

blitz

weekly from the

ATC

April 23 - April 28 2007 \$1.W8



Exotic
Exercise

Lonely
Hearts
Recipes

Being Creative
is Being
Positive

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Student Support Services

Arc
UNSW Student Life

EDITORS LETTER

Dear Reader

This week's theme is health and fitness; it's all about staying healthy, robust and positive. I have tried to shape this issue to be of interest to everyone, not just sports people and gym junkies. Thus we have two features, one on the power of positive thinking to create better health, and another on alternative ways of getting fit. There is also a piece about healthy recipes for one.

For those who find the idea of exercise abhorrent, check out some of the non-fitness related articles, including an interview with a prominent public law professor from UNSW. We also have teaser articles about the Book Fair, Med Review, the Indonesian Night Market and the Money Matters workshop.

I would also like to tell you about the myriad of things you can get out of Blitz Magazine. First and foremost, Blitz is a What's On magazine, a forum in which you can list your events, AGM and social activities. Blitz also regularly runs articles profiling clubs and their events. Blitz is the voice of Arc, your student organisation. So if you're interested in finding out what the Arc can do for you or how to get more involved, Blitz is your number one portal.

Enjoy Week 8

Alex Serpo
Blitz Editor 2007

CLARIFICATION

Incorrect information appeared in the Week 7 edition of Blitz regarding the Heinz Harant Award (page 19). Certain misrepresentative facts were made about Mr Harant's achievements. To clarify, Heinz Harant served for 28 years on the Union's Board of Management. He spent many years serving the University Council, played an integral role in the creation of a Provisional Committee for the establishment of a Students' Guild and, consequently, was a founding member of the Students' Guild Council.

Blitz Magazine

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Chair's Report

As I mentioned last week, the Arc is currently calling for nominations for the prestigious Heinz Harant award. The Heinz Harant Award has been awarded for the past 12 years to students who have made an outstanding contribution to UNSW through their volunteering and leadership in the University's student organisations.

As this is the Arc's inaugural year, it will be the first year the award is presented by the Arc. The award reflects the contribution of Heinz to the University Community. Heinz Harant was heavily involved in all aspects of University life, including serving for 28 years on the previous UNSW Union's Board of Management, the University Council, acting as a founding member in the creation of the Student Guild and the UNSW Alumni Association.

The Arc is looking for nominations of students who have contributed to volunteering and shown significant leadership in their volunteering with the Arc or any of UNSW's

previous student organisations: the UNSW Union, UNSW Student Guild, Postgraduate Board and COFASA.

If you know someone who you think has contributed significantly, shown impressive leadership and improved the campus community at UNSW, visit the Arc's website, www.arc.unsw.edu.au to look at the nomination guidelines and fill out a nomination form.

This week's theme is Health and Fitness. As someone who's major exercise is probably playing buck hunter in the UniBar (it's a sport...), I'm not sure I can speak too authoritatively on the matter.

I can however tell you about some of the activities the UniBar offers free every single week. These activities include Trivia on Tuesdays from 1-2pm, Bingo on Wednesdays from 1-2pm, Beergarden Bands on Thursday afternoons from 5-7pm and a Chillout DJ on Friday afternoons from 4.30-6.30. The UniBar also has Happy Hour every single day of the week from 5-6pm and has beers for as cheap as \$2!

In light of all these Roundhouse activities, don't forget about the Bar Skills Course being held next Friday. You can book a place at Blockhouse Reception.

The unsweetened Literary Journal is also about to open for entries. If you're interested in writing for the Journal this year, just visit the website, or the Blockhouse, to find out what sort of material you can write.

That's it from me this week!

Kate Bartlett
Chair of the Board

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Sergeant Pepper's Lonely Hearts Recipes

Every university student understands the problem of eating alone. Once you move out, you're often cooking for one at every meal. If you're living at home, chances are you're eating at odd hours and indulging in midnight snacks whilst writing an essay that's due the next day.

Eating alone can be wonderful. You're not obligated to eat what someone else has made, or prepare food according to other's tastebuds. At the same time, there's a lack of social interaction that many of us were accustomed to growing up. There's also the added cost of individually packaged food, along with the temptation to open a can of tinned spaghetti in orange sauce because it's so much simpler than preheating an oven.

