-dimensional characters (almost caricatures), check; an exorbitant amount of close-up shots of men's sweaty, grubby faces mid-battle, check - and of course, a single female character (Alexia Barlier as a CIA officer) who's only purpose is to make the men look good.

Libyan hostiles, allies and civilians alike are shown wounded and dying in painful, cartoonish ways. They are all faceless, characterless and without motive. They barely ever get to talk, and their dialogues are either not translated or of no consequence. The Libyan translator (Peyman Moaadi) that puts his life on the line with the rest of the team - despite having no weapon training or military background - is treated by the script as comic relief. Libyan lives are being repeatedly destroyed, but this is simply a backdrop to a story about American valor and bravery. Who chose to attack the embassy and why? This movie doesn't bother telling us because it's just not considered important. Benghazi is a scene; a location for an action movie that could have happened anywhere. The attackers are just meaningless obstacles

for the protagonists to overcome. Inconveniently, they all look and sound the same, have identical beards, pretty wives and cute children back home, and lots of more-or-less authentic sounding banter. It's hard to care about characters you can't tell apart, so when, inevitably, people start getting hurt, confusion outweighs sympathy.

This is a long movie (although not 13 hours long). By the end, you will have learned absolutely nothing about the Benghazi attack. It is perhaps telling that this was a movie specifically marketed to conservative audiences; its main selling point being patriotism. But even those won over by copious shots of the American flag (riddled by bullets, floating on the water, or tattooed on a soldier's torso) and a distinctly pro-military, anti-liberal sentiment, must realize that it is simply not a very good movie. Flat characters, tedious pacing and a script completely devoid of intelligence will do that to you.

It's a waste of a story that could have been told by someone capable of self-awareness, and of subtlety. Instead, it was told by Michael Bay.

The Big Short

DIRECTOR: Adam McKay

RELEASE: January 29, 2016

RATING: 9/10

TEXT: Elinor Tessin

The global financial crisis was not all that long ago, but if you're like me, you've already all but forgotten about it - or never really understood what happened in the first place. Honestly, phrases like "mortgage-based securities" and "collateralized debt obligations" seem to exist mostly to cause headaches and confusion, or maybe to talk someone to sleep. And now they've made a whole movie about them?

Wisely, "The Big Short" employed attractive people to keep you awake. These included the likes of Brad Pitt, Ryan Gosling and a few very unexpected cameos - just in case. But as the story of the financial crisis unfolds before your eyes, you might find yourself suddenly and strangely intrigued - like me. Who are these people that win and lose incomprehensibly large amounts of money from the comfort of their offices every day? How do they do it, and how did they manage to completely crash the economy without even noticing?

There is no one answer to these questions. Ryan Gosling hilariously portrays Jared Vennett as exactly the kind of sleazy and ruthless investment banker we can imagine wrecking a whole economy for profit. However, there's also misunderstood financial genius Michael Burry (Christian Bale), righteously angry hedge-fund manager Mark Baum (Steve Carrell) and the endearingly enthusiastic young investors Geller and Shipley (John Magaro and Finn Wittrock), all of whom have their own reasons to get in on the game, as well as the occasional crisis of conscience.

Will you understand exactly what happened during the financial crisis by the end of this movie? Maybe, maybe not. Yet, as you will be told repeatedly whilst watching the disaster unfold, banks don't exactly want you to understand what they're doing, since you might not approve. So maybe it's time to have a closer look - you could start by googling "collateralized debt obligations".



