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Rednecks

I received an email recently from an international student unfortunate enough to be the target of racial abuse at a restaurant on the Thursday night of Week 9.

A group of women outside the building confronted the student with racial slurs, then entered the restaurant and continued to abuse the Asian patrons and staff inside, declaring that they should all “fuck off back to China,” evidently including the ones who were not actually Chinese.

This is not an insignificant event – it has deeply upset the people these comments were aimed against, some of them to the point where they want to leave the country.

We don’t know if this group of people were UNSW students or not. What we do know, however, is that many of the patrons inside the restaurant were. What adds to the distress felt by the international student is that none of these UNSW students took these people to task for what they said.

This doesn’t mean everyone agreed with their abuse - I think it is safe to say that they didn’t. Not everyone wants to walk into a confrontation and nobody should be forced into one.

Others, however, may have been resigned to tolerate this behaviour simply because they did not know what to say. To these people, should you experience or witness this behaviour in the future, can I suggest that you try the following:

Hey redneck. Look around you. You’re standing around the most culturally diverse university in a city with the largest migrant population in this whole Oceanic country. If ever for one second you had doubts about multiculturalism, you could not have come to a better place to discover that it works.

It works because we try very hard to make it work. We cross gaps of language and work through clashes of culture, to see through difference and find the common traits that bring us close. We find in each other the need for good education, for rewarding work and for quality time with family and with friends, many of whom we find among each other.

We put in this effort, we face this direction not just because these goals are rewards that are great in themselves, but also because they give us the freedom to live and work in our homes and cities in comfort without being made to feel fearful or unwelcome by Neanderthals like you.

All of this we achieve here, in spite of every barrier and setback from inside, every doubter and bigot from out, and yet you lot have the gall - the sheer bone-headed audacity – to walk in here and tell us to fuck off? YOU fuck off.

Ben Smyth
ELECTION OF STUDENT MEMBERS TO FACULTY BOARDS SESSION 2, 2005

The undermentioned nominations for candidature have been accepted for the 2005 election of students to Faculty Boards and Boards of Studies in Session 2 2005.

AGSM - 1 member from the MBA student electorate, 1 member from the Graduate Certificate, Graduate Diploma or MBA (Executive) electorate, 1 member from the Doctor of Philosophy student electorate

Graduate Certificate, Graduate Diploma or MBA (Executive) electorate:

<table>
<thead>
<tr>
<th>Candidate</th>
<th>Nominator 1</th>
<th>Nominator 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nicole BARNAO</td>
<td>Norman KANG</td>
<td>Mark KELLY</td>
</tr>
<tr>
<td>Glenn PARKER</td>
<td>Carolyn LEE</td>
<td>Iyalkaran MAHESWARAN</td>
</tr>
</tbody>
</table>

No nominations were received for the MBA student electorate or the Doctor of Philosophy student electorate. There is a vacancy in each of these electorates. The election to the AGSM Faculty Board of one (1) student in the Graduate Certificate, Graduate Diploma or MBA (Executive) electorate will be by postal ballot. Voting papers will be despatched by Wednesday 21 September 2005. The ballot will close at 5pm on Friday 14 October 2005.

BOARD OF STUDIES IN TAXATION – 1 undergraduate student & 1 postgraduate student

Undergraduate:

<table>
<thead>
<tr>
<th>Candidate</th>
<th>Nominator 1</th>
<th>Nominator 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leanne DYKE</td>
<td>Katharine WONG</td>
<td>Dennis BONNICI</td>
</tr>
</tbody>
</table>

The above candidate is declared elected. No nominations were received for the postgraduate electorate. There is one vacancy in the postgraduate electorate.

FACULTY OF ENGINEERING - 10 students

<table>
<thead>
<tr>
<th>Candidate</th>
<th>Nominator 1</th>
<th>Nominator 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thomas ARNOTT</td>
<td>Lauren KARK</td>
<td>Patrick FINNEGAN</td>
</tr>
<tr>
<td>Shahadat CHOWDHURY</td>
<td>Paul BEAVIS</td>
<td>Seth WESTRA</td>
</tr>
<tr>
<td>Emily DAVIS</td>
<td>Ellen GURSANSKOY</td>
<td>Daniel BINKORST</td>
</tr>
<tr>
<td>Ananta KARKI</td>
<td>Martin LEE</td>
<td>Voon LEE</td>
</tr>
<tr>
<td>Prashan PARAMANATHAN</td>
<td>Joanne LEE</td>
<td>Fiona KWOK</td>
</tr>
<tr>
<td>Iva PENÉVA</td>
<td>Michael CHING</td>
<td>Rasangi KARUNARATNE</td>
</tr>
<tr>
<td>Justin UGBO</td>
<td>Kingsley OTENG-AMOAKO</td>
<td>Viet NGUYEN</td>
</tr>
<tr>
<td>Hang XU</td>
<td>William ZHICHENG</td>
<td>Rajiv BHIMANA</td>
</tr>
<tr>
<td>Nai-Xun ZHANG</td>
<td>Murray ADAMS</td>
<td>Stephen HELMSTEDT</td>
</tr>
</tbody>
</table>

The above candidates are declared elected. There is one vacancy.

FACULTY OF LAW – 10 students

<table>
<thead>
<tr>
<th>Candidate</th>
<th>Nominator 1</th>
<th>Nominator 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Malika CHANDRASEGARAN</td>
<td>Irene DANG</td>
<td>Leana LIVITS</td>
</tr>
<tr>
<td>Udaibir CHOPRA</td>
<td>Mark NAM</td>
<td>Nicholas TURNER</td>
</tr>
<tr>
<td>Talia EPSTEIN</td>
<td>Joyce LAM</td>
<td>Renee CHARTRES</td>
</tr>
<tr>
<td>Lisa HIRSWOWITZ</td>
<td>Thomas PAGE</td>
<td>Wen Hui WU</td>
</tr>
<tr>
<td>Ryan HO</td>
<td>Thomas RANDALL</td>
<td>Charissa CHOW</td>
</tr>
<tr>
<td>Sachin KUMAR</td>
<td>Thomas DUTKA</td>
<td>Chun-Chi HUNG</td>
</tr>
<tr>
<td>Mike LI</td>
<td>Manoj DIAS-ABEY</td>
<td>Kenneth WONG</td>
</tr>
<tr>
<td>Leana LIVITS</td>
<td>Ben MOSTAFA</td>
<td>Malika CHANDRASEGARAN</td>
</tr>
<tr>
<td>Vincent POON</td>
<td>Peter CHIA</td>
<td>Raymond LOU</td>
</tr>
<tr>
<td>Eugene QUAH</td>
<td>Rebecca SPIGELMAN</td>
<td>Michael GONSKI</td>
</tr>
<tr>
<td>Sigmund STERN</td>
<td>Shaun MORTIMER</td>
<td>Amy HALE</td>
</tr>
<tr>
<td>Victoria TAN</td>
<td>Jonathan CHAU</td>
<td>Chun-Chi HUNG</td>
</tr>
<tr>
<td>Christina TRAHANAS</td>
<td>Alexandra GREY</td>
<td>Gillian WHITE</td>
</tr>
<tr>
<td>Michael TRAN</td>
<td>Lalaine BECK</td>
<td>Timothy JAEGER</td>
</tr>
</tbody>
</table>