If you do go to the effort of pulling out the frypan, chopping up ingredients and waiting for everything to cook, chances are you've made more than one serving, which often results in us eating more than we originally intended or than we actually need. So in an effort to improve your recipe repertoire, without causing undue strain on your wallet or time, here are a few healthy, one serve alternatives. Bon appetit!



Macaroni & Cheese

- 1 table spoon (tbsp) butter
- 1 tbsp flour
- 1/2 tbsp salt
- 1/4 tbsp Worcestershire sauce
- 1/4 cup (dry) macaroni
- 1/4 tbsp mustard
- Pinch pepper
- 1/2 cup milk
- 1/2 cup grated cheddar cheese

1. Melt butter; stir in flour, salt and pepper. Whisk in milk until smooth. Cook and stir for two minutes on high heat.
2. Reduce heat to low. Add cheese, mustard, and Worcestershire sauce. Stir until cheese is melted.
3. Add macaroni. Pour into baking dish.
4. Bake uncovered at 180° for 15 minutes or until heated through.



Sesame Stirfry with Chicken or Tofu

- 1 chopped chicken breast/thigh or 100g chopped tofu
- 2 tbsp oil
- Handful snow peas
- 1/2 cup broccoli or broccolini cut into small pieces
- 1/2 chopped capsicum
- Soy sauce or oyster sauce to taste
- Sesame seeds to taste
- 3/4 cup cooked rice (1/4 cup uncooked)

1. Stir-fry chicken/tofu in oil in wok or frypan for 6-8 minutes or until cooked through. Set aside.
2. Add snow peas, broccoli and capsicum and cook for 5-6 minutes.
3. Return chicken/tofu to pan and add sauce to taste. Sprinkle with sesame seeds.
4. Serve over cooked rice.



One Pot Wonder

- 1 can of passata*
- 1 can of three bean mix, chickpeas or other beans of choice, drained.
- 100g feta or bocconcini
- Handful of chopped mushrooms
- As many baby spinach leaves as you can handle

1. Add passata, beans and/or chickpeas and mushrooms to pot. Cook covered on medium heat for 3-4 minutes.
2. Once the mushrooms are cooked, add the cheese and baby spinach leaves. Stir in and cook uncovered until the spinach is wilted and the cheese is just starting to melt.
3. Eat by itself as a stew-like dish, or serve over rice, pasta, tortillas, toast, or anything else you can think of.

*Not quite crushed tomatoes, not quite puree. Passata can be found right next to the pasta sauces at supermarkets.

BEING CREATIVE IS BEING POSITIVE

Carissa Simons

Ever experienced the wave of calm that a nice melody can bring? Or the pleasure of throwing paints at a canvas? If not, you're missing out; art is the new tool for gaining an emotional release or a sense of inner peace.

Ever since cavemen drew on walls, human beings have turned to creative art in an effort to express their understanding of the world and our place within it. Long before Freud, electric shock therapy and group counselling sessions, patients were encouraged to devote their attention to artistic pursuits rather than resorting to unproductive and detrimental anger or depression.

Unfortunately, most of us don't get much time to listen to music and enjoy art, much less create it ourselves. With the strain of study, the pressure of paid work, and the stress and confusion of trying to wrangle an answer out of Centrelink, there are too many things on the minds of the average student for us to spend time enjoying the pleasures of finger-painting. But that daily pressure is exactly the reason why we should be playing with Play-Doh or writing a play.

"Creativity gives an output, a focused way to release things", says Claire, an Arts student at UNSW. "It's also more productive than whinging about your problems. Instead of whinging about it and having other people get sick and tired of listening, when you create something, you feel like you've accomplished something and can get positive feedback." As a playwright, she also finds that creating characters that have similar problems and experiences to her own, allows her to separate stressful events in her life from herself.

Positive psychology, a field which has emerged over the last decade, explores what makes us happy and what stimulates personal development and achievement. This relatively new area of psychology has sparked renewed interest in the health benefits that creativity has to offer. Research in the area has found that creative activities, such as listening to music, watching a play or making a castle out of paper maché, causes the brain to release dopamine. Dopamine is the chemical which enables us to experience pleasure and motivates us.

