A good wingman is almost like a servant. They should be there for you no matter what, never questioning why they are there but just doing everything they can to help. We’ll be leaders through our service to you. We’re all about you.
TO THE VERY FIRST ISSUE OF THE WINGMAN

While we enjoyed writing this magazine and it's been great to put it together, it will mean so much more than that if we can help just one person out. We are determined to listen to your feedback, be aware of the things that are important to you and most importantly we are committed to growing and enhancing you as a person. The Wingman should be something that you can turn to for some guidance on issues that you just aren't sure about. So we'll work hard for you and keep producing this magazine.

The Wingman became the name for our magazine, which as the title signifies is designed to be a valuable source of solidarity, support and understanding. The Wingman in our magazine can be the voice of reason, a listener, social support or an expert on a topic. The Wingman magazine is a friend that will lead you through life’s challenges and open up opportunities that can be explored further. You will be entertained, informed, persuaded and supported. People tend to just forget about teenagers and assume that we will be fine by ourselves. But sometimes we just need a bit more than that; we need somebody more importantly something that we can relate to. That’s the aim, that’s the goal. Teenage life will never be easy, but we want to help make it easier for you as you journey through school and beyond. Boys need love, compassion and support just as much as girls do.

We have also had some help on our own journey. Putting together this magazine has been a massive project which couldn’t have been done without assistance from a number of people, particularly Mrs Mirasgentis who believed and developed this enterprising initiative since the very beginning. We would also like to thank Daniel Balacco, Improvement Coordinator at DECD, who was of a great help as we struggled to work our way through the seedy world of statistics and data. With Daniel’s expertise we were able to figure out just what boys aged 13-18 wanted in the magazine, making sure that the product can be enjoyed and accessible to all. Adam Troy who is a young entrepreneur also shared his educational journey at Blackfriars and highlighted the skills required for success. He is the owner of three successful businesses, one of which is Kampus a website that links industry with local students.

Matthew Emerick, a Journalist for the Catholic Leader, and Tom Zed a freelance journalist and media advisor assisted us by critiquing our work, outlining the values and ethical behaviour that underpins the work of a journalist and demonstrated how we could produce a more polished and professional product. They demonstrated the work of an editor and discussed at length the importance of layout and visuals. They also outlined their educational and career pathway in journalism.

We would like to thank all our mentors:
- Anna Mirasgentis – Executive Deputy Principal, Learning and Teaching
- Daniel Balacco – School Improvement Coordinator – DECD
- Matthew Emerick – Editor of the Catholic Leader Magazine in Brisbane
- Adam Troy – Entrepreneur
- Tom Zed – Journalist and Media Advisor
- Rebecca DiGirolamo – Journalist at the Southern Cross
- Peter Fear – Creative Arts and Technology Teacher
- Peter Syndicas – Promotion and Marketing Officer
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BOJACK HORSEMAN

This show is the perfect take on modern reality. It explores life’s difficulties through cynical humour. It follows the life of a horseman who is a washed up celebrity. He hires a ghostwriter to write a memoir which he hopes will bring back his once great fame. This is a number one for anyone who feels like they have had a hard day and want to come home to some witty humour that makes you think.

AMERICAN HORROR STORY

A very addictive show for those of us who have a dark side. It follows the lives of a family who live in a ‘murder house’ that is haunted by different ghosts. The show goes through the problems that each character is facing in their life, how they deal with these problems and also how the house messes with all of their brains. The cinematic techniques in this show are astounding from the get go and the characters become more and more interesting each episode. There is also an added bonus of dark humour every now and again through the show.
**ENTERTAINMENT**

**THE I.T CROWD**

British comedy seemed to have disappeared for a while. But that is okay because we have digital copies of great shows like The I.T Crowd. It follows the work and personal lives of three characters that work in the I.T department of a large company. This show is for those of us who have a spare hour that will be used to binge-watch as many episodes as possible because it is just that hilarious. With every episode offering some form of humour (slapstick, ironic, witty and so on), you can’t go wrong. The clever jokes and nerdy main characters make for the perfect Sunday afternoon.

**ARCHER**

“This do yourself a favour and watch this show.” This was the first review on Netflix. The show’s main character is a spy who is good at what he does. There is a catch though. The catch is that he is a self-absorbed narcissist who plays by his own rules. Most of his colleagues don’t like him and his mum (also his boss) looks down on him. You can already tell that this show is guaranteed to go off on some wild tangents following the characters. This is for those of us who appreciate a more mature sense of humour that also requires us to think a little about the jokes.

**MAD MEN**

This drama has been nominated for and has won a number of prestigious awards, including four Golden Globes. It’s a mainly serious show about a man who works in a New York based advertising company during the 1960s. The high-pressure lives that they all live is sure to make you very addicted to this gem. The characters are highly complex with their different problems and lifestyles and there is a certain character for each person. This is for those of us who enjoy subtle dialogue, is really easy to digest. This isn’t just a pick-me-up whenever you need one.

**THE INBETWEENERS**

Another British comedy with a more modern twist on it. This show follows the life of a transfer student’s final year of high school. He makes 3 friends and they form a sort of group. Each friend has their own traits; one is a nerd, one is a player, one is sort of normal and one is a little slow in the head. They all go on crazy adventures together and always end up in wacky situations. This show certainly isn’t afraid to test the boundaries.

**MISFITS**

Again, another British show! But this time it is a drama with comedic twists to it. The show is about a group of youths who are doing community service for committing petty crimes. While serving their sentences of fixing up the community and while wearing tacky orange jump suits (watch the show and it will make sense), they get struck by lightning and gain super powers. These kids then go on crazy adventures (starting to create a common theme) that involve fighting off bad guys and at one point saving the world. The show is meant to be serious and dramatic, but the different characters make it a great laugh too.

**SUITS**

This show is for those of us who like to dream big. It is about a hotshot lawyer, Harvey Specter, who works for a large firm in New York and this firm requires all lawyers to have graduated from Harvard. While in need of an associate, he finds Mike Ross who knows the ins and outs of the law. The only problem is that Mike never studied law let alone graduated from Harvard. To be honest, this is a really motivating show. It made me want to achieve my best too. This show is great for everyone knows about it. The three guys, James May, Richard Hammond and Jeremy Clarkson, talk about amazing cars, go on crazy driving adventures and interview celebrities all while adding a sense of humour into the mix. This creates a comfortable tone, which when added to its non-complex dialogue, is really easy to digest. This isn’t just for people who know how to build a car using their bare hands, this is for those of us who are interested in travel, celebrity interviews and good times on the television screen.

**TOP GEAR**

Of course this show made the list. It’s the most popular show in the world so of course everyone knows about it. The three guys, Andy Samberg (the one guy from the Lonely Island) and other great actors like Terry Crews and Melissa Fumero the show tells the story of the New York Police Department. Its main focus is on Detective Peralta, a talented man who takes pride in his work. The only problem is that he never learnt to grow up. This show is an amazing police comedy so don’t expect anything less than hilarious jokes, wacky characters and wild police jokes. If you are one of those people who like unwinding to silly movies or TV shows, this is for you. This is one of those shows where you don’t need to see every episode to understand the story, although it is recommended because it is hysterical.

Please consider the rating of any shows you are watching and inform your parents so that they can assess the suitability for your age group.
Do you remember waiting after a long day at school for 6pm to roll around to watch The Simpsons? Those were the days. The Simpsons is an old-time classic that has been around since 1989. Sure, I can admit to you that the recent seasons haven’t been as engaging as the vintage ones, but they are still amazing.

Old classics like “I Love Lisa” where Lisa gives Ralph Wiggum a Valentine card are easy to connect with because almost everyone has had an unrequited crush on someone else. Or any of the “Treehouse Of Horror” episodes, which left your primary school brain both terrified and joyous. Pretty much any older episode ever. They were all easy to connect with and engaging. Even now, through its continuing witty, playful, sarcastic and clever humour, it still seeks to deliver the latest cynical spins on what is happening around the world. And it’s great that the new episodes are now taking a modern spin on this, with everyone owning a smartphone or tablet and modern issues and figureheads popping up from time to time. Take the recent episode “The Musk Who Fell From Earth” where Elon Musk, an American business magnate, entrepreneur, engineer, inventor and investor, flies a drone that delivers his lunch. This modernistic spin makes it ever so relatable.

Of course, there are always other TV families out there ie. The Flintstones, Family Guy and The Brady Bunch but there will never be any as relatable and great as The Simpsons. And unlike these other shows, there will always be a ‘you’ character in The Simpsons, someone you can connect with. Especially now more than ever this clever and witty comedy is always there to come to our aid when we are sad, bored and/or lonely.
DON'T BRING YOUR CHILDREN TO A MATURE RATED FILM

No one, and I repeat no one, wants to hear your child asking what something is every 5 seconds. And no one wants to hear you telling your children to focus on the mature audience targeted movie because it doesn’t suit their attention span. Wait until they can hold their bladders for the length of the movie before taking them along.

Why not help the younger generation and hire a babysitter?

DON'T KICK THE SEAT IF THERE IS SOMEONE IN FRONT OF YOU

This is seriously one of the most distracting and annoying things known to mankind. Personally, I have had to tell 5 people, all on different occasions, to stop kicking the back of my seat. Even people putting their knees up against the chair in front can be annoying.

Please be as comfortable as possible, but make sure it is not at the expense of others.

ARRIVE BEFORE THE SCREENING TIME

Picture this: You have sat down in your comfortable movie chair, got your drink sorted, put your bag down by your feet and you are totally engaging in the trailers that are being shown. You hear someone towards the end of the aisle saying, “excuse me,” “sorry,” and “my bad.” You look towards the sound and realise that someone is coming towards you. You then proceed to let out the largest sigh that you can manage just to let the person walking through know that they are annoying.

Don’t be that person who has to walk through.

GET A ROOM

For some unknown reason, movies depict it as cute and romantic. But in the real world, they are not. Public displays of affection, or PDAs, are the exact opposite of cute and romantic. In fact, I can recall people walking out of a movie because of a couple showing public displays of affection.

Please, refrain from showing your date how much they mean to you until after the movie has ended.

KEEP YOUR MOUTH SHUT

If I have just paid a quarter of my weekly salary to go and see this amazing movie, I don’t want anyone ruining it for me. It is downright selfish. And for those people who think it is funny, it is not.

No one is laughing. You are making people dislike you.
DO GAMES PLAY YOU?
Video games are a common entertainment option for many teenagers around the world. Although it hasn’t been recognised yet as a diagnosable disorder, video game addiction is a very real problem for many teenagers.