The election of ten students to the Law Faculty Board will be by online voting. Voting will commence on Monday 10 October 2005 at 9am and conclude on Friday 14 October 2005 at 5pm.

PROFESSOR ROBERT KING
Returning Officer
Deputy Vice-Chancellor (Academic) & Registrar
September 2005
With the Union hosting its annual Volunteer Ball this Friday night, it seems a fitting time to pay tribute to more than 500 UNSW students who have given up their time in the past year for the benefit of our University community.

Union volunteers add life to the University, and the Union provides an array of programs and activities to help them do this.

As a brief example, here is an overview of the tasks that have been carried out by these 500 volunteers so far this last year:

- Volunteers gave up their time weekly to let other students know ‘What’s On’ on campus as Hypesmiths and Orals Blitzers
- Volunteers helped new students settle in to UNSW life and life in Australia through their roles as Yellow Shirts and Learning the Lingo Leaders
- Volunteers organised and ran themed weeks like O-Week, Union Week and Arts Week so students could have fun on campus
- Volunteers helped out at cultural events at UNSW like the Mooncake Yum Cha Festival and Oktoberfest
- Volunteers put together the unsweetened literary journal, the International Cookbook, Lit Up, and the Lens Life and Smart Arts exhibitions to allow students to show off their own skills and enjoy the skills of others
- Volunteers went into the wider community and helped those less fortunate through the Outback Assist and Shack Tutoring programs
- Volunteers educated students at UNSW and in local high schools about culture and identity through Mosaic Fusion Forums
- Volunteers taught other students new skills at weekly STS workshops
- Volunteers sat on the Union Board of Directors and Union committees to ensure that the Union runs smoothly

Union volunteers gain a lot of experience through their roles. They develop public speaking and teamwork skills, project management skills and attributes that make them more employable when they leave University. They also meet a whole heap of people from different faculties and have heaps of fun as well.

To all those volunteers out there: Friday night is your night – a chance for the Union to say thanks for all of your hard work this year. It’s people like you guys that make this University more than just a collection of buildings and classrooms. Thank you and congratulations for your achievements this year.

Kirstin Hunter
u.president@union.unsw.edu.au

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* Joint degree awarded by both The University of Sydney & The University of New South Wales
It’s only half way through Spring, but we can already taste that summer breeze coming off Coogee Beach. For many of us this leads to thoughts of getting fit for summer, followed by resignation that we’re too far behind to even start exercising. But this doesn’t have to be the case.

Blitz sent Matt Lim, the writer formerly known as ‘Pork Bun’, to the Unigym, anticipating tales and photographs of Matt suffering, sweating and groaning his way through a gruelling gym routine. What we received instead was an article of good advice, which does nothing for our own personal amusement, but it is good reading for you.

Here’s an interesting fact: stretching before exercise is much less useful than people have previously thought. According to Mark, my not-at-all-drill-sergeant-like instructor, “...stretching at the start does very little. It’s more psychological ... and it can actually decrease strength for people wanting to do strength training”. He advises doing a more specific warm-up like starting with a walk and building up to a jog or run. It is very important however to stretch at the end of your workout.

This was part of the advice the Unigym gives every new recruit before preparing a custom exercise routine. With that out of the way, it was time to get physical. The following program is a fairly standard workout which would be suitable for most beginners. I also included a low-tech alternative if you don’t want to join the gym. You won’t get the same advice and equipment that you can get from a gym, but it is free. The low-tech alternatives were not instructed by Mark or the Unigym.

Treadmill (Cardiovascular)

There’s nothing difficult about this contraption. The Unigym, and most others like it, have high-tech electronic treadmills nowadays; a few button presses and you’re ready to burn some calories. There’s also preset programs (like the ‘Fatburner’) if you want the computer to set a course for you.

If you’re doing a one-hour gym session, Mark recommends doing approximately 30 minutes of cardiovascular exercise in total (a warm up and warm down). This sounds like a fair bit to do, but it’s actually not that hard, seeing that most people either listen to music or watch cable TV at the gym and zone-out.

Tips:

Since warming up is a must-do, it’s important to pick something that you like or feel comfortable doing for a while. For example, the step-master was a no-go for me. Always write down the details of the exercise you’re doing, like the time spent on the treadmill, how many reps you’re doing or what weight you’re lifting. That way you know exactly what you can improve on.

Low-tech alternative:

Go for a walk or jog outside.

Seated chest press (Resistance training)

If you want muscular man-boobs (sometimes referred to as ‘pecs’), then this exercise is for you. Grip the handle bars which are around shoulder-height and push out with your legs, then on the way back you extend your arms and return to the original position.

Tip:

Never lock your elbows when you’re extending them – this goes for all flex/extend exercises, and try not to let the weights hit each other when you’re returning to the original exercise position. It should all be fluid.

Low-tech alternative:

Do some push-ups. All you need is a floor. On the downside you can’t adjust the weight without a lengthy period of exercise.

Supported row (Resistance training)

Another exercise for the good kind of man-boobs. It is also great for strengthening your lower back and improving posture, for all you slouchers out there.

Begin by sitting up perfectly straight, stomach against the padded cushion to help stability. Starting with your arms extended out, pull the grip bars towards your chest. Then extend your arms back out, again without locking your elbows.

Tip:

While pulling back, try and squeeze your shoulders blades together.
Low-tech alternative: Keep your torso horizontal by placing your right hand and right knee on a bench or chair. Keep your back straight. Pick up a heavy object like a full watering can with your left hand, pulling it up to your chest and back down. Don’t forget to switch sides.