Music, painting and other creative arts have been shown to have a remarkable effect on people suffering from physical pain, mental health ailments or daily stress. Creativity allows us to express inner feelings and emotions, things which can often contribute to stress. In turn, releasing these emotions and channeling them into something productive can give a person a sense of accomplishment and control.

Creativity doesn't just have to be a way to release negative emotions, it also allows you to have an outlet for positive emotions that may be a hindrance if you need to study for a final exam or are about to play a grand final game. "If you are doing a task that requires focus, many details or calculation, strangely, it might be better to be in a more negative mood", says Dr Adam Anderson who has led studies on the way mood affects the way we process information. "Under a negative mood, we see the world through a porthole, but under a positive mood, we see the world through a big window, a panoramic view," he says.

creative activities, such as listening to music, watching a play or making a castle out of paper maché, causes the brain to release dopamine.

Either way, having a creative outlet can allow you to release the excess emotions which are stopping you from focusing, or that are causing you undue stress or depression. "For example, if you are having difficulty solving a problem, a typical reaction is to get angry. But that can actually make it harder to solve the problem. One prescription is to go out and play to get into a good mood, and then come back to the problem," Dr Anderson says.

Whilst exercising your creative muscles can increase happiness, help you focus, or see things in a new light, Dr Diane Ealy, author of *The Woman's Book of Creativity*, says that repressing your creative instincts can have the opposite effect, especially for young women. "Repressed creativity can express itself in unhealthy relationships, overwhelming stress, severe neurotic or even psychotic behaviour, and addictive behaviours such as alcoholism. But perhaps the most insidious and common manifestation of repressed creativity in women is depression," says Dr Ealy.

All of which sounds unpleasant. So next time you're stressing over work, an ex, or an exam – take some time to indulge in your creative side. You'll be much happier and healthier for it.



10 Ways to Unleash Your Inner Creative Genius

1. Experience the energy rush of live theatre or music. Experiencing the creative genius of others is an important part of developing your own creative streak. Kind of like a creativity vampire.

2. You know that old film camera at the bottom of your cupboard? The one you haven't touched since you upgraded to digital. Well, unearth it and take some real photos, where you have to manually focus and can't delete bad shots from your memory card.

3. Put on your favourite music and dance around like you're having an epileptic fit. Hey, it works for Sarah Blasko.

4. Carry around a small notebook with you so you can jot down those exciting, illuminating thoughts that occur to you at the oddest time and places. Half the stuff you write down me completely incomprehensible later, but at least some of it may be brilliant.

5. Listen to classical music. Especially Bach. I'm sure man had so much creative genius; I'm sure that his brain didn't implode.

6. Buy some paints, a canvas, and have fun! Don't worry if it doesn't look anything like what you studied in art class – it doesn't have to. Just have fun with the paint, in fact the messier you are, the better! (Just put down a sheet first).

7. Visit an art gallery, or a museum. Not only is it relaxing, but the creative brilliance practically oozes out of everything there.

8. Create a recipe. You may stumble upon culinary gold, like my shredded carrot, lettuce, sultana and peanut butter sandwiches.

9. Visit the pottery studio in the Blockhouse. Not only is it fun, it's free for all students!

10. Don't do drugs. They'll undo any of the positive health benefits that being creative can give. People on drugs think they're incredibly creative, everyone else just thinks they're on drugs.



Bric-a-book

Looking for an obscure textbook for one of your subjects? Been searching high and low for that latest release without paying full price? Trying to get your hands on a Mother's Day pressie? Or just want something to curl up with in bed?

It's that time of year again to dust your bookshelf, put on your reading glasses and head to the annual UNSW Book Fair!!

Held at the Roundhouse from Wednesday 25 April – Saturday 28 April, the Fair will be selling everything from hard cover to paperback fiction, textbooks, reference and children's books, foreign language titles, magazines, vinyl records, cassettes and audio books.

The UNSW Book Fair has been held since 1968 and is organised by members of the U Committee, a group of volunteers who raise money for projects within the university for which there is no alternate source of funding. Since its inception in 1963, this charity has raised over \$2,800,000 for many projects and activities on campus that otherwise may not have been funded.

The bulk of books are priced very low and in 2007, Saturday is Bargain Day! Anything not sold will be half-priced, or pick up a box from the fair and fill it with assorted books of your choice for only \$10!