The Danish Girl

DIRECTOR: Tom Hooper

RELEASE: February 5, 2016

RATING: 9/10

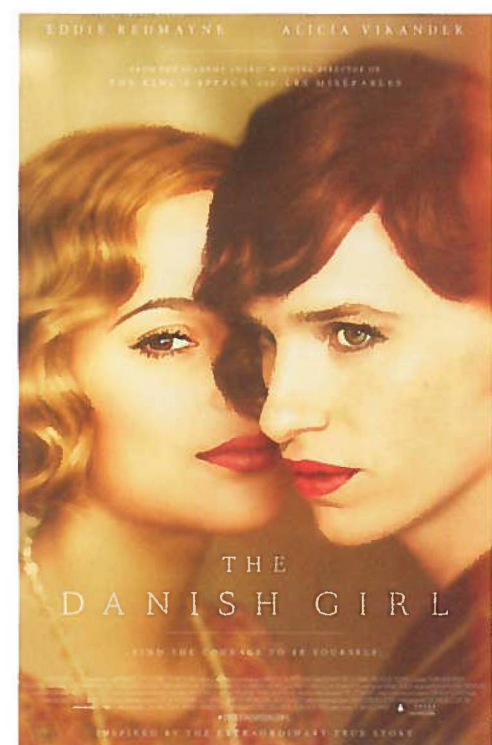
TEXT: Yeonwoo Baik

"The Danish Girl" features a story loosely inspired by the lives of two Danish painters, Lili Elbe and Gerda Wegener. The film follows Lili Elbe's life journey as a trans woman.

The film is certainly dealing with a sensitive topic, but it seems that Tom Hooper managed to handle the topic in a fine manner. The film is not trying to cause sensation out of this sensitive topic and take advantage of it. On the contrary, it approaches the topic in a cautious manner throughout its course. The complicated emotions seeping through every scene are well orchestrated by the director and delicately acted out by Eddie Redmayne and Alicia Vikander. The film tries to show, rather than bluntly tell, the complex course of all those events and emotions regarding living as/with a trans woman through this exquisite orchestration, which adds to the delicacy of the film. Indeed, 'delicate' will be the most appropriate word to describe this film. It seems that the delicacy of the film is

completed by its soundtrack directed by Alexandre Desplat. And within that delicacy, the film still bears strong narrative and gripping drama.

I must say that this film sometimes gets too sentimental, and that the sentiment presented in the film is downright intended to stimulate the public rather than those who want to dig deeper into the topic than general public does. The film is undoubtedly meant for mainstream and this is the point where the film is most criticised. It is true that we definitely need more films that deal with this topic in more serious and academic, or political manner. In that sense "The Danish Girl" certainly did not succeed. Still, "The Danish Girl" is complete and well-made in a cinematic sense. In addition, it tried in its own way to depict all those complex matters that arise regarding the issue of gender identity. I don't want to be too harsh on this film as some critics are.



SENDEPLAN VÅR 2016

MANDAG:

AMATØRBIBLIOTEKET

TIRSDAG:

10.00-11.00

TUVA PÅ HURRADIO

ONSDAG:

19.00-20.00

KAFFE & FUZZ
STEIN I GLASSHUS

TORSDAG:

10.00-12.00

13.00-14.00

MORGENSHOWET
KVEGPELS

SØNDAG:

18.00-19.00

PSYKT KORREKT

Pasta salad with tuna, walnut and fresh pesto

FOOD COLUMN

TEXT: Ellen van Marrewijk
Photo: finedininglovers.com

Now that the Sun is back in our daily life we can start thinking about the summer. A summer salad will help encourage this. Try this healthy, easy to make salad!

Recipe

- 1 Boil the pasta for 10-12 minutes until tender. Drain in a colander, run under cold water and set aside.
- 2 To make the pesto, put the coriander in a food processor with 2tbsp of oil and whizz to a rough paste.
- 3 Add the walnuts and the rest of the oil and whizz again.
- 4 Add 2 tbsp of hot water and pepper.
- 5 Stir the pesto with the pasta until evenly mixed.
- 6 Carefully fold the red onion, tuna flakes and tomatoes into the pasta and serve immediately.



Ingredients (for 4 people):

- ◊ 400g (14 oz) Tesco free from fusilli pasta
- ◊ 1 small red onion, finely chopped
- ◊ 185g tuna, drained and flaked
- ◊ 3 tomatoes, chopped

For the pesto:

- ◊ 30g coriander, roughly chopped
- ◊ 3tbsp extra virgin oil
- ◊ 50g (2oz) walnut pieces, roughly chopped
- ◊ ground black pepper



Illustrasjon: Mat Mot

Utroscope



Aries: If you want your life to be brighter this month, all you can do is to increase brightness on your smart phone.



Cancer: During this month of love you will finally say to someone 'I am so glad that you know how I feel!' This someone would be your doctor.



Taurus: You will have less bad days this month, comparing to January. Only because February is the shortest month of the year.