Reverse grip lat pull-down (Resistance training)
This machine is a great all-in-one upper body workout. It stretches your back, works the biceps and triceps and gives the shoulders a workout too.

To use this machine, you need to sit up straight on the bench, feet planted shoulder width apart. Then grip the handle bar above your head with your palms facing inwards and pull it down towards your chest.

Tips: You can vary your grip or pull the bar into your chest or behind your neck towards your shoulders. Each variation will target a different muscle group.

Low-tech alternative: Do some chin-ups. Or, do a handstand against a wall and lower yourself towards the ground like a vertical push-up. Good luck doing those.

Swiss ball crunch (Resistance training)
Not only do these huge inflatable things look cool, but they were actually invented to improve people’s fitness. Also, they can double as furniture.

There’s a ton of exercises you can do with a Swiss Ball; the crunch that Mark showed me is one of the most common abdominal exercises. Begin by sitting on the ball and then slowly creep your feet out until your upper back is resting on the ball with your knees out at a 90 degree angle. Then you just place your hands on the side of your head and bend upwards. As soon as you feel the ‘crunch’ in your abs, lower yourself down, making sure your shoulder blades don’t touch the ball again.

Tips: The further your legs are from the ball, the more work your abs will have to do. Of course, if you get too far you’ll just fall off the ball. Also, adding a slight twist as you’re crunching will work out your sides (obliques).

Low-tech alternative: Swiss Balls can be picked up for as cheap as $20-30, but you can always perform the humble sit-up.

The funny thing is this program wasn’t the sweaty hell I thought it would be. If you join a gym or start exercising wisely, chances are your experience will be similar.

Remember, the first two weeks of a fitness program is the hardest. Once you get past that mental barrier, your body will become accustomed to exercising and you’ll be on your way to becoming a fitness junkie, or at least not too afraid to go to Coogee beach.

And another thing...
Before you rush into things, here are a few words of wisdom from Mark which you really should stick to, after all he knows a lot more about a good workout than we do.

- It’s generally a good idea to start with two sets of 10-12 repetitions for each (resistance) exercise, then work up to three sets
- Try upping the ante every four to six weeks. Use a heavier weight or a longer running distance. If it’s becoming easy then your fitness won’t improve
- The key word is comfort. You might be able to handle heavy weights, but you don’t want to be struggling or feeling sore by the tenth repetition
- Avoiding unnecessary muscle soreness - taking a day off in between is good for beginners to let your muscles recover
- If you’re stuck for time, try a compound exercise (one that works out multiple muscle groups at once) or interval training (which varies the intensity of cardiovascular workout)
- Always stretch at the end! Hold each stretch for 20-30 seconds.

Some action off campus
UNSW has a huge number of activities right at its doorstep and more than likely you’ve been missing out.

It’s for good reason that the local area is referred to as The Sports Coast, it’s because suburbs surrounding UNSW offer a huge number of fun and healthy activities: barefoot bowls, SCUBA diving, surfing, coastal walking, wind surfing, swimming, snorkelling, skateboarding, bushwalking, golf, beach volley-ball, cycling, sailing, horse riding, rugby, cricket, tennis and kayaking.

Pushing yourself through a range of activities might be challenging but it makes for some great experiences. Watching the sunset at the national park down at La Perouse offers some of Sydney’s best views: lots of bushland with a backdrop of water, mountains and the city skyline. SCUBA diving down at Gordon’s Bay offers Sydney’s only ocean dive trail.

Centennial Park is great place to cycle with friends and Maroubra Beach has long played a role in Australia’s surfing culture - if you haven’t surfed the ‘bra’ you haven’t surfed.

If you prefer to unwind while watching others work up a sweat there’s plenty of footy, horse-racing and cricket.

Concerned about cost? No worries. ‘The Sports Coast Pass’ offers discounts off a range of local activities so you’ve got no reason to put off learning to surf, dive, or play golf overlooking a great coastline. There’s also cycling, kite-flying and horse-racing.

Very few places in Australia offer so many exciting activities right on the water, and here they are all right next door to UNSW.

Get involved! Visit www.sportscoast.com.au and find out how to have a lifetime of fun outdoors.

Get involved!
**WIN**

Do you know the nine-letter word in the target puzzle? Email the word and your name to:

comps@union.unsw.edu.au

The first five correct entries will receive a double pass to Nice Guys Finish Fast, a five-man gothic live comedy of slapstick, surrealism, wordplay and frequent attacks on modern Australian cuisine in the first off-campus show by Nice Guys Productions, a company of writer/actor/comedians that formed at University in 2002 and have since had material performed at the Sydney Big Laugh and Melbourne International Comedy Festivals.


**TARGET**

Make as many words as you can out of the nine letters. The centre letter must be used in every word. Use each letter only once. No plurals or proper nouns.

- **R**
- **A**
- **I**
- **H**
- **A**
- **P**
- **T**
- **R**
- **C**

1. A commonly used stimulant
2. Medical term for knee-cap
3. Performance sport that rhymes with ‘fantastic’
4. To breathe out
5. A Greek warrior who fought in the Trojan war. A body-part
6. Tasty!
7. A person who exercises to develop muscle mass
8. Nodes found in the groin armpit and neck
9. A form of alternative medicine bringing mental calmness and relaxation
10. A heart condition occurring when the muscle does not get enough blood

**ACROSS**

1. Small holes in teeth that need to be filled
2. Australian chocolate manufacturer known for its purple colour scheme
3. Progressive disorder of the central nervous system. _________ disease.
4. Common name for Somnambulism
5. A form of alternative medicine bringing mental calmness and relaxation
6. Neurochemical responsible for a sense of euphoria during exercise
7. Delicate membrane lining the inner eyeball
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Joss Whedon, creator of Buffy the Vampire Slayer and Angel, talks to Matt Lim about his newest movie, Serenity.

For those unfamiliar with the name, Joss Whedon is the highly celebrated pop culture guru who created cult hits Buffy the Vampire Slayer, Angel and the short-lived TV series Firefly. Serenity is the name of his new cinematic release.

During a recent whirlwind tour of Australia to promote Serenity, Joss Whedon managed to tap into almost every media outlet available. I was fortunate enough to attend a round-table press interview with Joss, along with some clearly chuffed fans.