It’s important to realise that video game addiction can have just as many negative effects as any drug or alcohol addiction if left untreated. The major problem with such an addiction is that the signs and symptoms can sometimes be very difficult to recognise. This article, which is two parts, will help you understand more about this addiction.

**PART 1: HOW TO KNOW YOU’RE BEING PLAYED**

Spending a lot of time gaming doesn’t necessarily mean you have an addiction, the question is: Can you always control your gaming activity? Too much gaming may seem relatively harmless compared with the dangers of drugs; however video game addiction can ruin lives. As with any other addiction, video game addiction has its warning signs. There are both physical and psychological symptoms associated with video game addiction, if you or someone you know possesses these symptoms, it may be due to an addiction to video games. Here are the common symptoms of video game addiction:

**PSYCHOLOGICAL SYMPTOMS:** Some of the psychological symptoms or signs of video game addiction include:
- Feelings of restlessness and/or irritability when unable to play
- Being preoccupied with thoughts of previous online activity or anticipating the next online session
- Lying to friends or family members regarding the amount of time spent playing
- Isolation from others in order to spend more time gaming
- Inability in reading body language and behaviours of others
- Poor social behaviours (feeling nervous towards others, etc.)
- Feeling depressed and signs of anxiety

**PSYCHOLOGICAL SYMPTOMS:** Some of the physical symptoms or signs of video game addiction include:
- Fatigue due to the loss of sleep
- Migraines due to intense concentration or eye strain
- Carpal tunnel syndrome caused by the overuse of a controller or computer mouse
- Poor personal hygiene (excess weight gain, lack of showering or grooming habits)
- Hunger due to skipping out on proper meals

These physical and psychological symptoms listed above are only short term signs and effects of video game addiction, there are many more severe long term effects of the addiction that can arise if not treated. Therefore, be careful of your own mental and physical health, as this addiction to video games can essentially ruin your life. So if these symptoms are applicable to either you or maybe someone you may know, please look for ways to safely get away from this addiction.

**PART 2: HOW TO GET AWAY FROM IT**

You now might be thinking how can I get away from it? Or is there a test or self-assessment I can do to identify if I have an addiction? All I have to say is that the most effective self-assessment that can be done is to examine the above list of symptoms associated with video game addiction. Fortunately there are ways you can seek help. You can seek help from a psychologist or counsellors, I know that adolescent males who try to be independent would rather not talk about such touchy topics, however this simple addiction can lead to severe problems in the future if not properly cared for now.

Even if you’re not a severe addict, it is important to realise that there are many more important things to do in life rather than spending time playing video games. Things to put in front of gaming are study, your own fitness (all you need to do are push ups, sit ups, chin-ups, running/riding, and sport), social interactions (with family or friends) and house chores. If you are trying to get away from your addiction it is important you gradually cut down your gaming time, rather than going ‘cold turkey’. Also keep a record of the activities you have to do, such as homework or cleaning your room; this will help you concentrate on getting these things done, rather than spending all your time playing games. You can still play games, but as a reward for doing more of the things important in your life. A good structure to follow is NO GAMES MONDAY – FRIDAY.

Remember “play games, don’t let them play you!”

Video games are a common entertainment option for many teenagers around the world. Although it hasn’t been recognised yet as a diagnosable disorder, video game addiction is a very real problem for many teenagers.
Online video games offer some of the most engaging experiences in gaming. Playing single player can be a lot of fun, but there is something truly magical about getting online and sharing your gaming experiences with other players in a global community.
This network of gamers allows you to connect and immerse yourself with other such gamers. However, there is always that one person in your game, who believes that it is their mission to ruin it for everyone. This article teaches you a few online gaming etiquette rules that if followed, will be beneficial to all those immersed within the game.

DON'T RAGE QUIT & DON'T HACK:
If you're playing a single player game by yourself, you can quit whenever you want. But if you're working in a team environment and they depend on you for anything, you have to realize that they will need it throughout the game. So don't just run in first and get killed, you should make sure you hang around till the end of the match. Don't get upset if things aren't going your way in one match and just bail out. Quitting out of a non-ranked casual match is lame, but not a big deal. Bailing on a competitive ranked match and leaving your team a player down or stuck with a bot is a bad thing to do.

Don't become the ultimate sinner of gaming by hacking. If you're hacking, you've broken all the rules. Hacking gives players unfair advantages, such as abilities to be all powerful and travel anywhere in MMOs or to auto target heads in FPSs. A hacker is a nuisance in any game, as they ruin the very essence of true gaming. In a competitive game, hackers can be catastrophic, not only ruining the match, but also ruining the whole network in the online gaming community. If you're hacking because you want an edge on opponents, try practicing more. If you're hacking because you just want to screw with other people, you're not showing simple gaming etiquette.

LEAVE SPAWN SITES ALONE & DON'T SPOIL PEOPLE'S FUN:
Camping spawn sites so you can get easy kills by catching spawned players off guard is a real pain to anyone playing. It doesn't give a player the chance to get into the game, and actually do anything. Fortunately, many newer games have become wise and made spawn sites a safe spot for players or ensure no one will get points for taking out players there. Still, not every game does, so be kind and don't take advantage of an unguarded spawn by killing them the second they spawn. It's not cool.

Some games have very specific ways they're meant to be played, and sometimes the majority of players in the server will want to stick to that way. In an MMORPG, like World of Warcraft, where people enjoy taking the role-playing elements seriously and pretend they're in the fantasy world, it's not a good move to try to break down the fantasy element by talking or behaving in a way that doesn't fit the world. If everyone in a shooter decides they want to finish the match with only melee weapons, don't be that guy who comes around with a machine gun and sprays down everyone trying to have a good time.

DON'T BE A TROLL & DON'T FEED TROLLS:
We've all encountered trolls. They know all the right ways to annoy us. They pretend to make serious arguments and no matter how much they're challenged they'll still hold onto their argument. Their goal is to irritate and frustrate. If you're picking fights with people just to see them get worked up, you might be a troll. If you're pretending to be ignorant just so you can trouble others, you might be a troll. If you're the last person left on your team in Counter-Strike and you pretend like you don't know how to defuse the bomb and let your team lose, you're definitely a troll. Don't be that guy.

There aren't a lot of ways to stop a troll. The best way is to ignore them completely. If possible, mute them. If you can't, just do your best to ignore them. They will only get worse, if you don't. They thrive on responses from others, even if it is a positive one. However, if they get no response, they'll most likely get bored and give up. Even if you're not being a troll, you will be partially responsible for any troll whose game you play into. Trolls may be an inevitable experience in online games, but the sooner everyone stops interacting with trolls, the sooner everyone will stop having to deal with them.

Online gaming is an awesome way to play with friends, connect with fellow gamers, and compete in our favourite games. Please let's keep it that way by following a few simple gaming etiquettes while playing.
HOW TO GAME ON A BUDGET
Hundreds of dollars are spent on Xbox, PlayStation, gaming PC, and whatever TV or monitor is paired with them. To indulge in the online gaming experience, a fast and reliable internet connection is also needed. If extra controllers, or maybe a fancy LED keyboard or gaming mouse are needed, then this results in even lighter wallets.

Even after all this spending, you still may not have a single game to speak of. This article will help you with purchasing games without breaking the bank. Whether you game on consoles or PC, there are plenty of ways to save money on the games you buy. Here they are:

**WAIT FOR REGULAR SALES & LOOK FOR BUNDLES:**

Regular sales are held at many video game marketplaces and stores. Steam always has a big sale period during the seasons, where games can be bought for lower prices. Other vendors will have regular sale periods as well. These are great times to shop for games. If you know one of these sales events are coming up, your best bet to save a lot of money is to wait for it. If you’re not sure whether one is coming up, a quick Google search for your desired platform or vendor and the word “sale” will probably help you find out. So keep an eye out as even brand new games can come heavily discounted in these sales. Just make sure you don’t buy a game that you know you won’t play for several months, as you may end up paying more than you would later.

Buying more things at once may seem like a way to spend more money, but if you are going to buy all the things anyway, it’ll likely be cheaper to buy them as a bundle if you can. Many game publishers will offer premium bundles at the launch of the game, that gets you the game and all the DLC when it is released. Of course, going for one of those bundles isn’t going to save you as much money as buying far away from the launch. Instead, look for specially discounted bundles at game stores or the publisher bundles you can often find on Steam, which includes a number of titles from a series or publisher. These pop up frequently, and you’ll probably find plenty of them during those special sales events mentioned earlier.

**DON’T BUY GAMES RIGHT AT RELEASE & DON’T BUY THEM NEW:**

As you may already know, games are more expensive when they are first released. So it would be a no brainer not to buy them right away. So don’t do it! Unless you’re desperate to have the game right away, you can save a lot of money by simply waiting. There are also other benefits to waiting. If it’s a big title and involves online gaming, the majority of bugs from day one will be worked out by the time you buy, you don’t have to wait on a super-slow download as the servers try to deliver the game to every day-one customer. Also not buying right at release doesn’t necessarily mean waiting, as some video games will have discounts for pre-orders. For PC gamers, buying a game while it’s in its “early stages” can get you a cheaper price.

On Steam, you can often find games that are for sale in a pre-alpha state, and the price will likely be significantly lower.

Another great and easy way to save money is through buying used games. Check online or in your local video game store for used games. Even if you’re only saving a little bit off the original price of a game, lots of little savings can and will add up. It might be hard to find the latest and greatest games like this, since a lot of people hang onto these titles for a while, and some just download them, so there’s no hard copy to sell back to a store. PC gamers also don’t have much luck here, as almost no stores will take back a used PC game. Digging around through the used games bins will also help you pass your time while waiting for new releases to get cheaper.

**SELL GAMES WHEN YOU’RE DONE**

Selling games when you’re done with them is a great way to save money as well as giving other gamers an opportunity to save money as the pool of pre-owned games will increase at stores. You should think about selling the games that you may have grown tired of or when you have moved onto something else. Simply selling is all well and good, but you can save even more money if you plan out your game sales a little bit. If you’re a member of EB Games’ EB World program, you can receive up to 20% credits for your used games, and during certain periods they will offer even more for selected games. You may also find that you’ll get a percentage boost on your used games if you use the sale as credit towards a new game purchase or even pre-orders. So, if you are going to buy a new game, plan to sell your used games at the same time.

Therefore through using these simple suggestions, you can continue to have a fantastic gaming experience, while also not going broke.
ROHAN DENNIS THE WHEEL DEAL
Rohan has already accumulated some major wins in his short career, including an Olympic Silver Medal at the London 2012 Olympic Games.