For donations and enquiries ring (02) 9385 0210.

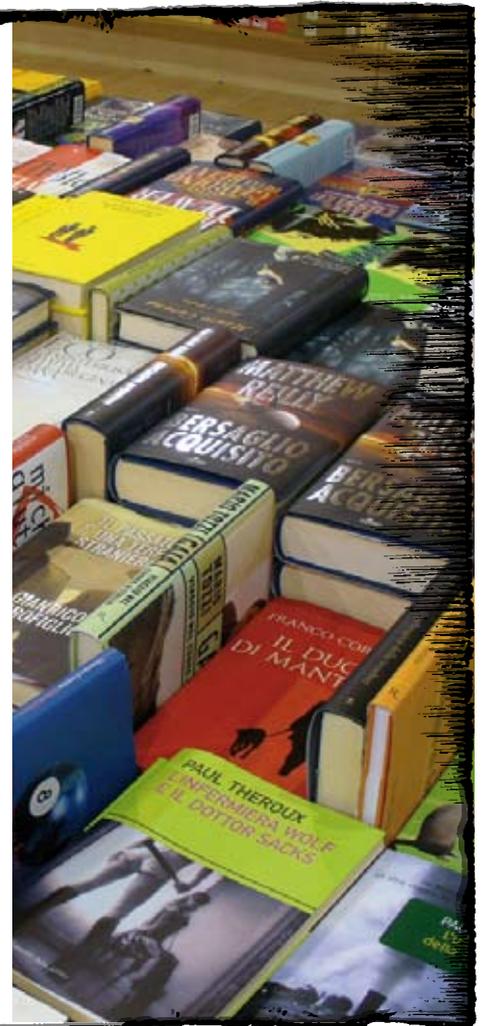
THE UNSW BOOK FAIR IS AT THE ROUNDHOUSE

**WEDNESDAY 25 APRIL:
12 NOON – 7PM**

**THURSDAY 26 APRIL:
10AM – 7PM**

**FRIDAY 27 APRIL:
10AM – 7PM**

**SATURDAY 28 APRIL:
10AM – 2PM**



LEAVE YOUR CREATIVE MARK AT UNSW

Here's your chance to join the Arc's *unsweetened* Literary Journal team.

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Literary Journal**





ELECTION OF STUDENT MEMBERS TO FACULTY BOARDS SESSION 1, 2007

Nominations closed at 5.00pm on Thursday 5 April 2007. The undermentioned nominations for candidature have been accepted.

FACULTY OF ARTS & SOCIAL SCIENCES - 6 students

<u>Candidate</u>	<u>Nominator 1</u>	<u>Nominator 2</u>
Robert LEIGO	Kate SCHOUTEN	Andrew LEIGO
Ania LUCEWICZ	Sarahjane THOMPSON	Anisha GAUTAM
Kylie MARKS	Tim PELQUEST-HUNT	Elizabeth SKELLY
Claire NEMORIN	Ania LUCEWICZ	Chantel COTTERELL
Kate SCHOUTEN	Robert LEIGO	Andrew LEIGO

The above candidates are declared elected. There is 1 vacancy.

FACULTY OF THE BUILT ENVIRONMENT - 4 students

<u>Candidate</u>	<u>Nominator 1</u>	<u>Nominator 2</u>
------------------	--------------------	--------------------

No nominations were received. There are 4 vacancies.

FACULTY OF BUSINESS - 3 undergraduate & 3 postgraduate students

	<u>Candidate</u>	<u>Nominator 1</u>	<u>Nominator 2</u>
Undergraduate:	Sam ALMALIKI	Anindya SIDDIQUI	Te Jas SHAH
	Nick ORLIC	Bryan REID	Si Ting HUANG
	Sanjiv SINGARAYAR	David DOU	Stephan LIVERA
	Tim TRAN	Kevin TRUONG	Mir MAHMUD
	Chen WANG	Jumay CHIN	Axel SUKIANTO

Postgraduate:

An online election for undergraduate students will be held from 9am Monday 21 May 2007 to 5.00pm Friday 25 May 2007.

No postgraduate nominations were received. There are 3 postgraduate vacancies.

COLLEGE OF FINE ARTS - 2 undergraduate & 2 postgraduate students

No nominations were received. There are 4 vacancies.