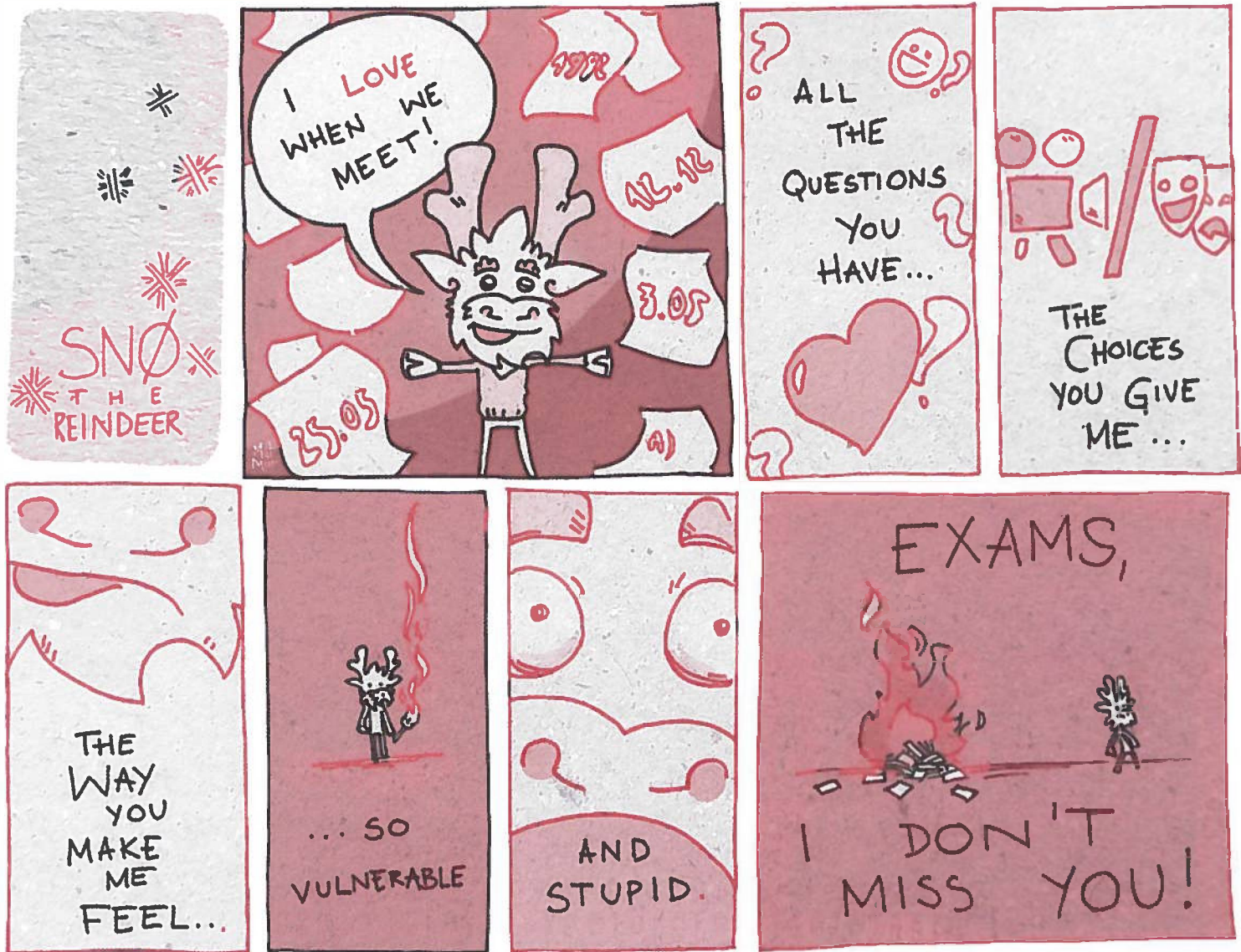
Leo: Your astrological sign is related to cat, so you will behave just like this animal this month. You will only sleep, eat, shit and destroy furniture.



Gemini: You will finally be done with some important business this month. Particularly, you will be done with New Year resolutions, since you are not going to make them true anyway.



Virgo: In alcohol defense, I should say that in February you would be able to do stupid things being sober as well.



Illustrasjon: Mat Mot

Tekst: Anastasia Ivanovna Zaytseva and Olga Shavrina, Illustrasjon: Boyka Todorova, Kolorist: Kisrael Elementum



Libra: Stop caring so much about oil price or currency exchange rates. We both know you have neither oil, nor money.