Rohan Dennis is an Australian professional racing cyclist who currently rides for the UCI Pro Team BMC Racing Team. He was born, raised and resides in Adelaide, South Australia.

He attended Blackfriars Priory School from 2005 to 2007, and then continued his studies at the University of South Australia. Rohan has already accumulated some major wins in his short career, including an Olympic Silver Medal at the London 2012 Olympic Games, racing in the Tour de France finishing fifth overall and also gaining a silver medal in the Time Trial at the 2014 Delhi Commonwealth Games. In addition to this he was also first overall in 2013 Tour of Alberta and in the 2014 World Team Time Trial Championships representing Australia.

2015 has been the biggest year in his career so far. He was first overall in the World Team Time Trial Championships, Santos Tour Down Under and also in USA Pro Cycling Challenge. He also did well in the 2015 Tour de France winning both Stages 1 and 9, he also held all three jerseys (Yellow, Green and White) awarded to riders after Stage 1. On 9 February 2015, Rohan set a UCI World Hour Record by riding 52.491km in an hour, beating the previous record holder Mathias Brandle by a whopping 639 metres. He also came second in the National Time Trials Championship.

The Wingman Magazine had an exclusive interview with Rohan, in...
which we asked him a few questions about his successful career so far and about his best “wingman moment.”

1. DID YOU EVER BELIEVE AS A STUDENT AT BLACKFRIARS THAT YOU WOULD BE RIDING IN THE TOUR DE FRANCE WINNING THE TOUR DOWN UNDER AND THE SIR HUBERT OPPERMANN MEDAL?

“Honestly, I did believe I would be riding in the Tour de France, win the Tour Down Under and one day win the Sir Hubert Opperman Medal. Though I didn’t think it would come as quickly as it has.”

2. WHAT IS YOUR BEST WINGMAN MOMENT?

“My best wingman moment would be when I was just out of school. I won’t sugar-coat it; I was sometimes far from the perfect human being and would get in trouble a bit. A very close friend, and you could say mentor, helped me grow more as a person than a bike rider. This helped me realise that if I am going to become a high profile bike rider that I need to be a role model to the younger generation. This didn’t mean changing my ways but just refining them so I could express myself in a way that is respectful to others. Without his guidance I probably wouldn’t have been in the position I am in today.”

The entire team at the Wingman Magazine are grateful for Rohan’s contribution towards the magazine, in terms of taking time out of his busy schedule to conduct an interview with us. We wish him all the best in his future endeavours and we will surely cheer him in his many wins in the long career he has ahead of him.
Sachin Tendulkar is called The Little Master in India, because of the sacrifices he has made and the hard work he has done for Indian cricket.

Sachin played his first game for India at 16 years old. At this age boys play video games and watch TV, but Sachin took on a huge responsibility and played for India. His first game was against Pakistan, which had the best pace attack at that time. Despite facing the best bowling side in the world Sachin had the courage and belief in himself to face the extremely powerful pace attack of Pakistani bowlers.

Sachin was born on 24 April 1973 in Bombay, Maharashtra, India. Sachin has many nicknames that lots of players like to call him by including The Master Blaster and the famous one Little Master, because he is only 5ft 5 inches, one of the smallest player in cricket’s history.

Sachin has played 664 international cricket matches in total, and scored 34,357 runs in all formats of cricket, which brings him to the most runs scored by a player in cricket history. Sachin broke many records during his career, and he scored 200 runs in all formats of games in which he remained not out.

Talking about his career statistics, Sachin’s test record shows that he was able to score 15,921 runs in 200 matches, in ODIs he scored 18,426 runs, in T20s he scored 3,797 runs in 96 matches and in his domestic career he has scored 21,999 runs in total in 551 games. All these runs bring him to the top position as the best cricket player in cricket history. Sachin’s greatest moment and a record that won’t be broken, is his hundredth international century; he is the first person in history to achieve this feat. Sachin’s achievements in international cricket are also substantial. He holds the record of highest number of centuries in both tests (51) and ODIs (49).

Sachin is the only player to score fifty centuries in international cricket as well as the highest numbers of test matches (200) and in ODI matches (463).

Sachin has consistently performed well in Cricket World Cups. He was the highest run scorer of the 1996 Cricket World Cup with a total of 523 runs and also the 2003 Cricket World Cup with 673 runs. In his last World Cup he scored a century against England, which meant he became the player with the most centuries in Cricket World Cups. He also became the first ever player to score 2000 runs in the World Cup. On 14 November 2013 it was a sad day in cricket history when the Little Master retired. There have been other legends like Sir Donald Bradman, Brian Lara and Imran Khan, but Sachin is on another level. From 1989 to 2013, 24 years of Sachin’s cricketing career was a wonderful journey that no one wanted to end. Sachin is the greatest batsman and the greatest cricket player in the world.

SACHIN’S STATS

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<th>SIXTEEN</th>
<th>YEARS OLD WHEN HE FIRST REPRESENTED INDIA</th>
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<tr>
<td>664</td>
<td>INTERNATIONAL CRICKET MATCHES</td>
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<td>34,357</td>
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<td>Highest</td>
<td>NUMBER OF CENTURIES IN BOTH TEST &amp; ODI CRICKET</td>
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The two footballers Cristiano Ronaldo and Lionel Messi are the two greatest players in the world. Messi and Ronaldo play in the same league in Spain (La Liga), which is the best football league in the world, in terms of players’ quality. Both of them also do lots of charity work around the world, for example Ronaldo has been the world’s most charitable sports star, having donated millions of Euros of his fortune to worthy causes. Ronaldo raised $83,000 for a 10 year old fan in need of brain surgery. Ronaldo also uses his fame as a global spokesperson for lots of causes like childhood hunger, poverty and obesity.

Recently Ronaldo donated $5 million to help the people of Nepal because of the devastating earthquake that hit in Gorkha. He runs a foundation to help vulnerable children get health care and education. Also, Messi helped a child with medical difficulties. Messi paid all his travel expenses to Argentina and medical bills. Messi was named as a goodwill ambassador for UNICEF for supporting children’s rights. He also gave £600,000 for the refurbishment of a children’s hospital in his hometown of Rosario, Argentina as well as paying for the doctors to travel to Barcelona for training.

Cristiano Ronaldo Dos Santos Aveiro was born on 5 February 1985 in Funchal, Madeira, Portugal. He is also known as CR7, because of his shirt number 7. Ronaldo has made over 623 club appearances and managed to score 436 club goals, which makes him one of the greatest footballers for Real Madrid. Ronaldo is currently playing for Real Madrid in La Liga, and made 119 international appearances and scored 52 international goals, which...
make him one of the highest goal scorers for Portugal. Overall he had played 742 games and scored 488 goals in his career. Ronaldo has played in 3 different leagues which are Primeira Liga (Sporting CP 2002-2003) in which he made 25 appearances and scored 3 goals, English Premiere League (Manchester United 2003-2009) where he made 196 appearances and scored 84 goals. For Real Madrid he has so far played 202 games and scored 225 goals. Ronaldo has won 2 UEFA Champions League trophies with Man United and now Real Madrid, he has also won 4 golden boot, 3 Ballon D’Or, 1 UEFA Player of the Year and scored more international goals then the legend Pele.

RECENTLY RONALDO DONATED $5 MILLION TO HELP THE PEOPLE OF NEPAL

MESSI WAS NAMED AS A GOODWILL AMBASSADOR FOR UNICEF FOR SUPPORTING CHILDREN RIGHTS

Cristiano has 12 club honours and 62 individual honours. His net worth is $221 million, which takes him to 3rd position in top 10 richest sportsmen in the world.

Ronaldo’s strengths are that he can take on any defender with searing pace, and mesmerising footwork. His ability to beat a player and whip in crosses makes him a feared opponent. The way his free-kicks swerve with pace and power is a great asset to his team.

His weaknesses are that he goes to ground far too easily and sometimes tries a trick when a simple pass would do. Despite his scoring he sometimes messes up a goal scoring opportunity by doing fancy moves he is incapable of pulling off, but we know what Ronaldo can do. Ronaldo is a scoring machine who never stops, Ronaldo is the greatest and best footballer in the world.

Lionel Andres Messi was born on 24 June 1987 in Rosario, Santa Fe, Argentina. Messi is mostly known as ‘Leo’ around the world. He has made 541 club appearances and managed to score 453. He is currently playing for FC Barcelona in La Liga.

He is an attacking centre forward, who looks to score amazing goals and make unbelievable assists. Messi played over 97 games for Argentina and scored 45 goals. Messi has played 611 games in total and scored 468 goals. Messi is one of the greatest footballers for Argentina and Barcelona. Messi played for Barcelona C in 2003-2004 and scored 5 goals in 10 games, in 2004-2005 he played for Barcelona B and scored 6 goals in 22 games, currently he is in FC Barcelona and played 317 games and scored 286 goals.

In his international career he has played for Argentina U20, Argentina U23 and is now playing for Argentina and scored 64 goals in total. Messi has won 4 Ballons D’Or in a row, he has won 3 UCL, 6 La Ligas, 3 Golden Balls, he also has won 2 international honours, and won 2 UEFA Best Player of the Year. Messi has managed to win 21 Club Honours and 101 individual Honours.

Some of Messi’s strengths are that his ball skills are second to none, his runs from midfield are usually lethal and he is almost impossible to tackle when he gets his head down. His balance when running at speed is incredible. Also his goal scoring ability is amazing. A weakness is that he too often searches for a way to finish moves by himself without looking for teammates in a better position to shoot at goal. His strength can be questioned at times when he’s trying to finish close to the net and gets pushed off the ball too easily. Messi has a total net worth of $210 million which makes him the 4th richest sportsman in the world.

Overall both Messi and Ronaldo have the ability to score amazing goals, and assists. They are amazing football players that young footballers want to be, they are kid’s ideals, and in short they are legends of football.
How hard is it to get there, and what does it take to become an athlete at a top level? Here at the Wingman Magazine we thought interviewing a recent Richmond recruit in the AFL would be a terrific way to inform adolescent males about the sports industry and how hard it is to get to be a part of it.

Oleg Markov, is an AFL draftee, who starred in games for North Adelaide across all levels in 2015, with one game in the Under 18s, nine games in the North Adelaide Reserves, and two games in the League team. After a rough season last year in which he only played four games due to an injury he unfortunately missed out on draft selection. Given that he has gone through 2015 with flying colors, and has had no injuries, he was recently picked up in this year’s AFL draft by Richmond. Markov played well in the State Under 18 Competition for South Australia this year, posting goals and having a very good disposal efficiency. In an interview with Markov, we asked questions about how he got interested in football, how he is going, the pros and cons of league football, and most importantly his take on being drafted.

