



Takeaways

A newsletter by RICE



Moving on up in life.

As swift as the impending arrival of 2024, our ages will soon turn up a digit.

Depending on how you see it, ageing can be a reality check or a confirmation of your inner self. We get older; we get jobs; we rent rooms; we apply for BTOs; and we pay taxes. Before we get all *Trainspotting: Choose Life* on you, we're not here to reawaken your fears about moving into, or within, adulthood. There's much to embrace about the pains or joys of growing up.

Adulthood comes with responsibilities. Part of why RICE has so many stories about this current journey by millennials is, well, most of us are undergoing it too. It always helps to share.

(And, don't forget, you can share with us too: our inbox remains open at community@ricemedia.co. If you think there are sides to adulthood we haven't explored, let us know!)

Adulthood is vast and complex, and being an adult in Singapore comes with its own unique set of rewards and ramifications. This week, we took adulthood by its neck—the ways we try to spend our money responsibly, the cool new activities we pick up to stay in shape, and the events we attend that provide The Great Escape for our inner

adolescence. Other tenets of adult life we explore include loneliness... and ergonomic chairs.

Also, we realised the number of songs that address that scary transition to adulthood—the changes, the losses, the gains, the never-ending angst—is a lot. So here are some we’ve picked that you can bookmark to soundtrack a future breakdown if it ever happens:

Sufjan Stevens - ‘Now That I’m Older’

Yeule - ‘Sulky Baby’

Mary Sue - ‘Higher Selves’

The Smiths - ‘The Boy with a Thorn in His Side’

Tyler the Creator - ‘Boredom’

Tom Waits - ‘I Don’t Wanna Grow Up’

It's going to be okay. We promise.

*P.S. We've also learnt some of you found your way here through your friends. If you haven't already, **subscribe** to our weekly newsletter today!*

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Money Out, Money In



Cashbacks never left, but we wanted to talk about them because they genuinely are helpful.

When you're getting used to a lifestyle of paying bills—phone, utilities, instalment plans—along with the other financial duties that come with independent living, it's normal to want to squeeze every dollar. Our economy sucks right now!

With this piece we did in partnership with UOB, it was high time to reveal a secret kept by the most-savvy: credit cards can genuinely help you save money. If you know how to use them right. We use UOB's cards to illustrate how.

**An Adulting Dummy's Guide to
Cashback**

Round and Round



If there's one thing a lot of us inherited from our schooling days, it's the idea that we're responsible for our health. Hell, a lot of us, regardless of age, have apparently been getting our workouts on since the pandemic.

To cater to a growing demand from a plugged-in generation, fitness studios have gotten glitzy and hip. One of their most popular activities? Spin cycle.

But not everyone loves it. Our writer Yan Yun tries to understand why.

Why the Hate for Public Spin Classes?

It Wasn't Just A Phase, Mum



It's no coincidence that, in recent years, genre-themed parties have gotten serious traction in Singapore nightlife. Life gets in the way, and sometimes, we want some throwback fun. Millennials are getting older, but not all of us want to grow up.

Aside from EATMEPOPTART and Emo Night parties, it's made sense that more bands—ones who achieved their breakthroughs during our teenage years—have been making their way here to make that great escape with us.

Our editor Ilyas reflects on his status as an elder emo, and how that realisation hit him in the moshpit of Saosin's recent concert here.

**Reflections on Growing Old
From an Elder Emo Who Can't
Do Mosh Pits Anymore**

Sedentary Mode



Getting older has also made us more aware—or painfully self-conscious—of our ageing bodies. Let's face it: at this stage of our lives, we're at the precipice of our youth, and a lot of the decisions we make now have tangible effects on our future well-being.

Last year, we partnered with ErgoTune, the people behind the office chairs that you're likely using right now. Their products boast ergonomic comfort, but for most of us who use such chairs, that kind of comfort starts and stops in the workplace (or home office).

How would that look like in the great outdoors? We tried it out for ourselves.