You might not know it, but Joss has had extensive experience in film before Serenity; he was a ‘script doctor’ for films such as Toy Story, Speed and X-Men. He remembers the experience as rewarding but also disheartening at times. “Oh I conquered film, I just wasn’t credited,” he says laconically, referring to his snubbing in one film where his name was omitted in the credits. He pauses to reconsider this, “No, film nearly conquered me.” Luckily for us though, Joss’ passion for storytelling and pop culture has waned. This passion is what ultimately drove him to make not only three popular TV series, but also his first outing as a director in Serenity (he wrote the 1992 movie, Buffy the Vampire Slayer, but it was directed by Fran Rubel Kuzui).

So what exactly is this passion that drives him to keep plugging out these cult hits? “I am trying to change culture,” he says, “I think every artist to an extent is (but) not everyone gets the chance. Ultimately what I want to do with popular culture will be exactly as relevant as how good my stories are.

“My agenda is important to it, because it moves me. But change certainly isn’t my only goal. At the end of the day I’m a storyteller. I want there to be strong female characters, to make popcorn movies that are thoughtful and bring back exciting, interesting, sympathetic, humanistic adventure movies as opposed to either, ‘Here’s a little film about people that’s nice,’ or ‘Here’s a big film with explosions that’s expensive’. I want the two to mate and make a child, and that’s Serenity.”

“If I didn’t love Buffy, if I didn’t love Serenity and if I didn’t give them everything I had, nobody would have responded to them and the bigger mission would probably never even have coalesced let alone be realised.”

If you’re wondering, yes Joss really does speak like that. He has all the air of an intellectual or, dare I say it, a nerd, yet he manages to speak like, well one of us. As soon as we met, we were all put at ease by his joking around and relaxed attitude, despite him clearly lacking sleep from all the publicity he had to do.

This is probably what the fans love so much about him: his complex mind. Joss has a knack for out-there themes, but what also makes his work distinctive is his penchant for devices like great characters and humour. He is willing to laugh at himself whenever this is pointed out. “Yes I only have one idea, thank you for pointing that out!” he replies, sparking laughter from all sides. “Yeah, inevitably I come back to certain themes. This

“You could be breaking up with somebody and think of a great joke. They’re crying and in your brain you’re like, ’But it’s a really good joke. I’m never gonna have an opportunity like this again!’ Sometimes you have to turn it off.”

– Joss Whedon on humour.
was supposed to be the story where I get past my obsession with adolescent girls with superpowers but that didn’t work out.”

This self-deprecation displays the importance of humour to Joss. “Humour is a part of everything I like, it’s a part of my life. [In my work] you can take a situation where you don’t expect to see humour and then you do [have humour]. It’s very refreshing, as opposed to a sitcom where you’re looking for it.

“At the same time it’s kinda like a disease. You could be breaking up with somebody and think of a great joke. They’re crying and in your brain you’re like, ‘But it’s a really good joke. I’m never gonna have an opportunity like this again!’ Sometimes you have to turn it off to keep things real. In fact part of the editing process for the movie [was me] pulling out a few of my favourite jokes, because they were like, ‘nobody’s going to get involved if you don’t shut up for five minutes and let the movie happen’.”

“The challenge is really the difference between TV and movies,” he says. “With TV you have a great deal of time to examine things and let them unfold – unless you’re on Fox [referring to the surprise axing of his Firefly series] – and with movies you really have to hit them in the jugular every single time. Any time somebody opens their mouth, that defines or completely changes the definition of who they are.”

Popularity can come at a price. It’s clear that Joss faced a great challenge when making Serenity trying to cater for both fans and newcomers to the sci-fi universe that both Firefly and Serenity take place in. “It’s the hardest thing I’ve ever had to do in my career. I have to make something that honours the fans who had so much to do with it getting off the ground in the first place …but at the same I absolutely have to ignore their existence and really think about the person who has no idea who I am and just walked in because it was raining outside. Audiences who haven’t seen the show have responded enthusiastically, so I feel I’ve made a movie for the general populous. Now the general populous has to return the favour and see it!”

From his well thought-out and insightful answers, we begin to see a man who is clearly devoted to his fans and the work that he does. He clearly has a mind for interesting stories and is not afraid to think outside the square when creating visual texts. We are given a brief glimpse into the workings of his brain when he comments on his creative process. “I’ve always loved the idea of the person that nobody took seriously. The idea of the last person in the world you’d ever think of being the most important person in the world is a very gratifying idea for me.

So what kind of movie is Serenity? Not even Joss knows. “Ultimately I love everything. When it comes to stories I love all genres, I love all formats, I’m not satisfied by one thing. Look at any of the great movies - The Searchers has a horror movie in it, Magnolia has a musical number. Why? Because [the director] loved it and it made sense. I’m not the only one that has this problem! But it is absolutely the benchmark of what I like to do”.

“It comes down to the fact that life is not any one thing. The funeral where you think of the funniest thing, the great joy when something terrible happens, it’s always surprising you. To me that’s the only really interesting thing about life or movies. Genre falls into structures that are so set that it becomes impossible to surprise. So if I never decide on a particular genre then I always have the ability to surprise.”

We could have easily picked apart Joss’ brain for hours and then some. Unfortunately, he was whisked away eventually by his minders (though not before I got a photo with him!), no doubt to attend another media commitment or perhaps catch up on some well-earned sleep.

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**WIN!**

Blitz has five Serenity prize packs to give away thanks to United International Pictures. Each pack contains:

- An in-season double-pass to the movie, Serenity
- A Serenity t-shirt
- A Serenity USB flash-drive
- A Serenity novel

To win, answer the following question: Who directed the 1992 movie, Buffy the Vampire Slayer?

SMS your answer, along with your name, to 0407 BLITZ0 (0407 254 890)

The five winners will be drawn on Friday of Week 10 at 5pm, so you have all week to enter.

Limit of one entry per person. This competition is open to students of UNSW only.

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**NODDYS ON KAMPUS**

BLOCKHOUSE, LOWER CAMPUS (BESIDE ROUNDHOUSE)
NSW UNIVERSITY, ANZAC PDE KENSINGTON 2033
PHONE: 9663 5496 or 9385 7707
HAIR BY N.O.K
**MONDAY, OCTOBER 3**

Public holiday. Why are you here?