Wanting to become the best athlete in the world, is a dream for many young kids, many aspiring teenagers want to become athletes.
WHAT FIRST MADE YOU WANT TO PURSUE A FOOTBALL CAREER?

When I was around the age of 9, I watched my very first AFL game on TV. I remember Jeff Farmer and Jason Akermanis starring in it, taking big marks and kicking amazing goals. I have been in love with the game ever since. Then a lot of my mates, both girls and boys played ‘marks up’ at recess and lunch. I would join in and noticed I could jump a bit higher. I really wanted to play footy for a club. When I was 11 I signed up with Gepps Cross Football Club and have loved them ever since.

HOW HARD IS IT TO GET TO THE LEVEL OF FITNESS TO BE ABLE TO PLAY LEAGUE FOOTBALL?

League football is very fast, physical and extremely skillful. It gave me a shock to see the size of a few of the boys and the speed at which they execute a football. For me to perform at my peak, I think it's more of a mental barrier you have to overcome instead of a physical fitness level. The running patterns at league level needs to be very resilient. If you can't find the will within yourself to go for one more chase or one more effort that's when you let yourself and the team down. It’s all in the mind.

WHAT’S IT LIKE GETTING READY FOR THE DRAFT?

It was very nerve racking, it's a dream and one you hope will come true. Last year as an 18 year old, I saw the draft as a do or die moment in my life. I'd either get a chance to join a club and contribute to a dynasty or lose my dream forever. I watched the draft live and my name wasn’t called out. A week later I watched the rookie draft having all my fingers crossed, however my name wasn’t called out. I felt defeated and confused as to what I’d do with my football. I felt I wasn’t good enough. A day or so passed and I was back on my feet, knowing that my North Adelaide Roosters needed an up and about footballer. I was 110% committed to North Adelaide Roosters and couldn’t wait for the season to kick off. Knowing the pain of falling short really hit hard for me and knowing what it feels like drove me that much more.

12 months on, I have been fortunate enough to play a full year and only miss one week of football compared to a 4 game season last year. I was surprised and privileged to have the opportunity to play in the Under 18 State Championships, which I sat injured on the sidelines watching my mates play last year. I never really thought about the draft this year as the pain from the previous year and the thought of whether I am good enough re-occurred. But my answer is always 'I never am' and that mindset with a positive attitude is what drives me to excel my strengths and improve my weaknesses every day.

All I have been doing is making sure I’m getting the best out of myself at every training, managing my body away from football and looking after my life. If I was defeated, I wanted to know that I left no stone unturned and I couldn’t have given another percent.

DID YOU GET NERVOUS NOT KNOWING WHETHER YOU’D GET DRAFTED OR NOT AND WHERE TO?

Not at all, it’s the other way around, very excited. I’d happily move interstate to follow my dream. My father and mother left Belarus at 21 years old with a year old son, me, for my father’s dream. They left their parents, grandparents, brothers, cousins, friends, culture and memories behind to come to a country which is an expensive and long plane trip away. They didn't even know anyone, or the language or the lifestyle here in Australia, but it was my father’s dream for himself and his family. Both of my parents have raised me amazingly, I love the journey they took for themselves, me and now my little brother’s future. So moving interstate with all the support you need within 4 hours of a plane trip doesn’t give me any fear of following my dreams.

WHERE DO YOU HOPE TO SEE YOURSELF IN 20 YEARS?

I’d love to see myself a very happy man. In 2035, I hope to retire from a multi premiership career, whether it is at AFL level, SANFL or local club. I hope to have a career as a paleontologist or geologist and have a beautiful healthy family.
There have been many cricket rivalries in the past and even today’s rivalries like that between India and Pakistan bring excitement to the game.

The India-Pakistan cricket rivalry is one of the most intense sports rivalries in the world. An India-Pakistan cricket match has been estimated to attract up to one billion viewers, according to TV ratings firms and various other reports. The 2011 World Cup semi-final between India and Pakistan attracted about 988 million television viewers. The relations between the two nations, resulting from the extensive communal violence and conflict that marked the Partition of British India into India and Pakistan in 1947 created an intense sporting rivalry between the two nations who had erstwhile shared a common cricketing heritage. The first Test series between the two teams took place in 1951-52, when Pakistan toured India. India toured Pakistan for the first time in 1954-55. Between 1962 and 1977, no cricket was played between the two countries owing to two major wars in 1965 and 1971. The 1999 Kargil War and the 2008 Mumbai terrorist attacks have also interrupted cricketing ties between the two nations. India and Pakistan have played each other in World-Cup, Asia Cup, World Twenty20, Champions Trophy and Pepsi Independence Cup-India matches. India has always being beaten Pakistan in World Cup clashes, the two nations have played 6 World Cup games, India has won each 6 games, they have been a better side in comparison to Pakistan.

Recently in Adelaide 2015, these two nations played each in other in the group stage and India was victorious over Pakistan by 76 runs. When talking about Tests, ODI and T20 games, Pakistan leads India in the number of wins in Tests (12–9) and One Day Internationals (72–51) while India leads Pakistan in T20s (4–1) and World Cup stages. Overall the both nations have something to be proud of.

A famous quote from a legend of cricket: “India vs Pakistan is the best and greatest game, because both sides share the same history.”
El Clasico is a rivalry between the two giants of football Real Madrid and FC Barcelona. El Clasico is one of the most exciting games on the calendar of La Liga and around the world.

In El Clasico legends have taken part such as Ronaldinho, Zidane, Messi, Figo, Raul, Cristiano Ronaldo, Iker Casillas, Roberto Carlos, David Beckham, Thierry Henry, Gareth Bale, Iniesta, Xavi, Di Stefano and many more. Messi and Di Stefano are the top scorers of El Clasico so far and the most away and consecutive goals have been scored by Cristiano Ronaldo. Recently last season El Clasico was held in the heart of Madrid in Santiago Bernabéu. In that game Madrid were better than Barcelona and won the game 3-1 (Benzema, Ronaldo, Nacho) (Neymar) and the second El Clasico was held in Barcelona, Camp Nou. Barcelona was better in that game and won 2-1 (Mathieu, Suarez) (Ronaldo), which help them go on and win La Liga 2015.

Some statistics about El Clasico – Barcelona and Madrid have played 229 competitive matches, and 33 exhibition matches. Real Madrid has won 92 competitive matches and Barcelona has won 92 competitive matches and Barcelona has won 19 exhibition matches, overall Barcelona has been better than Madrid by winning 108 games.

The El Clasico was held on April 3 2016 in Camp Nou and the world expects that it is going to be an exciting game. El Clasico is the most awaited game for Madrid fans, Barcelona fans and people all over the world. A famous quote from one of Madrid greatest players Alfredo Di Stefano: ‘EL Clasico is the best game in the world, which stops the world to sit down on the couch and watch the beautiful game El Clasico.”
Whether you’re 13 or 18, town has a set of things that you have got to remember if you don’t want to look out of place. It’s also good to remember these things so you don’t end up in places you’re not really meant to be hanging in.

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### TOM’S TOP TIPS FOR GOING TO TOWN

1. **Hangout Spots**
   Where you hangout is very important. You don’t want to be chilling in a place where you could end up getting your bag stolen or being offered some dodgy things. The usual hangout spots are the various malls around the city. If you are in town after school and in your uniform be aware of your school’s expectations and aware of those around you as some students from other schools could give you a hard time.

2. **Wear the Right Stuff**
   Wearing a suit and tie, or your trackies and ugg boots are not the best forms of clothing to wear into town. You might be able to get away with trackies if they’re branded but otherwise just wear some jeans or chinos on your legs and a simple t-shirt that is normally black and white if you just want to blend in.

3. **Don’t Go Down the Alleys**
   Probably a really obvious tip but the alley ways are definitely not the best places to go down especially in school uniform.

4. **Stay Together**
   If you go into town with your friends try and stay together. If you get separated you could end up in an unsafe area.

5. **Don’t Start Trouble**
   Everyone is in town to do something so live and let live and have a good time whoever you’re with. Don’t start trouble that could spoil everyone’s day.
Everyone loves to relax, but do we actually do it? Our lives have become increasingly busy in recent times and recent studies show it may be more important than ever to make the time to relax.

So bust out the scented candles, get the whale noises playing on your headphones, sit back, relax and enjoy...

It’s the day before your first exam and you’ve been studying relentlessly for the last 3 days trying to cram that last minute info into your brain. But it’s just not working anymore. You’re bored, you aren’t thinking straight and you just can’t focus. While the logical thing would be to relax, many of us just can’t bear to miss out on precious study time.

But here’s the thing. By taking a break and time to relax, you won’t only feel better, you’ll get the results as well. Studies have shown that relaxation actually boosts your memory and helps you make clearer and more importantly better choices. So you’ll not only feel good for relaxing, it will actually help you when you come back to your task.

Humans are physically incapable of surviving without rest. There’s a reason that you start to feel so awful and run down when you’ve been going non-stop for a few days. It’s your body and your mind telling you that you need a break. We just can’t go 24/7 all the time. Even ancient cultures recognised the need for a break. That’s why we have weekends, they are designed to give all of us a rest from our lives.

But what if you find it hard to relax? I know it sounds ridiculous, but some of us just have to go go go all the time. While you may think you’re doing the right thing now by running around like a madman all the time, your body will punish you later. Eventually the stress will catch up to you and your health will deteriorate. Burnout is an actual medical term that describes long term exhaustion and a disinterest in work. Frighteningly with school, homework, friends, sport, part time jobs and the rest of our lives taking up more and more time and effort, burnout is becoming more common among teens. A recent study from Sweden found that one in 10 teens suffer from acute burnout due to exhaustion. But there are ways to beat it.

Firstly, you need to get your priorities in order. This means taking a step back from your life for a second and thinking about what is really important. Maybe you don’t need to do that assignment tonight, or maybe you can take a week off from training. This doesn’t mean you just quit things, but you prioritise to make sure you don’t overwork yourself. The things that you’re doing now usually won’t affect the course of your entire life. The majority of the time they aren’t make or break. Of course, study for your exams, do your homework and try your best. But you don’t have to push yourself to the limits to do this. You can always work around issues.