Scorpio: Be careful looking for justice this month. After finding it, you might turn out to start looking for a new job as well.



Sagittarius: This month you will be like premiere of movie about Dead Pool. Has not came out yet, but annoyed everyone already.



Capricorn: You are doing a great job on your path of independence by moving from your parents. Are you sure though that your grandparents would appreciate you moving to their place?

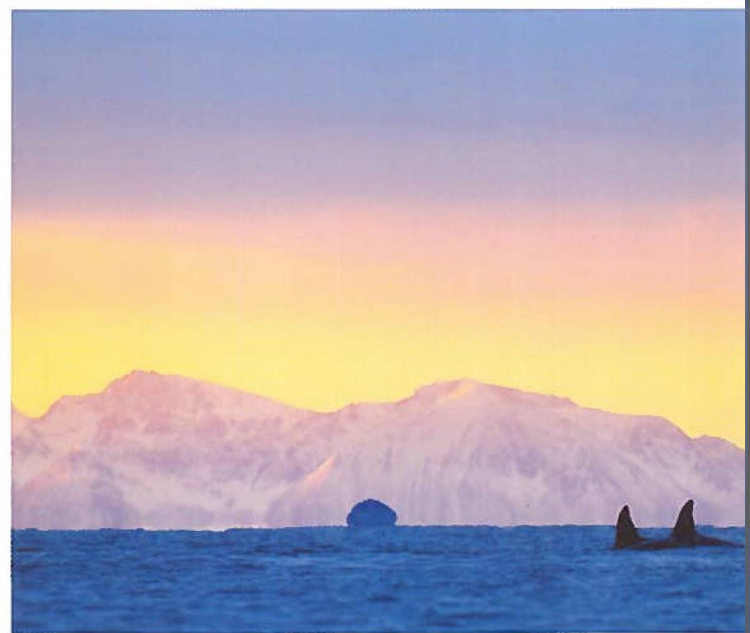
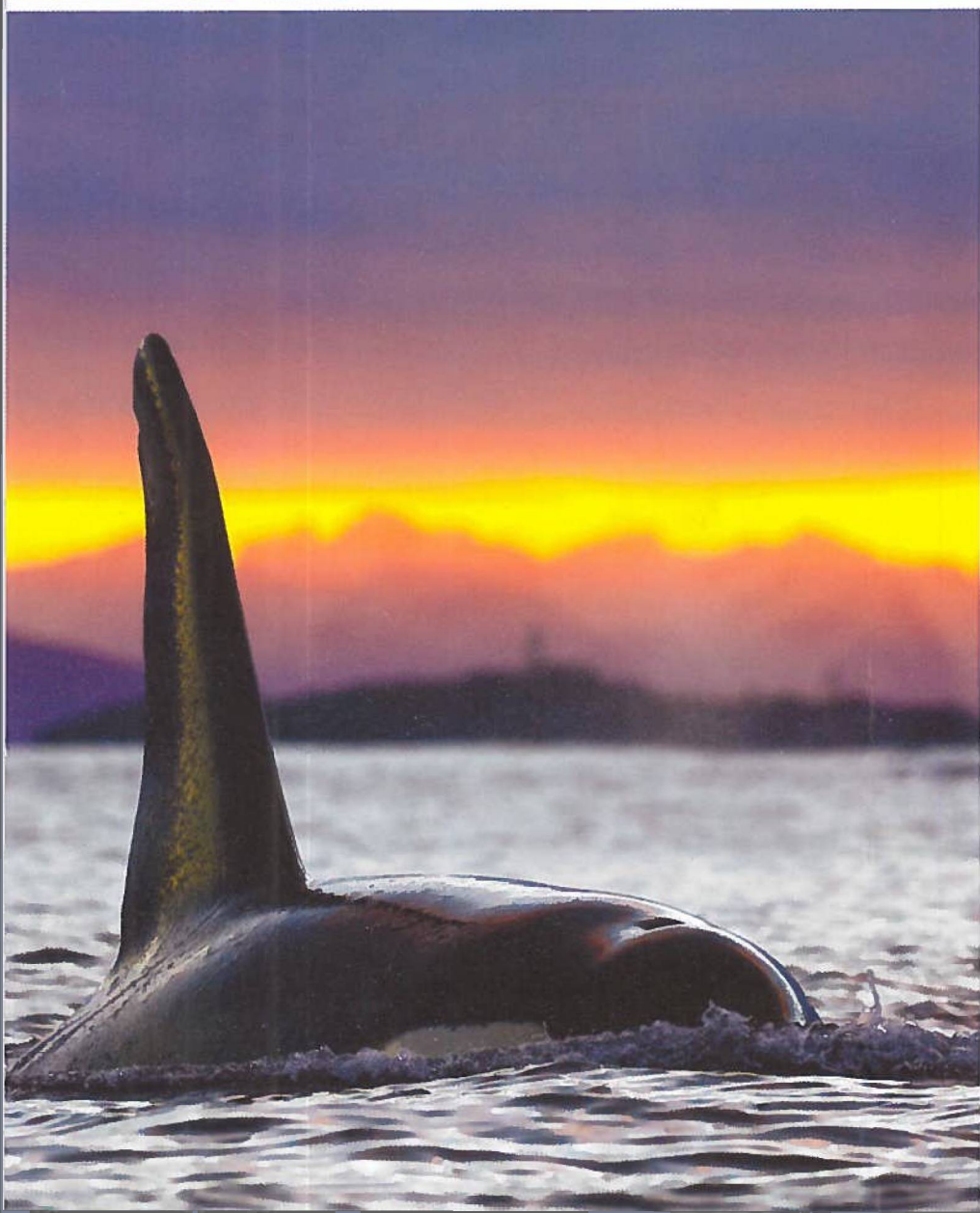