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**TUESDAY, OCTOBER 4**

**Social Work Students’ fundraiser**
Students will be selling Krispy Kreme doughnuts.
10am; Library Lawn
Box $13, individual doughnut $1.50

**Table Tennis**
11am; Roundhouse
Free

**UNSW World Vision Club - Child Sponsorship Sign-up**
You can sponsor a child from as low as $1 a month. Drop by our booth with a year’s contribution and start changing the world, person by person.
11am-2pm; Library walkway
Free

**Punkrocksoc Churros**
11am-3pm; Library Lawn Walkway
$1.50 each

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**MONDAY, OCTOBER 10**

**Queer Department - Queerplay**
A social group for the queer students of UNSW - a chance to meet and chat with others on campus. Snacks and entertainment provided. More info on www.queer.unsw.edu.au
12-2pm; Queerspace, Applied Science 920
Free

**Theatresports**
Flex your improvisational muscle.
Midday; Unibar, Roundhouse
Free

**UNSW Chess Club**
The battle for might and glory begins. Late entries accepted.
Midday-3pm; Quad 1001
Members Free; Membership $5

**Christian Students Uniting Bible Studies**
Christian Students Uniting is a progressive evangelical Christian group on campus which encourages critical engagement with the biblical text and with contemporary social justice issues. Join us as we study Mark’s gospel. For more information visit www.csunsw. unitingchurch.org.au
1-2pm; Quad 1048 and Quad G048
Free

**Campus Bible Study talk - Jesus: the only way to true freedom**
Join us for a talk on Galatians 4: 8-31. For more information, visit http://www.campusbiblestudy.org
1-2pm; CLB 7
Free

**Trivia**
1pm; Unibar, Roundhouse
$50 cash jackpot weekly.
Free

**Pool Comp**
5pm; Unibar, Roundhouse
Free

**UNSW PhotoClub AGM**
The UNSW PhotoClub will be electing a new cabinet for 2006. Positions include president, publicity, event organisers and treasurer. If you’re a keen photographer and want to help the club grow, come along!
5:30pm; Level 1 Seminar Room, K17 Building
Free

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**WEDNESDAY, OCT 5**

**Grand Slam Bridge Club AGM**
Ever wanted to learn how to play Bridge, the most stimulating card game ever conceived? Well, here's your opportunity to learn and master extraordinary skills. So join us as we journey to our Grand Slam Victory.
11am-12pm; Quad 1001
Free

**Table Tennis**
11am; Roundhouse
Free

**UNSW World Vision Club - Child Sponsorship Sign-up**
11-2pm; Library walkway
Free
Library Lawn Band - Revue Thankyou Concert
Chill out in the Library Lawn as the talents from Med, Law and CSE Revues come together for a very special thank-you concert for all the students who lent their support to this year’s revues! This is an once-in-a-lifetime opportunity so don’t miss it!
1pm; Library Lawn
Free
Bar Bingo
1pm; Unibar, Roundhouse
Free
Table Tennis Competition
4pm; Roundhouse
Free
Trivia and Happy Hour
5pm; Unibar, Roundhouse
Free
Volleyball
The UNSW volleyball club welcomes new players, from beginners through to competitive players who wish to join an SVL team. Non-students and exchange students are welcome too. www.volleyball.unsw.edu.au. 5-8pm; Unigym main hall
Pub Grub – Now $5
5.30pm
Clems, Roundhouse
Rapid Fire Comedy
7pm; Unibar, Roundhouse
Free
Ultimate Frisbee Eastern Suburbs League
The UNSW Ultimate Frisbee Club runs a weekly League for players - beginner or advanced. Come along and give it a go! 7-9pm; Village Green $30 for the session
NIDA Play - Cosi by Louis Nowra
7.30pm; NIDA Theatre, 215 Anzac Parade, Kensington
Adults $25, Concession/Students $15
Book at Ticketek 132 849 or www.ticketek.com.au
NIDA Play - Dreams in an Empty City by Stephen Sewell
7.30pm; Parade Theatre, 215 Anzac Parade, Kensington
Adults $25, Concession/Students $15
Book at Ticketek 132 849 or www.ticketek.com.au
Nice Guys Finish Fast
A fledgling Freemasons’ guild, a nasty motivational speaker, a sociopathic restauranteur and a cub-scout leader with a death wish?
Nice Guys Finish Fast is a brutal black comedy. 8pm Wed to Sat; 5pm Sun; Sept 28 - Oct 23 The Crypt Theatre, Under the Cat and Fiddle Hotel
456 Darling Street, Balmain
$18 (full), $14 (students), Pasta & Play Deal - $26 / $22
To book call (02) 9810 7931

Table Tennis
11am; Roundhouse
Free
UNSW World Vision Club - Child Sponsorship Sign-up
11am-2pm, Library walkway
Free
Table Tennis
1pm; Roundhouse
Free
Campus Bible Study talk - Jesus: the only way to true freedom
1-2pm; Science Theatre
Free
UNSW Chess Club
1-4pm; Quad 1001
Members Free; Membership $5
UNSW Ultimate Frisbee Club Training
4-5.30pm; Village Green
Free for members
Beer Garden Band - Bobby Gebert Trio
Swing, elegance of phrase and flair are Gebert’s trade marks, and when the music is ‘on’ it’s hard not to be swept away by its freshness, charm and beauty. 4.30pm; Beer Garden, Roundhouse
Free
COFA Exhibition - TrainInk VideoWorks #3
Sydney Moving Image Coalition presents a screening program of experimental video art works by COFA postgraduate students and lecturers and an exhibition of photographs and video installations.
8pm; Fig Tree Theatre
Free

Chinese Students Association Movie - So Close To Paradise
Winner of FIPRESCI Prize at 2000 Singapore International Film Festival, this film takes a sympathetic look at female migrant workers from rural areas. 6.15-8.30pm; Applied Science G07A
Free
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Book at Ticketek 132 849 or www.ticketek.com.au
Studio 4 presents
Old Fashioned Standards 2
8pm; Studio 1
$5 NUTS/Studio 4 member, $7 student, $9 anyone else

Nice Guys Comedy at the Crypt Theatre
A fledgling Freemasons’ guild, a nasty motivational speaker, a sociopathic restauranteur and a cub-scout leader with a death wish? Nice Guys Finish Fast is a brutal black comedy. 8pm Wed to Sat; 5pm Sun; Sept 28 - Oct 23 The Crypt Theatre, Under the Cat and Fiddle Hotel
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Receive a Free Sample of Berocca Performance
Tuesday 4 & Wednesday 5 October
11am – 2pm
Visit the stall opposite the Roundhouse outside Union Reception
1. Event name
2. Organiser
3. Location
4. Date
5. Time
6. Cost
7. Description of 50-100 words. The description is compulsory!