There are probably a million different ways that you can relax. Really it’s up to you to make that decision for yourself. Absolutely any activity or lack of activity could be defined as relaxing, so find out what that is and keep on doing it.

Your body will thank you for giving it time to recharge. Relaxation has been linked with better heart health, reduced stroke risk, keeping you fit, reducing your risk of getting a cold and even reducing your acne. It really is in your best interests to look after your body by reducing your stress.

But what about your mind? Everyone knows that stress can have a serious impact on how you’re feeling, but just how important for your mental health is relaxation? Well stress has been linked to mental health issues such as anxiety and depression, so reducing stress in any way can be of benefit to your mental health. Stress has been shown to alter levels of dopamine and serotonin in the brain, both of which help to regulate mood. This is especially important for teenagers, who are susceptible to such imbalances due to all the other hormones we have flying around in our body. So, it won’t only be your body thanking you if you relax, but your mind too.

Relaxation is vital to living a healthy and happy life. You may find relaxation in focussing on your spiritual side and your relationship with God; or your own search for Veritas (truth – see article page 39). Teenagers should be enjoying life, not spending it worrying about all of the commitments we have to deal with these days. We have to prioritise what we’re doing and make the time to relax before we really start to see the full impact of these issues.

I really can’t stress that enough.
Depression is defined as a prolonged period of sadness and a loss of interest in everyday life. It is a huge issue among teens in Australia. Beyond Blue estimates that 1 in 16 Australian teens struggle with depression daily, and struggle to get through their everyday lives. Guys often find it much more difficult to talk about their feelings and to seek help due to the stigma that surrounds it.

To put it bluntly, us guys don’t talk about our feelings. Whether we think that it’s ‘girly’, weak or that nobody else even cares, we just don’t do it. But neither of these are true. To talk about your feelings is by no means a sign of weakness. In fact it’s an incredibly brave thing to be able to do, to put yourself out there and let others know what is really going on. Whether this means you tell your mates you’re feeling good or that you have been having troubling thoughts recently is beside the point. It is always a good thing to do. And, if you’re friends really do care about you, they’ll understand no matter what.

Despite this, we still don’t talk about these things, especially with our mates. There is a code of silence among us guys because none of us want to deal with the issue. So maybe a new approach needs to be taken.

Look out for your mates. It’s that simple. They might not be the type that can openly talk about their feelings so instead approach them about your concerns. According to Dr Lucinda Clifford, a psychologist who works with teenage boys daily, there are some tell-tale signs of depression to look out for. If your mates become withdrawn, socially isolated, appear to be persistently down, lacking motivation at school or to do other activities or most of all do not seem themselves, then you have a right and a duty as a friend to be concerned. It’s no longer alright to have an ‘every man for himself’ mentality. We as men have got to get past that and be able to care about each other and show that we care.

And that’s where it becomes tricky. How do we approach a mate who we think may be suffering from depression? The key, according to Dr Clifford, is to be discreet and most of all sensitive and compassionate. You could start by approaching your friend privately, saying things like you’ve noticed they’ve been a bit down, or perhaps just not themselves recently. Now this may lead to many different responses, but in this case we will focus on what to do if they let you know they’re struggling with depression.

In a nutshell, you just have to be there for them, be a good mate. Encourage them to seek help from professionals, ask if there is anything that you can do to help them and most of all, keep this matter private.

Another thing that can also go a long way to helping your friend overcome depression is professional help. Encouraging them to seek out this help is a positive thing that all friends can do. There are so many support services out there for people struggling with depression including Beyond Blue, Headspace, as well as Lifeline and school counsellors. There are always people ready to help, so it’s important that you encourage them to seek it. If they don’t want to do this and you’re still worried it might be time to raise your concerns with a parent, chaplain or even a teacher. It might seem like a radical step, but if it can save your friends’ life, it’ll be worth it.

1 IN 16 AUSTRALIANS BETWEEN THE AGES OF 16 AND 24 ARE CURRENTLY LIVING WITH DEPRESSION
As previously mentioned, 1 in 16 Australians between the ages of 16 and 24 are currently living with depression. This is a truly shocking statistic when you think about the number of these cases that are completely unknown. That’s thousands of people left unsupported through an incredibly hard time when they need help the most. To put this in perspective, 1 in 16 is a roughly one case of depression per class you have. That’s shocking. It could be someone you never talk to, it could be your best mate, and it might even be you.

And if it is you that is feeling down or experiencing depression, don’t be afraid to seek help and most importantly don’t be afraid of what others will think of you. It is not weak. It is brave and it’s the best thing you can do. This support can come in the form of a GP, a counsellor or one of the other supports listed. It’s also important to keep up exercise and to maintain a social life to avoid isolation. It might be the last thing you feel like doing, but it will increase your mood greatly. Studies by the Harvard Medical School have shown that being around happy people can in turn make you happy. So try to not limit yourself due to your mood. However I understand, that’s easier said than done.

The most important thing to get across is that you are not alone. You are never alone. Sadly, it is now not uncommon to have experienced feelings of depression or even anxiety. That’s just an unfortunate truth of our society. However, where we can improve is in the support of these mostly silent strugglers. As a friend, you must take action if you sense a problem. Whether that is through approaching an adult or approaching your friend, it is entirely up to you. Just remember to be discreet and know that it’s the right thing to do.

Depression is not a terminal illness. It can be beaten, it can be overcome. You and your friends can get through it and lead happy and fulfilling lives. Don’t forget that. Now let’s end the stigma. Let’s create an environment where it’s a good thing to express your feelings rather than suppress them.

Let’s end the silence.
As a lad to a fellow lad we need to be honest with each other here, when it happens most of the time it’s either because they don’t like the way you look, they think you’re annoying or they like someone else and maybe even a combination of all three. So in order to understand how to not get in the friendzone you need to know these five things.

1. **BE YOURSELF**
   
   This probably seems like bad advice but well it’s normally the most helpful. If you start trying to act all tough and macho around a girl to get her to like you you’re just going to end up in the friendzone for being a tool. This also means be nice and just try to be genuine when you’re talking to her but if you’re not really nice then well you kind of deserve to be in the friendzone.

2. **DON’T BE TOO CLINGY**
   
   Sure you might want to be with your number one bae all the time but the more likely she’s going to get sick of you. Also when you’re out with her friends and she’s there too, don’t be so obsessed with her, share the love but obviously not too much that she begins to get jealous.

3. **LISTEN OUT FOR THE WARNING SIGNALS**
   
   When she starts calling you ‘bro’ even in a jokingly way you got to start being careful, you’re on the edge of being friendzoned. To get out of this all you need to do is to either talk it out or just go with it, sometimes it doesn’t mean you’re a friend to them and you might just be that lucky.

4. **BE AWARE OF YOUR COMPETITION**
   
   The main reason guys get friendzoned is because another “better” guy comes along to steal your girl, just be aware of who she’s talking to and try not to get jealous about it. If you found out you have competition just completely ignore it, keep doing what you’re doing and try to show who the real alpha male is by being a good lad about it and not complaining.

5. **SOMETIMES THERE IS NOTHING YOU CAN DO**
   
   Sometimes you just can’t see it coming, she’ll give you a 9/10 post on your wall and the next day she brings a guy to your own b-day party with an hour notice and you just can’t do anything about it. Just shrug it off, go ‘ah well’ and move on. Jokes, don’t do that but seriously girls are confusing and most of the time if they do stuff like that, it wasn’t going to be worth the trouble anyway.

The friendzone is a touchy topic with most guys, nobody likes to be friendzoned even sometimes if it’s by someone you don’t like, and you’d always rather be the one doing it then getting it done to you.
SAYING STOP TO VIOLENCE AGAINST WOMEN

Violence against women is a very serious issue in society today.

One person who has been doing amazing work in this area for over a decade is Dr Shannon Murdoch:

1. **WHO ARE YOU AND WHAT IS IT THAT YOU DO?**

   I am the Director for the Mentors in Violence Prevention (MVP) program, which is a leadership program focused on the prevention and education of gender-based violence. I have been working with MVP for 11 years and have facilitated almost 800 training sessions. I have had the opportunity to talk with people all over Australia and around the world about the issues of men’s violence against women and what they can be doing to prevent it.

2. **WHY IS IT THAT YOU DECIDED TO SPEAK UP AGAINST THIS ISSUE?**

   I joined MVP because I saw a lot of people that I cared about being hurt and suffering. I felt really powerless and uncertain about how I could be creating change until I went through MVP training. I felt like it gave me a lot of really good tools to engage in difficult situations and I wanted to share those tools with other people.

3. **DO YOU BELIEVE THAT THE NEXT GENERATION WILL HAVE NO EXPERIENCE OF DOMESTIC VIOLENCE WHATSOEVER?**

   Unfortunately, I think it will take more than one generation to create the broad cultural change we need to eradicate men’s violence against women, but I do believe that change is possible if we all embrace our responsibility to be part of the solution. I am absolutely encouraged by the conversations we are having now and the awareness that is being raised because that is the first step.

Dr Shannon Murdoch is an inspirational speaker who has been a great advocate for this issue, but her work would be useless if it went ignored. This is why we as guys have to crack down on this issue as young men before we, or people we know, develop some bad habits that contribute to the problem, not the solution.

People affected by domestic violence aren’t just the victims, but those who witness it and live it every day. Imagine seeing your own mother or even friends of yours that you know with bruises or marks that were caused by their own father? How does that make you feel to know that men are the biggest reason for abuse against not only women, but children? These victims and witnesses are affected for life and normally suffer from mental illnesses like depression and anxiety. Why does this violent behaviour even begin?

Violent behaviour doesn’t start when you’re an adult and are looking for a long term relationship, nobody just wakes up and decides that they’ll start to abuse women to make themselves feel better, more powerful or for any reason whatsoever. It starts much younger, it starts on the footy field, it starts at home, it starts at school, it can start almost anywhere if you let it. Being violent and calling people names is a choice people make from a much younger age. This means it can be stopped with the simple help of you saying stop. Nobody expects you to go up to a random stranger in town and say “stop” when they call two other random girls names, but you can definitely stop your mates from doing that. This behaviour tends to start because of peer pressure or because it’s a culture that you and your mates have developed over time. One of you needs to see that this is wrong and say “stop” because you may not just be saving your mates partner’s life, but his from being ruined because he knew no better.