Aquarius: You should give up your attempts to find out whether you are optimist or pessimist: in your case the glass is half whiskey and half – coke.



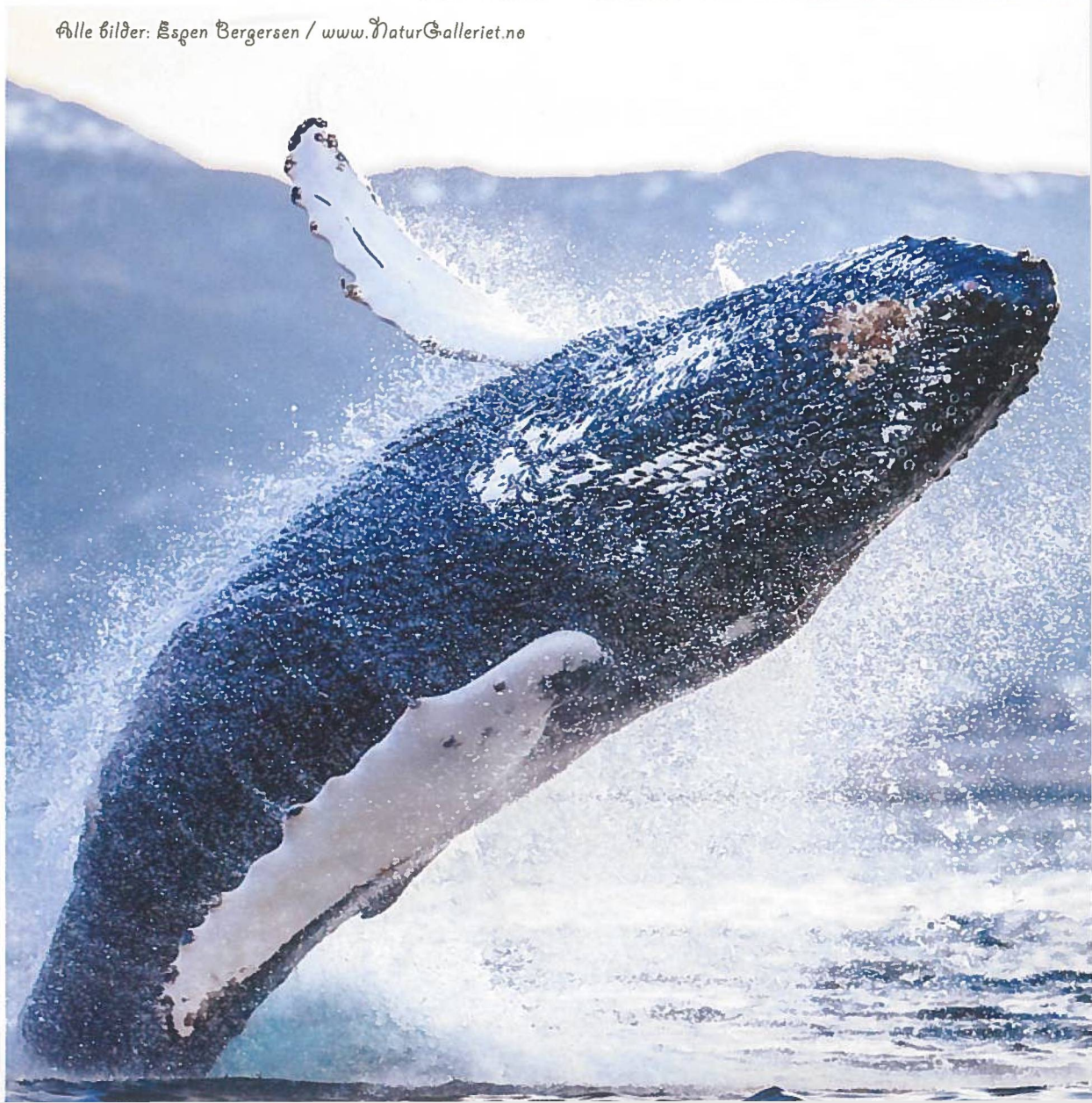
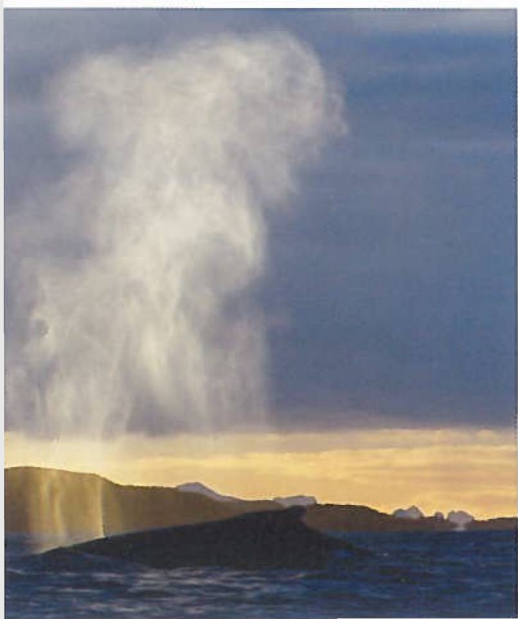
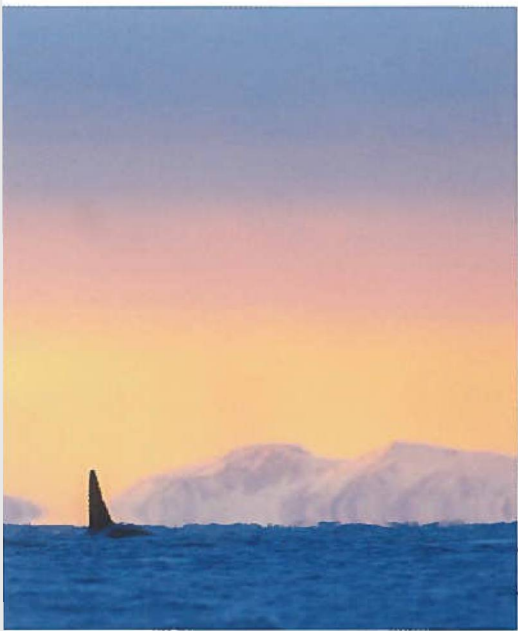
Pisces: Congratulations on your birthday! It is vain to think that you are becoming wiser with the age. You are just becoming an old dummy.

*No matter how hard it gets, remember:
there is no heavier thing in this life than a whale*





Alle bilder: Espen Bergersen / www.NaturGalleriet.no



*Alt dette er min heim
disse fjordene elvene vannene
frosten solskinet uværet
Disse viddenes natt og dagside
glede og sorg
sostre og brodre
Alt dette er min heim
og jeg bærer det i hjertet mitt*

*Hvordan forklare
at hjertet er min heim
og at det flytter med meg*

*Utdrag av diktet fra Vindens veier
(Ruoktu váimmus)
skrevet av Nils Aslak Valkeapää (Áillohas)*