You can find an electronic template on the Union website, www.union.unsw.edu.au

The deadline for What’s On is twelve days before (always a Wednesday) the magazine is released (always a Monday).

Want To List Your Event In What’s On?

It's easy. Just send an email to whatsonblitz@union.unsw.edu.au containing the following information about your event:

- Event name
- Organiser
- Location
- Date
- Time
- Cost
- Description of 50-100 words. The description is compulsory!

You can find an electronic template on the Union website, www.union.unsw.edu.au

The deadline for What’s On is twelve days before (always a Wednesday) the magazine is released (always a Monday).

UNSW Union Art Prize - 2D Category Entries Close THIS WEEK

This is your last chance to enter the Union’s 2005 Art Prize in the 2D category. Your entry can be a painting, drawing, photograph, or anything else that is flat. Prizes will be awarded for 1st ($300), 2nd ($100) and 3rd ($50). A selection of the most impressive works will be displayed in the Hutcheson Gallery on Level 1 of the Roundhouse in Week 14 and a special “People’s Choice” award of a further $100 will be given.

Remember, entrants must be current students of UNSW; only one entry per category may be submitted by any one student; entries must be mounted/framed/fully prepared for display and labelled ‘Right side up’; Entries must have been produced in the last 12 months; the Union reserves the right to reproduce entries for promotional and publicity purposes; the Union is not liable for damage to artwork entered in the competition but all care will be taken; the judges’ decision is final; the Union reserves the right to NOT award advertised prizes if competition in any of the categories is considered insufficient to warrant the awarding of prizes.

Apart from that, you’ve got a blank canvas. For more info pop in to the Union Reception, or U Space and pick up an entry form or email artcomp@union.unsw.edu.au

FRIDAY, OCTOBER 7

Falun Dafa - Learn meditation for free
Come and try out the five sets of gentle exercises of Falun Dafa (Falun Gong), a meditation system from ancient China. More info: www.falundafa.org.au/uni
9:30-11:00am, Marsh Room, Roundhouse Free

Table Tennis
11am, Roundhouse Free

Jazz In The Beer Garden
Ease out of your week
1pm, Beer Garden, Roundhouse Free

Friday Arvo Sessions with DJ Cadell
Did we mention it’s Happy Hour as well?
3:30pm; Beer Garden, Roundhouse Free

AnimeUNSW Screening
Our fortnightly screenings are on again! Join us for pizza and meet up with fellow otakus who love anime as much as we do!
5:30pm til late; Rupert Myers Theatre Free for members, $10 for membership

Campus Bible Study Trivia Night
Come join us for a fun night of trivia and have a great time meeting people from all over campus.
Join in, get to know more Christian friends, enjoy the night.
8-10pm; Upstairs Roundhouse $5

NIDA Play - Dreams in an Empty City by Stephen Sewell
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Comedy Show - Nice Guys Finish Fast
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$18 Full Price, $14 concession, for bookings 9810 7931

SATURDAY, OCTOBER 8

Animania 2005
All the student-run anime clubs of Sydney’s major tertiary institutions will be coming together for one major Anime Convention held at Sydney Town Hall for a full weekend with competitions, screenings, karaoke, giveaways, vendors and loads more! This is Australia’s biggest Anime-dedicated annual convention and

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It’s our 25th birthday...but you get all the pressies!

Hermitude  
Downsyde  
Funktrust DJ’s -  
Will Styles & Learned Hand  
Muph & Plutonic  
Poxy Music  
bluejuice  
Deepchild  
The Impossibles  
DJ Cadell  
Nino Brown  
Sefu  
Moto  
FBI DJ’s  
PLUS MORE!

Party starts 4pm  
The Roundhouse  
UNSW, Kensington  

Members FREE/students $15  
guests $25
Music - Spiderbait - Greatest Hits

Spiderbait seem to be capitalising on their recent chart successes with this intriguing little anthology - a honey trap for unsuspecting aficionados who have only recently come to love The Bait. To this end, the songs have been arranged from most recent to their earliest forays into punk-pop.

Anyone who’s ever seen Spiderbait live will know how ball-breakingly amazing they are as performers. What this disc shows is that this band is, to use one of their song titles, ‘Fucken’ Awesome’ on plastic as well. On the same CD, there’s the high-octane cock rock of ‘Black Betty’ (granted that’s a cover), the camp bliss of ‘Stevie’, the tripped-out riffs of ‘Monty’ and the thrashy lo-fi punk of ‘Old Man Sam’. Spiderbait has one of the most eclectic back-catalogues this side of Devo, and remarkably it all sits together very well.

One of the other qualities that has set Spiderbait apart is their playful approach to music. That approach comes through pretty clear on this anthology. Thankfully they’ve included ‘Footy’, the song where the two boys tell us their love of footy in frenzied voices before Janet yells “I hate footy!” After years and years, I still piss myself when I hear that song.

– Rob Gascoigne.

Cinema - Serenity

The problem with TV series made into movies is that they usually aren’t very good (Brady Bunch Movie anyone?). Fortunately, Serenity does well to avoid this pitfall and excels in all the areas where it probably shouldn’t have.

The Firefly TV series, on which Serenity is based, barely lasted a single season (ten episodes). Also, Joss Whedon decided to keep his entire TV cast and bring them to the big screen, a decision which has worked wonders.

The movie is set 500 years in the future in a post-Earth universe ruled by the Alliance. The film centres around a bunch of rebel outcasts (known as Browncoats) on the losing side of a galactic civil war. This motley crew pilot the spaceship Serenity, making ends meet through any means they can. When they decide to harbour two passengers, they quickly realise their ‘cargo’ is part of something much bigger than they thought.

Star Wars references aside, this movie is damn good fun. The characters are instantly engaging - the chemistry no doubt comes from their previous work together. Then there’s the trademark Joss Whedon dialogue. Add to that some impressive visual effects and a cracking story, and you’ve got one of this year’s best flicks – Matt Lim.