Now that you’ve had a good think about your mates and how you can help them, take a look at yourself and reflect on what you have done in the past to a girl. I think every guy can admit that they’ve said some very out of line things in the past whether it was because you were being honest or you were angry. The best way you can help yourself contribute to the solution is do your best to not turn to violence or name calling to make yourself feel better, maybe go spend a day at a mate’s place or talk to a counsellor if you need to vent that much. Just don’t even think about hitting the girl you supposedly love to make yourself feel better. Do not be a coward. If you also witness acts of violence against not just women but anyone, don’t let it go unheard, call the police or a helpline to help be part of the solution.
Alright, boys. Let’s not beat around the bush here. We care about our hair and want to look fly. The common misconception that guys are all like, “Pft I don’t think about that sort of thing,” has gone out the window in recent times, and we’re now embracing our luscious locks. But what sort of things can we do to keep our hair healthy and manageable? Well, here are a few tips that all guys should have up their sleeve.
SHAMPOO AND CONDITIONER

Use a shampoo and conditioner suitable for your hair type. The shampoo bottles that you find in hotels or the ones you sometimes get in toiletries packs that come around every Christmas from your aunty or your girlfriend’s coconut infused lemongrass conditioner may not be as great as you think, and could be doing more damage than good to your hair. Not all shampoo and conditioner is the same, so in order to maintain strong, healthy hair, you need to find what’s best for you. Taking a moment to consider your hair type and what sort of outcome you want to achieve before buying the cheapest ‘two for one’ deal will do wonders. If you have dry hair, look for a conditioner to combat that. Does your hair look like you dipped it into a family sized KFC bucket by the end of the day? Buy a stronger shampoo to prevent oily hair. It isn’t that hard guys. Spending a few more dollars and trying out different products to find something that works for you is something every guy should do. You won’t look back.

HAIR PRODUCTS

If you are like me, your bathroom cupboard is probably full of unused hair products that have outlasted the Jurassic extinction and perhaps have a colony of undiscovered bacteria living inside them – perhaps the unfinished gel you used once for that blue-light disco when you were seven. Or, you may have none at all. It’s all relative. Some need it, others don’t, but for those guys who don’t want to look like a ‘grease head’, here are some things to consider to avoid wasting money on products that end up not working for your hair type.

The two things you need to consider are the sort of finish you want to achieve, and the strength of hold the product will give you. If you’re looking for something classy like a slick back with plenty of shine, going for a pomade would be right up your alley. Pomades come in the form of water based or oil based, and their differences need to be carefully considered. Water-based pomades will give you that desired shine, but they often harden later in the day and don’t stay slick and glossy as when first applied. The plus side to water-based pomades is that they’re easy to wash out, as opposed to oil-based. Oil-based pomades will maintain that wet look throughout the day and then some, allowing for easy restyling. However, they have gained a reputation for being hard to wash out of your hair, and it often take a few washes to remove completely. Weighing up their qualities and choosing what’s best for you is the way to go, as correctly using a pomade can achieve some amazing looks for almost every hair type, and keep that style locked in place all day long.

An alternative to pomade, and probably the most common product used throughout the male populace, is wax. There seems to be a wax that’s advertised to achieve every single finish that could possibly be conjured up by all humans on the face of this earth, but let me break it down for you. The most common use of waxes is to achieve a matte finish. If you’re unfamiliar with what a matte produce will do to your hair, it will give you a finish that looks as if there isn’t anything in your hair and often comes with, quite the strong hold. So if you want to look like a care-free dude with messy hair that looks as if you did nothing to it, this may be the way to go. However, waxes come in all shapes and forms, and can be anything from a light hold with a bit of shine, to a super-strong hold that cements your hair in place like glue. At the end of the day it requires some thought as to what style you want to achieve. Looking good requires effort boys – we don’t all have beautiful hair, but we can all do our best to compensate and find that perfect product that makes you think, “Why didn’t I try this years ago?”

HAIRSTYLES

When considering a hairstyle, every single one of us has a different head of hair to work with, so we’re not all going to look great with the same style or by grabbing a pair of clippers and shaving it all off. So let’s go over the underlying factor to choose the hairstyle for you – your face shape. Have a look in the mirror and try to decipher the shape your face most closely resembles. It may be round, it may be diamond, if it’s an hourglass you may want to get that checked out, but seriously this is a crucial aspect to consider when choosing a hairstyle. If your head is round, you don’t want a hairstyle that will accentuate that roundness, but something to add edge and dimension to your face. If you have a square face, you may not look so great with a shaved head. Looking at pictures of people with your face shape will help a lot, and basing a similar hairstyle around what you see will work best. But, as mentioned in the opener to this topic, we all have different hair, so be original and make your head of hair your own.
HOW TO ACHIEVE A REAL GOOD SHAVE

Shaving is something that all guys will have to start doing eventually during high school mainly because schools don’t let you come in rocking a full on beard. But even the guys that have 2 metre long beards, probably shaved or even trimmed their beards once in their life so you may as well learn it also.

1. WHEN DO YOU START SHAVING?
   This isn’t as obvious as you think. Most guys tend to start shaving a bit too early in the process of them actually growing facial hair. Normally a good hint that you need to start shaving is that your whole face is covered in light, fair coloured hairs that aren’t stubbly. If you don’t have hairs everywhere but you’ve got a caterpillar under your nose or a mad neck beard then you should start shaving but only in those areas because shaving in other places is really useless if no hair is there.

2. WHAT SORT OF RAZOR SHOULD I USE?
   This is probably the easiest bit, just think about whether or not you’ve got hair all over your face or just in little patches. If you’ve got little patches then use an electric razor and if not use a blade. It’s actually that simple would you believe but now for the hard bit.

3. HOW DO YOU ACTUALLY SHAVE YOUR FACE?
   Electric razors aren’t all that hard to use and it’s not too hard to find one that suits you, especially if you’re starting off. The simple tip for buying one is don’t buy a circular motion shaver as they are meant for much tougher and thicker hairs and can cause more harm than good. It is also much easier just to ask someone at a shaver place for one which suits you and the amount and thickness of the hairs on your face. When it comes to shaving, all you need to do is make sure your face isn’t dry or if your electric shaver allows for cream/foam, put it on. It’s worth the trouble.
THINGS YOU WILL NEED

- RAZOR
  (Ask a professional which one you should be using for your face)
- SHAVING CREAM OR FOAM
- SINK
- WORKING TAP
- TOWEL
- AFTERSHAVE OR MOISTURISER

HOW TO SHAVE

1. Wash your face with some warm water. This helps to make your face pricklier and makes it easier to shave.
2. Fill up the sink as well with some water so that you can clean the blade during shaving.
3. Put shaving cream on your hands and spread it evenly over your face, this takes practice and depends on whether you use foam or cream.
4. Dunk your blade in the water and start shaving. Just remember to shave downward mainly as that’s the same way the hair grows.
5. Take your time when you shave, if you’re faster than 15 minutes your first time then you probably did a bad job or didn’t need to shave to begin with.
6. You don’t need to push hard with the razor, as long as it’s gliding across your face then it should be doing the rest for you.
7. Don’t do long strokes on your chin and around your neck. You don’t need to as the blade just gets clogged up anyway making it hard to shave.
8. Remember to dunk your blade in the water and tap all the hairs out. If you’re struggling to clean it with that method get some toilet paper and clean the blade out with that.
9. If you’re worried about cutting yourself, you can always get an antiseptic pen to use to stop the bleeding. You can get your mum to buy one from the chemist.
10. Don’t use disposable razors for more than one shave as they aren’t meant to last that long. With more expensive razors with heads you can change you can get maybe 8 or so shaves out of it before it gets dull and just hurts your skin.
11. Remember to moisturise and wash your face after shaving. Might sound lame but trust me it is definitely worth it and even put on sunscreen if you’re going outside.

Just remember that shaving more doesn’t make your hair thicker or grow quicker. You might notice that after shaving you get acne breakouts which is pretty normal. This is because your hair is getting thicker over time and the hairs and all the stuff around them are getting stuck in the pores making a pimple. This won’t last forever.

Hopefully this has helped you learn the basics of shaving and made it a little less daunting.
Over the centuries we have been exposed to some brilliant haircuts, but when it comes to the good, bad and the ugly, the bowl cut is considered ugly. Very, very ugly. A lot of celebrities have had them. Here is a collage of all the greatest people who have had the world famous bowl cut.

The bowl cut really made its mark in the 1930s when the comedian Moe Howard, from the “Three Stooges” had an epic bowl cut. As seen on the picture below this was one of the best bowl cuts anyone’s ever seen.

In the world famous movie of 1939, “The Wizard of Oz,” in the opening scene the wizard himself was sporting a fantastic bowl cut, as also seen here. This man’s haircut does not receive enough recognition for being one of the best bowl cuts in history.

Finally the most famous and well-loved bowl cut, without a doubt has to be the one worn by Jim Carrey in the movie “Dumb and Dumber” then again when he came back bigger and better in the movie “Dumb and Dumber To”. Jim Carrey had such a great haircut that it was almost, just almost, the comeback of the worst haircut in history!
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Here at The Wingman magazine we take pride in making our readers presentable, and giving them the best advice we can. We interviewed some very interesting people involved with Peter Shearer menswear.

Peter Shearer opened their first store in 1966 in Gawler Place. It is evident that Peter Shearer takes great pride in its service and range, having what any guy is looking for, no matter where they’re from or what they’re doing. They have everything that a bloke needs, whilst taking pride in the relationships they have made with their customers. “Some clients only shop with Marty because they’ve built an extended relationship with him” stated Dharmesh.

We interviewed two directors of Peter Shearer Rundle Mall, the first being Dharmesh. He was born in Fiji, he had a fairly humble background but was always taught to look nice and presentable by his mother. Dharmesh got his job through trying on a Peter Shearer suit when his mother signed him up for a part time job there.

The second director was Martin, the best way to describe Martin would be a fashionable hipster, certainly a contender for the best wingman. Martin got interested in the fashion industry because “everyone likes to look good”. He wanted to provide that help to people for special occasions and even just to look good around town. He led on from his father being in the fashion industry for 35 years, which also sparked a passion in Martin.

Peter Shearer has built a culture of humility, community and relationships since 1966, with brilliant tips for dressing formally and casually. For dressing formally three main things need to be considered. Firstly the suit colours that are in fashion at the moment are all shades of blue and grey, you can’t go wrong with them. Secondly accessories like pocket hankies, shoes, tie bars and ties have become extremely important to dressing formally in this day and age. Thirdly and probably the most important is the perfect fit, making sure the suit is a slim line shape will go a long way to being the best dressed man.