**Singapore, If All Chairs Were
Ergonomic**

Akon - Lonely.mp3



Yes, sadly, getting older means that friendships may not be what they used to be.

It's not news that adults have a tougher time maintaining friendships, although we've mostly known that in the context of married adults. For the rest of us, single or attached, loneliness manifests in different ways.

As 2024 approaches, maybe it might be time to hit up that friend you left unread on Telegram?

**This Is How It Feels
to Be Lonely in Singapore**

What's Cooking?



We've partnered up with [The Black Sampan](#) for their latest edition of **Atap Assembly**, with a discussion the ever-present topic of minority representation. How does that look like in Singapore? And what can be done for greater inclusivity?

RICE's **Yulianna Frederika** will moderate a panel of speakers that includes SG's Top Everything™ **Preeti Pls**, actor **Irsyad Dawood** and para-athlete **Naren Sankar**.

It's happening on **December 6th**. Tickets are limited, so get yours [here](#)!

Short Grains, or *piping-hot topics by the spoonful*.

- We've got first dibs of a sneak peek into [Pangdemonium's exciting line-up of 2024](#).
- In Singapore, vape owners are now being encouraged by the government to [turn in devices in exchange for vouchers](#). Around the world, however, a harder stance emerges from an unlikely place: a social media-led awareness campaign, which started on TikTok, is rallying hard against vapes in light of armed conflict in Congo. [Here's why](#). (via *The Straits Times*/*VICE*)
- After being booted less than a week ago, Sam Altman shocks the tech world again by [returning to OpenAI as its CEO](#). You can't auto-generate this shit up. (via *The Verge*)

- The revived *Scream* film franchise lost its two lead actresses this week as it prepares for its third instalment: lead actress Melissa Barrera was fired over her outspoken support of Palestine, while Jenna Ortega opted to depart because of scheduling issues. But some fans aren't buying it. (via *AsiaOne*)
 - Changpeng Zhao, CEO of crypto exchange Binance, has pled guilty to federal criminal charges in the US. He's since stepped down, and his successor comes from Singapore: Richard Teng. (via *Blockhead*)
 - Concerts are exciting, but this week was *especially* interesting:
 - In Malaysia, frontman Chris Martin wowed audiences with his own slice of Malay poetry. (via *CNA*)
 - In Singapore, however, Suede frontman Brett Anderson chastised his audience for using their phones during the band's Wednesday concert—including physically swatting them off the hands of front-row fans. (via *CNA*)
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There's loneliness, and then there's loneliness experienced by a small segment of Singaporean men—socially awkward and terminally alone, they've quietly united as the BBFAs.

**On Being Fat & Lonely:
The BBFAs of HardwareZone**

We like to go out! We also hate our weather.

But as much as our team is full of contradictions, we simply can't go by our weekend without checking out some things. If you're still deciding on where to go, let us highlight some unmissable events for you:

1. It's a weekend of wrestling action: [Singapore Pro Wrestling](#) celebrates their 11th year with lucha libre madness, while [Bushiroad Expo Asia](#) presents a line-up of *joshi puroresu* (women's wrestling) wrestlers from Japanese brand Stardom.
2. Not-for-profit organization Extraordinary People will hold a [fundraising concert](#) next Friday, which will feature singers A-Lin and Benjamin Kheng, and magician Cyril Takayama, alongside differently-abled performers. Tickets are sold out, but you can contribute to their donation drive [here](#).
3. This Sunday, you can head down to witness the finalists of the [Singapore Migrant Worker Poetry Competition](#) perform their original works.
4. ArtScience Museum is set to launch their latest groundbreaking exhibit—a deep-dive into the planet Mars. This Saturday marks the opening of [Mars: The Red Mirror](#), which will run until 7 Apr next year.
5. Southeast Asia's largest animated film festival, [Cartoons Underground](#), begins this weekend at The Projector. Speaking of whom, the independent cinema's new home at Cathay Cineleisure Orchard [officially opens this Tuesday](#).

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