---

Spring into spring with delicious Italian gelato and coffee at Mathews

Strawberry Yoghurt
Boysenberry
Tiramisu
Mango
Passionfruit
Hazelnut Dream
Pannocotta
Raspberry
Rum & Rasin
Vanilla
and other flavours

Price $2.60 members $2.85 non-member

Regular Coffee
Price $2.20 members $2.40 non-members
Every week, students contribute their artwork to Visual Blitz and every year, Visual Blitz culminates in an exhibition of student work with prizes awarded to the winning entries. If you're in the habit of making creative statements then Visual Blitz is your canvas.

Send your contributions for 2005 Visual Blitz to: blitzeditor@union.unsw.edu.au (Please include a 50 word explanation)

I was travelling up a river in the Philippines and spotted these kids. They may not have understood English, but in my head I was screaming "Don’t move until I get my camera! Hold on a sec, don’t jump yet! Okay, NOW!"
Newspapers still stand out in an information-laden world, writes Ben Smyth.

The newspaper has been around for more than 400 years, enduring and participating in revolution, evolution, death and rebirth. They have been and remain the most reliable source of in-depth news coverage, despite the serious challenges that they face.

Some have predicted that in the face of these challenges, newspapers will soon be replaced by media that are faster, more prolific and more democratic. Closer examination shows, however, that the news is still good.

The first major challenge faced by newspapers is from us: the young reader. We live in a world of greater cultural, political and technological complexity than before. We have less time. Even the university student, the supposed ultimate being of leisure, works many more hours than the previous generation.

Perhaps our most unique trait is the sheer volume of information available to us. While a great deal of it is ‘pushed’ to us through the likes of advertising, we also seek it out with enthusiasm - we are information hungry. We are mobile phone users, television watchers and book readers.

Joel Gibson is the editor of Radar, a weekly section of the Sydney Morning Herald that caters for younger readers. It is his job to gather and present content in a way that caters to these changing lifestyles. He believes the key to this is not through vastly different content, but through the means it is made available to readers.

“Once, print media was it, [but today people] use a whole variety of media, people might read the news section on their way to work, but while they’re at work on their bosses’ time, they might read an entertainment website.”

Nothing represents our love of information from numerous sources better than the newspaper’s other great challenge: the internet. The difference in the way news and entertainment is presented on the internet is not as radically different as it is on television, although this is changing with the growing combination of text with video and sound.

The internet offers swift coverage of events and breaking news. When Schapelle Corby was convicted of drug smuggling in an Indonesian court in May, internet users were informed as quickly as television or radio users - long before newspaper readers.

The internet offers news even faster when it is reported by sources outside of established media. Today, anybody with an internet connection is able to publish their work to a weblog or forum without interference and at an extremely low cost.

Because these publication methods are as cheap for their consumers as they are for their producers, the news becomes a process of constant feedback and self-correction. This can be seen working on the forums of news discussion sites like Plastic.com, as well as on more objective projects like the online encyclopaedia, Wikipedia.org.

This rise in ‘citizen journalism’ has been hailed as a great shift in the way that news is reported and analysed, freeing it from a media industry that is often criticised of bias by being overly commercialised and too closely associated with the structures on which it reports.

Yet despite the rise of new media and its new methods, it is the old media that remains at a higher quality, and it is this way largely because of systems that new media have distanced themselves from.

Gibson believes that even if people like to read from a less reliable gossip or scandal site, they will still want news from an objective and reliable source. Using multiple sources increases the importance of the reader’s own analytical skills. “There’s more onus on the reader these days to spot quality journalism and separate it from fiction,” he says.

This does not sound like an impossible task, but it is made much more difficult when the source is largely unknown and unaccountable. Most people read the news to examine current events, not the system that reported them.

A newspaper trades on its reputation of accuracy and reliability and it has the systems in place to maintain it. Its journalists are hired for their skills in writing and research. Their stories are scrutinised, checked for typographical, factual or legal error. Editors and management ensure that both the newspaper’s content and its presentation match the needs of its readers. If errors are made, people are held accountable by a system that not only corrects errors but keeps the rate of them low.

All of this ensures the reader has a high quality source of objective news. But is authority enough
to attract and maintain a younger audience? There is also a shift in the way authority is viewed, where claims of complete objectivity are viewed with suspicion.

Gibson has seen this shift, but he can only speculate about its cause - he suggests the influence of post-modernism. Whether this is the cause, or a simple generational power struggle, or a by-product of an information deluge, there is a growing preference for opinion over fact. "I don't think it's a problem in a publication which quite openly states that it's not being objective, but it's no good in news."

Newspapers are not without opinion. They have popular feedback forums like their letters section, as well as editorials. They also have opinion columnists, many of whom like Julia Baird at the Sydney Morning Herald, write about youth issues. These columnists are usually highly experienced commentators and they combine their knowledge with the above mentioned strengths of print media to give their comments great weight.

However, if what people want is opinion in its purest form, the internet, through its speedy use of forums, is the more popular medium. For media organisations trying to meet the needs of a young audience who want both news and opinion, this is a problem: two demands from an audience that are catered best by two media.

As the editor of Radar, Gibson is at the forefront of this problem. Rather than duplicate content across print and internet, Radar uses online forums as a place to discuss the printed articles.

"What we're trying to do is understand the reader some time on a Wednesday morning, on their way to work or at lunchtime ... to give them that quirky stuff in a fairly short space of time and maybe initiate some sort of [online] discussion."

It seems like a best-of-both-worlds scenario, though it does beg the question, why not move newspapers, people and systems included, to a completely electronic medium? This is not impossible, but it probably won’t happen in the near future. Not just because of the sheer inertia of such an old and established system, but because there is an undeniable appeal in having something in print.

Newspaper text is easier to read, whether you’re sitting, standing, on your side or your back. Not many people are robbed of their newspaper, in fact many people leave it on the train when they’re finished with it. "You can’t take a laptop to the beach and leave it there while you go for a swim," says Gibson. 

As for competition from TV and radio, he adds that newspapers still have the edge in news and investigative journalism. "In a news sense, newspapers are still making the news – TV and radio tend to run off what’s published in newspapers each day."