Dressing casually is also extremely important in today’s society, people no longer go out to town in shorts and a shirt, they are dressing significantly more fashionably. The first tip for dressing casually is not to be afraid of being toodressy for example, don’t be afraid of wearing that ‘going out’ shirt, or those good looking jeans. Secondly embrace what’s new because it changes every year, if you keep living 6 months behind it’s already out of fashion, look at what other people are wearing, and use that as a template and go that step further with accessories and colours. Lastly shirts and chinos are the way to go, if you dress with a shirt and chino that match perfectly, you’re certainly going to be the coolest looking lad in town.

Given that technology has taken over, and revolutionised the world as we know it now, the fashion industry has benefited and also been exposed as a result of this. As now trends are global and not so much national. What’s happening in America is posted and tweeted, the rest of the world isn’t lagging behind anyone. However, this has somewhat made it a bit more difficult for Peter Shearer. When everything goes online, their instore community, and professionalism can’t be mimicked online and they can’t assist with the perfectly fitted suit, nor can they have the sense of community that they share with their customers. This will be looked at in a second article relating to Peter Shearer.
IT'S A CONFIDENCE GAME
IN SEARCH OF Veritas

Veritas means the pursuit of truth. For almost 800 years the search for truth has been central to the Dominican Order. When people are asked “What is Veritas?” there are mixed responses as to what the search for truth means. Students were interviewed at Blackfriars Priory School to see what Veritas means to them.

R.J. ACUNA:

1. What is truth to you?
   Truth to me, is being honest, not just with others, but more importantly with ourselves. If someone is not honest with themselves, how can they expect to be happy? While it is often necessary to hide the truth from others, hiding the truth from yourself can only lead to unhappiness.

2. Do you think truth is something that you defined for yourself or something greater defined it for you?
   I believe that truth is a predefined value placed into our minds by society, yet within each individual is a slightly different definition of truth, shaped by a person’s experiences and morals.

3. Is the truth of life important to you?
   Being truthful to yourself is an important aspect of life, it is what guides an individual’s moral compass and shapes a person’s personality.

4. How do you define right and wrong?
   Well I usually tell what’s right because I think right is right and I look at my right hand and remember that I’m right handed. And if you can’t do what’s right, you can only do what’s left, and so left is wrong.
   The line between right and wrong is a blur, dictated by an individual’s values, for me, I rely on my past experiences to determine what’s right and wrong. But there is not always a clear way to distinguish between the two, and I rely on my judgement to choose which is the lesser of two evils.

5. Is it ever “right to do wrong”?
   In my honest opinion, yes it is, as long as the decision made leads to the best possible outcome. Life revolves around making decisions based on their outcomes, sometimes you have to crack a few eggs to make an omelette. When you can’t do what’s right, all that you can do is what’s left.

6. Do you have a strong sense of social justice?
   Yes, I do feel I have a strong sense of social justice and I firmly believe in equality for all.

7. Do you have a personal connection with God/your spirituality?
   Yes, I do have a solidified relationship with God and would definitely call it a close relationship. My spirituality is where it starts as I take pride in, and work on my spirituality and I do believe that is where my relationship with God begins.

HARRISON GREVEN:

1. What is truth to you?
   How I personally define truth is by being honest, and by being faithful in every aspect of life possible, to myself and those around me.

2. Do you think truth is something that you defined for yourself or something greater defined it for you?
   I believe that I personally define the meaning of truth through my own actions, mistakes and experiences in life – but also through other individuals as well.

3. Is the truth of life important to you?
   The truth of life is indeed important to me and the way I live my own life as it is honest.

4. How do you define right and wrong?
   Defining the differences between right and wrong, you must first determine the positives and benefits as well as the negatives, doing so will allow you to determine the best decision possible for the matter at hand.

5. Is it ever “right to do wrong”?
   It depends on the circumstance and how drastic the action is – where it is a minor or major choice with many outcomes.

6. Do you have a strong sense of social justice?
   I personally do believe that I have a strong sense of social justice. This was developed throughout school and other experiences.

7. Do you have a personal connection with God/your spirituality?
   I definitely have a powerful connection with God and devote much of myself to my spirituality. This was not always the case when I was younger, but over the years the shift in strength of faith significantly increased as I matured mentally and faithfully.
1. What is truth to you?
Truth is the absence of a lie. Truth relates to acting morally and correctly and doing the right things. Truth to me is achieving something in a way that gives you fulfilment in your life, while treating people in the right way.

2. Do you think truth is something that you defined for yourself or something greater defined it for you?
I believe truth is something that has been passed on to me from my parents, and I have adapted it and altered it to suit my personal moral beliefs, based on my situation and my environment. Truth is something that slowly develops throughout your life, and exposure to other people influences what we believe is right or wrong.

3. Is the truth of life important to you?
The truth of life is extremely important to me, because it defines the search for the true meaning of life.

4. How do you define right and wrong?
Right is distinctly different from wrong and the main way that I define them from each other is by utilising the Ten Commandments, and teachings from both my society and my parents.

5. Is it ever “right to do wrong”?
It is never “right to do wrong” because in order to achieve the ‘right’ that you are seeking, you still have to do ‘wrong’, and that is not right in itself.

6. Do you have a strong sense of social justice?
I believe I have a strong sense of social justice due to my social situation, and my family situation, which humbles me into having both sympathy and empathy.

7. Do you have a personal connection with God/your spirituality?
I have a personal connection with God, because I have been brought up Catholic, and I have found God in my own personal way. In many ways I am in tune with my spirituality as much personal fulfilment stems from being in tune with who you are as a person and your desires. In terms of God, everyone wants to believe in something bigger than themselves as in many ways we are alone in life, to find peace in times of hardship.

Not everyone’s view of Veritas is the same but they all centre on living out our life the right way. From what can be gathered from these responses, truth will set you free: whether or not it’ll bring you happiness. On our search for Veritas, our sense of truth is defined by our surroundings. The truth of life is important in our lives to discern right or wrong. We all search for our own truth in different ways but in the end we all end up with the answer.
RECREATING ART

TRUE EXPRESSIONS (2015) – THIEN TAN TRUONG

I was inspired by the expectations that people carry as a result of society’s conditioning. I felt that a lot of women these days have a need to protect themselves from being labelled as ‘easy’ and as a result hide beautiful aspects of themselves away. So my piece was a shot at expressing the true sexuality and innocence that all women possess, but to also capture the toxic beliefs of what people think women should be.

Much of the piece is up to interpretation but I feel the negative space as a representation of how women are viewed as this sort of princess, chaste and conservative creature. The shadow would express the sexuality of a person, something that most people blind themselves to. The piece is a paper cut out hybrid with various aspects to it such as the spray paint and the contrasting colours. Personally, to me it portrays a duality in all human beings which when not hidden away in fear of judgement, it truly frees the person and allows them to pull away their mask. To open up and be vulnerable.

THE NEXT SUPPER (2015) – RIVER MASSARD

I chose to re produce a famous historic religious painting “The Last Supper.” This scene has been depicted by many artists throughout the course of history. I wanted to do my own interpretation of this famous scene incorporating some of my own techniques to produce an abstract array of bright shapes and colours to depict the individual characters.

I chose to use Posca paint pens to produce this artwork because it allowed me to work instantly. As they are pens and not traditional paints it allowed me to work on the painting whenever I wanted to, unlike acrylic paint or oil paint which you need to set up. The concept behind this painting is exploring how religion has been modernised to a point but still has kept many traditional aspects within the Catholic religion. I have shown this through the painting itself, that each figure is painted in an abstract way as if the last supper would be painted this day. Religion has changed, and many different types of religions have evolved since Jesus walked the earth. This is reflected through the different colours all emerging and combining together to make the painting. Many Christian religions believe in the same Bible but have their own denominations and interpretations of what they follow within the Bible. I have been influenced by artists such as Abzether, Banksy, Kasimir Malevich and Pablo Picasso. I wanted to use the bright colours as a tool to attract people’s attention and also for it to be a large scale painting as many religious artworks and buildings are extravagant in size. I am influenced by abstract art, and commonly do a lot of my paintings in an abstract form. I also believe that the human face and the use of colour is the best metaphor for human emotion. Both of these elements have been considered in the making of my final artwork. I deliberately chose to eliminate one of the apostles to challenge people’s religious awareness and comment on how in today’s society people would not tolerate the betrayal Judas committed and therefore has not been invited back to “The Next Supper”.

RECREATING ART
Everyone likes to earn a bit of cash so they can enjoy themselves when they go out without having to ask mum and dad. But the problem with earning money yourself is that you have to get a job and that isn’t as easy as it sounds! So what are some simple things to keep in mind and do when you’re going for a job?

1. **Have a Resume at the Ready**

   Definitely the most important part of getting a job is to have a resume. Now I could spend the next five pages explaining how to write one but you should just visit this QR Code instead to save some paper and trees in the process, or turn to page 48. Trust me, it’s not that hard and writing it yourself will definitely help you in the long run and it doesn’t mean you can’t get help. Ask your English teacher at school or someone who’s written one before to look over it. They may suggest that you change or rewrite some of it, but that’s okay, practice makes perfect!

2. **Apply Everywhere**

   You can’t be too picky when going for a job during high school or even university because in your employer’s eyes, you’re desperate for money and you don’t have much experience. That’s okay though because employers wouldn’t be hiring you if they didn’t need you to work for them. So go crazy, visit your local grocery store, fast food outlet, factory, wherever because in the end you want a job and that’s the best way of getting it. So just walk on in, hand them that resume, tip your hat and leave.

3. **Prepare for Your Interview**

   Don’t just try and wing it because that doesn’t work most of the time. You can prepare for the interview by searching online for the company and finding out what their goals and aims are. Just keep these in mind when you’re at the interview and you should be pretty good. It is also good to remember a few good lines to say such as why you’re better than everyone else etc. Turn up on time for your interview and wear something appropriate that you want to be seen wearing, so no suits and no ugg boots.

4. **Don’t Worry If You Don’t Get The Job**

   If you’re applying to larger companies that do intakes and have a lot of people apply at once then the chances are you’re not likely going to get the job anyway but that doesn’t mean you can’t try again.

   When it comes to getting a job there isn’t much more to it, write your resume, apply everywhere, prepare and don’t cry when you don’t get the job. Easy.
We all know as guys what another guy means when he says “hello” or “how’s it going?” and we rarely ever send emojis to each other because that’s just not what we do. However girls are a different story, when you message a girl you do it very differently and to no surprise it can get pretty confusing what all the messages that are being sent around mean. So I decided to help us all out by asking some girls what they think a message or emoji means when we send it to them, and vice versa for guys.

Even by just taking a quick look you can see that girls and guys have different thoughts with most things. Maybe the simple messages and emojis like “hey” and a smiley face are an exception to this but almost everything else, girls tend to think the opposite to guys. Is this surprising? Not really but hey, at least next time you message a girl something just remember keeping it simple may be your best bet if you don’t want to look like a jerk.

<table>
<thead>
<tr>
<th>TEXT</th>
<th>GIRLS</th>
<th>BOYS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hey</td>
<td>– I want a friendly conversation from you.</td>
<td>– I wanna talk and then soon we’ll meet.</td>
</tr>
<tr>
<td></td>
<td>– A casual hey.</td>
<td>– General conversation.</td>
</tr>
<tr>
<td>Hey Babe x</td>
<td>– Either from someone you’re feining or in a relationship with.</td>
<td>– They’re comfortable with you and initiating a conversation with you.</td>
</tr>
<tr>
<td></td>
<td>– They want in.</td>
<td>– They’re on the fein atm.</td>
</tr>
<tr>
<td>You okay?? X</td>
<td>– They’re in the friendzone trying to get out.</td>
<td>– Sympathy fein.</td>
</tr>
<tr>
<td></td>
<td>– Someone just checking if you’re okay.</td>
<td>– I care about you + I wanna meet.</td>
</tr>
<tr>
<td>Hi, thanks for the ‘add’ but do I know you?</td>
<td>– They genuinely don’t know who you are but your dp looks hot so I started the convo like this to not look as desperate.</td>
<td>– General get to know you.</td>
</tr>
<tr>
<td></td>
<td>– Lol thinks you’re weird for adding them but kinda thinks you’re attractive.</td>
<td>– They’re not sure if they know you and if they do they don’t want to be rude.</td>
</tr>
<tr>
<td>Cya</td>
<td>– Rude.</td>
<td>– Probably won’t talk to you ever again.</td>
</tr>
<tr>
<td></td>
<td>– Want to get rid of you.</td>
<td>– They pretty much just want to be your friend because if they wanted to be more they’d say goodnight.</td>
</tr>
<tr>
<td>Gnight xx</td>
<td>– Probs from someone you’re feining.</td>
<td>– You’re friends but no one except your jealous mate is saying it will stay that way.</td>
</tr>
<tr>
<td></td>
<td>– A casual yet cute message.</td>
<td>– Fein.</td>
</tr>
<tr>
<td>I’m going to sleep bye</td>
<td>– They want you to leave them alone.</td>
<td>– They’re up all night but are leaving cause you’ve bored.</td>
</tr>
<tr>
<td></td>
<td>– You definitely annoyed them.</td>
<td>– It’s actually 9am and you stink at convos.</td>
</tr>
<tr>
<td>x</td>
<td>– Cute.</td>
<td>– Kiss because they’re nice.</td>
</tr>
<tr>
<td></td>
<td>– Flirty.</td>
<td>– Affection.</td>
</tr>
<tr>
<td>🌼</td>
<td>– Friend zone.</td>
<td>– You’re entertaining.</td>
</tr>
<tr>
<td></td>
<td>– Happy.</td>
<td>– Happiness is THE BEST.</td>
</tr>
<tr>
<td>😂</td>
<td>– Trying to make you seem funny.</td>
<td>– You’re really hilarious.</td>
</tr>
<tr>
<td></td>
<td>– Pretending to laugh.</td>
<td>– U got me laffing, but is starting to become less meaningful due to over-use.</td>
</tr>
<tr>
<td>😊</td>
<td>– Keen.</td>
<td>– You probs just called her out for saying something cheeky</td>
</tr>
<tr>
<td>😎</td>
<td>– Thinks they’re cool.</td>
<td>– Get trolled.</td>
</tr>
<tr>
<td></td>
<td>– Tries to be cool but they ain’t.</td>
<td>– Probs just said you’re such a cool mate.</td>
</tr>
<tr>
<td>😘</td>
<td>– Romantic.</td>
<td>– They love you.</td>
</tr>
<tr>
<td></td>
<td>– Ily.</td>
<td>– Probs accidentally sent it then followed up with oh sorry that was a sisterly kiss cause you in the friendzone.</td>
</tr>
<tr>
<td>😞</td>
<td>– Worried about the situation.</td>
<td>“You’re scaring me you creep”</td>
</tr>
<tr>
<td></td>
<td>– Didn’t see that coming either.</td>
<td>“Not pleased with you”</td>
</tr>
<tr>
<td>😞</td>
<td>– Someone’s being rude.</td>
<td>– They miss you.</td>
</tr>
<tr>
<td></td>
<td>– Sad about what’s going on.</td>
<td>– They want you to fish for compliments because you’re the only guy online for them and it’s actually a catfish.</td>
</tr>
<tr>
<td>😞</td>
<td>– Someone’s being really rude.</td>
<td>– You made them sad, you’re gonna get friendzoned now.</td>
</tr>
</tbody>
</table>
IN THE SPOTLIGHT: BOTSWANA

Have you ever wondered what it is like outside of Australia? Ever wondered what it is like in countries you’ve never even heard of? Well I’m here to provide you various facts about a country that was chosen at random. So here are 10 facts about Botswana.

1. Botswana is the best country for comparing meerkats. No other country has more of them. No need to visit comparethemeerkat.com.au.

2. Botswana’s coat of arms consists of a shield that is supported by two zebras. One zebra is holding an elephant’s tusk, the other a stalk of millet.

3. According to a report in 2007 there were more African elephants in Botswana than anywhere else in the world. The number of elephants in Botswana was given as 133,829, with Tanzania in second place with 108,816 elephants.

4. In the !Xoo (Taa) language of Botswana and Namibia, spoken by about 4,000 people, there are 112 distinct sounds (there are about 40 in English).

5. The ! at the start of !Xoo represents one of the five basic click sounds in the language.

6. The inhabitants of Botswana call themselves ‘Batswana’, and the singular world for this is ‘Motswana’.

7. Botswana won its first Olympic medal at the 2012 London Games where Nijel Amos won silver in the 800 metres event. Amantle Montsho also won the women’s 400 metres at the 2011 World Championships.

8. Botswana is the world’s third-biggest diamond producer, behind Russia and Canada.

9. The capital of Botswana is Gaborone.

10. Botswana is the setting of the No 1 Ladies Detective Agency series of books by Alexander McCall Smith.
Malala Yousafzai turned 18 on July 12 2015 and celebrated by opening a school for Syrian refugees.

She is the youngest person to ever receive a Nobel Peace Prize, has recently opened up a school for Syrian refugee girls and is demanding the world leaders to invest in “books not bullets”.

Malala became a symbol of rebellion against the Taliban by advocating the rights of education for girls despite being shot in the face just for going to school. “I decided to be in Lebanon because I believe the voices of the Syrian refugees need to be heard and they have been ignored for so long,” – Malala Yousafzai.

Her not-for-profit organisation, the ‘Malala Fund,’ supports local education projects and paid for the school in the Bekaa Valley, close to the Syrian border. The school can teach up to 200 students aged between 14 and 18.

This young girl is only 18 yet she has accomplished so much in terms of providing essential education to girls all over the world. She is proof that one person can change the world if you truly fight for what you believe is right.

“I DECIDED TO BE IN LEBANON BECAUSE I BELIEVE THE VOICES OF THE SYRIAN REFUGEES NEED TO BE HEARD AND THEY HAVE BEEN IGNORED FOR SO LONG,” – MALALA YOUSAFZAI.
At some point we all have to write or update our resumes, but we just have no clue what to write or where to start. Does my potential employer need to know I have a dog? Do I put in that I got fired from my last job? Well here are some dos and don’ts of writing a solid resume.

THE DOS

- Stick to 9-12 font size
- Use traditional fonts (no need to confuse people with alien languages)
- When you list your previous employment, put the most recent jobs first
- Keywords are the key (when your boss looks to fill up an empty seat, they would like to have someone tailor their resume to suit the job)
- 400 words per page is the sweet spot
- Colour isn’t a bad thing to use in your resume if you want to add personality, however you’ve got to use it in the right way, perhaps for titles or as a highlight
- 80% of the time when managers view a resume they look for:
  1. Name
  2. Current title and company
  3. Current position start and end dates
  4. Previous title and company
  5. Previous position start and end dates
  6. Education accomplishments
- State your strengths clearly. (If the job you’re applying for needs some heavy lifting, say you are good with manual labour, if the job has multiple people working together say that you are great working in a team environment.)

THE DON’TS

- Do not put your objectives in your resume (your objectives have nothing to do with what your boss is looking for)
- Keep it impersonal (avoid including personal information, the manager doesn’t need to know you have a wife and a pet dog)
- DO NOT USE PHOTOS
- DO NOT USE PERSONAL EMAILS (you wouldn’t want to tell a potential manager that your email is surferdude_girlsloveme@hotmail.com)
- You should use more than 7 bullet points when it comes to listing in a section
- Avoid using filler words (e.g. the, and, a)
HOW TO STOP PROCRASTINATION

Everyone does it at sometime in their life, some more than others, you might not even know you’re doing it now by reading this article.

Whenever you have a task to do, you can subconsciously find logical ways to delay it even though you could probably finish the task within a few minutes. Recognising that you are procrastinating is only half the problem, fixing the problem isn’t as easy as saying JUST DO IT! So here are some tips that will get you back to work.

1. Make a list of things you need to get done and set deadlines. By doing this, you feel a sense of accomplishment as you tick everything on that list off.

2. Get rid of any distractions. Turn off your phone and any other unnecessary items that will distract you.

3. Break each task down. You feel less burdened by seeing how easily it can be done.

4. Ask someone to complete the task with you. If you can’t get it done by yourself, just have someone in the room with you to keep you working.

5. Tell someone you’ll actually get the job done. By doing this, you’ll feel pressured to do it and feel embarrassed if you don’t.

6. Give yourself a reward. If you get one task done you can give yourself a little 15 min break or even a snack.

7. Set your priorities straight. If you can reason with yourself and see that getting this task done is important, then you’ll see reasons why you should get it done.

These are just some ways to overcome the procrastination that is stopping you completing tasks you just don’t want to do. Good luck in the struggle that is real work.
Integrity. Success. Blackfriars.

PRINCIPAL’S TOURS
Held on the first Thursday of the month at 9.00am

Register your attendance online at bps.sa.edu.au or contact the Registrar on 8169 3900.

As specialists in the education of boys, Blackfriars Priory School offers a vibrant and diverse learning community that fosters integrity, resilience and humility.