Today’s successful newspapers remain strong by using the internet as a supplement rather than as a replacement. Internet news sources could one day become more accurate and dependable, but not through citizen journalism. It could only happen if they adopted strong hierarchies of authority and accountability – just like newspapers.
BEACH VOLLEYBALL

this Saturday 10 October
10am onwards @ Coogee Beach

For more details:
Solly on 9385 7779
or turn up to Unigym main hall
this wednesday 5 - 8pm

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Saturday night. The Hopetoun Hotel. Black Dirt, supported by the Bird Blobs and someone I missed. The Morning After Girls canceled their Spectrum show, so it’s the best gig in town. Eight dollar cover, good bands, and the promise of seeing the usual gig people: cute CoFA girls and boys in tight black jeans and elaborate hair. Companionship is Josh, a fellow Arts student and music fan. I haven’t told him we’re bringing along two others: Martin and Kat, IT folks as yet unbaptised with the Fire of Rock and Roll.

I dress: black jeans, Spiderman shirt, thrift store pinstriped shirt, me ‘gig book’ - a tiny pink notebook covered with band stickers for general notes and phone numbers- keys, wallet, mobile. Hop on a 399 bus to Oxford Street, meet Josh at Burger King. We buy longnecks and walk toward Bourke Street, drinking and chatting. It is going to be a Night - we do not know if it will be good but it will be a Night and there will be Bands and we will be Drunk and there will be Fun.

I’ve been here less then two years and I know the bands, know the scene, know the litany of venues: The Hopetoun. The Enmore. The Annandale. The Metro. Club 77. Spectrum. There’s a song somewhere that mentions the Hoey and ‘Bourke Street nights’. It’s eight-thirty we’re on that street, finishing our longnecks outside the Hoey as the openers rock out. I throw up a bit in the bushes and I recognize it as an archetypical experience.

I go inside and meet Martin. He seems unenthusiastic and I leave him sitting on the steps to the restaurant, far from the stage. I can’t be far from the stage; I need to feel the music and dance to it, translate the drum rhythm and vocals into sub-Stipe spastic motion, howl and leap and cheer. Josh and I have been joined by Angie, lead singer of no-wave act, Kiosk. I’ve seen them four times and got stuck in a lift with her - that story is more interesting but it isn’t as typical. Kiosk opened for the Bird Blobs and I’ve seen half this crowd before. It illustrates just how small this whole world is, this group of rock and rolling misfits.

The Bird Blobs are nuts. The lead singer has a cowboy shirt and Burt Reynolds mustache and it’s all over the place, crazy and howling. Afterwards Martin’s girlfriend will say “The drummer had no sense of time and if I could dance to it then I can’t really dance.” I don’t care. She doesn’t get it. It isn’t about timing or rhythm. For the eight dollar cover at the Hoey on a Saturday night, it’s about energy, about getting out of our shells and having time, about being ignored by pretty girls and coming home smelling of stuff we didn’t smoke and other people’s beer. It’s about bars - old bars where hundreds of bands have played and where Black Dirt go through their Beasts of Bourbon covers and old men shout at them, drunk on the Bourke Street night and VB. This is the closest thing to the Real many of us get, and we treasure it.

How did the bands sound? Made up of ex-Beasts of Bourbon members, Bird Blobs had more energy, while Black Dirt had a tighter sound. The night wasn’t special, which is the point. I saw friends and girls. The gig book is partly so I can remember who I’ve seen, all the ragged punks and Franz Ferdinand imitators start to sound the same and you need a scorecard to tell you that Staying at Home have no energy but Expatriate rip the roof. Martin didn’t get that, Josh did. Later on he and I wandered off to Oxford St, doing strange substances and requesting Lou Reed’s ‘Satellite of Love’ on the Gaslight jukebox, talking about Bowie and bullshit. Its the closest thing to life we get, but we know the truth: rock and roll will never die.
Seeking third-plus generation Australian Born Chinese for PhD research on Chinese Identity. The interview will discuss family migration history, links with place of origin, sense of identity and belonging, social networks and social experiences. The session will be taped and last up to 1.5 hours. Please contact Lucille Ngan, on l.ngan@student.unsw.edu.au or call 0414 533 022 if you are interested.

Can you help build the next Google? Visit http://129.94.108.23/health_searching/info.html. Must have used a search engine before. 30-60 min web-based experiment answering six health-related questions using a search engine. Participants can win one of 100 movie tickets. Contact Annie Lau, at anniel@student.unsw.edu.au, or 9385 9035 or 0431 599 890.

Food Questionnaire. Please take part in an exciting research project identifying what is happening inside the everyday Australian kitchen. Contribute to a cleaner, safer and more hygienic community. Go to the website www.foodhandlingg.com; it will take only 5 min of your time.

Digital Camera: Nikon 3700. 3.2MPixel, 3X Optical Zoom. Still has 4 year warranty from Harvey Norman. As new, bought $500, now $350 ono. Canon i50 printer: reliable workhorse, new ink, was $140 now $60. Contact Jason at jason.li@student.unsw.edu.au or 0410 629102

Barista and Coffee Art combo course: Feel like saving $125? Due to popular demand there's another incredibly cheap Barista and Coffee Art combo course on Sunday, October 16 from 10am to 4:30pm. This course is only $155 for UNSW Union members. Call Stephen Gore now at the Union's U Space Office on 9385 7673.

Food Questionnaire

Easy money for tutor in these subjects for all accounting and math students: ECON1202, ACCT111. Flexible time payment depends on the experience. Call Ibrahim 0433 227 043 or email z3169557@student.unsw.edu.au.

For Sale: Futon Sofa Bed, excellent condition and almost new! $100 neg. Contact Denise at denise_ekin@yahoo.com.au or 0402838872.

For Sale: iBurst PCMCIA Laptop Modem Card. The card is as good as new and has no scratches at all and works perfectly. This card is NOT LOCKED, so feel free to use any provider that allows BYO modems. Priced at $260, a bargain you cannot find elsewhere. Contact 0401 052 556 or z3106478@student.unsw.edu.au. I welcome SMS.

Secure storage space available in room of unit in Randwick, five minutes from upper campus). 12sq meters. $50 pw. Phone: 9398 7608 or 9382 4660.

WEEK 9 CROSSWORD ANSWERS:
Target Nine-letter word: OSCILLATE.
Can you think of a Vox Pops question? SMS it to 0407 BLI TZ0 right now!
Derek was not always a dedicated student. Like many others, he succumbed to socialisation and became stupid with fatigue. However, since incorporating Berocca Performance into his daily routine, Derek has returned to the act of studying. Berocca Performance is a formulation of high dose B group vitamins and vitamin C – clinically proven* to improve concentration and help reduce tiredness and stress. Derek now aspires to academic distinction and prepares for exams with tremendous gusto.