FACULTY OF MEDICINE - 2 undergraduate & 2 postgraduate students

	<u>Candidate</u>	<u>Nominator 1</u>	<u>Nominator 2</u>
Undergraduate:	Cameron KORB-WELLS	Bilal VANLIOGLU	Nan WANG
	Nicole RING	Lavvina THIYAGARAJAN	Apresh SINGILA
	Vekram SAMBASIVAM	Scott CAMPBELL	Min Fuh TEH

Postgraduate:

An online election for undergraduate students will be held from 9am Monday 21 May 2007 to 5.00pm Friday 25 May 2007.

No postgraduate nominations were received. There are 2 postgraduate vacancies.

FACULTY OF SCIENCE - 2 undergraduate & 2 postgraduate students

	<u>Candidate</u>	<u>Nominator 1</u>	<u>Nominator 2</u>
Undergraduate:	Randle KNIGHT	Jesse YOUNG	Viet Phuong AU
	James KRYCER	Julian STEVENSON	Viet Phuong AU
	Christopher MOORE	Jesse YOUNG	Viet Phuong AU

Postgraduate:

An online election for undergraduate students will be held from 9am Monday 21 May 2007 to 5.00pm Friday 25 May 2007.

No postgraduate nominations were received. There are 2 postgraduate vacancies.

Professor Richard Henry AM
 Returning Officer
 Deputy Vice-Chancellor (Academic) & Registrar



2007 ELECTION OF STUDENT MEMBERS TO THE ACADEMIC BOARD

Nominations closed at 5.00pm on Thursday 5 April 2007 for the 2007 election of two (2) undergraduate and two (2) postgraduate students to the Academic Board of UNSW. The following nominations for candidature have been accepted.

Two (2) Undergraduate Students

Electorate A (one student) comprises enrolled students proceeding towards a degree of bachelor or non-graduate diploma in the Faculties of Arts and Social Sciences, Business, Law, and the College of Fine Arts; enrolled students proceeding to a degree of bachelor or non-graduate diploma in related courses at the University College, ADFA.

<u>Candidate</u>	<u>Nominators</u>	<u>Candidate</u>	<u>Nominators</u>
Sam ALMALIKI	Anindya SIDDIQUI Te Jas SHAH	Kylie MARKS	Tim PELQUEST-HUNT Elizabeth SKELLY
Robert LEIGO	Kate SCHOUTEN Andrew LEIGO	Tim TRAN	Mir MAHMUD Kevin TRUONG
Ania LUCEWICZ	Anisha GAUTAM Sarahjane THOMPSON	Chen WANG	Ashley GEORGE Chun HO

The election to the Academic Board of one (1) undergraduate student in Electorate A will be by postal ballot. Voting papers will be despatched by Friday 4 May 2007. The ballot will close at 5:00pm on Thursday 31 May 2007.

Electorate B (one student) comprises enrolled students proceeding towards a degree of bachelor or non-graduate diploma in the Faculties of the Built Environment, Engineering, Medicine and of Science; enrolled students proceeding to a degree of bachelor or non-graduate diploma in related courses at the University College, ADFA.

<u>Candidate</u>	<u>Nominators</u>
Thomas ROSSER	Mary AZZI Bianca FERNANDES

Thomas Rosser is declared elected.

Two (2) Postgraduate Students

Electorate (i) (one student) comprises enrolled students proceeding towards a higher degree, graduate diploma or graduate certificate in the Faculties of Arts and Social Sciences, Business, Law, and the College of Fine Arts; enrolled students proceeding to a higher degree, graduate diploma or graduate certificate in related courses at the University College, ADFA.

No nominations were received. One vacancy exists for which nominations are again called. Nominations open on Monday 16 April 2007 and close at 5.00pm on Monday 30 April 2007.

Electorate (ii) (one student) comprises enrolled students proceeding towards a higher degree, graduate diploma or graduate certificate in the Faculties of the Built Environment, Engineering, Medicine and of Science; enrolled students proceeding to a higher degree, graduate diploma or graduate certificate in related courses at the University College, ADFA.

<u>Candidate</u>	<u>Nominators</u>
Rachel COXON	Qestra MULQUEENY Andrew SIMS

Rachel COXON is declared elected.

Professor Richard Henry AM
Returning Officer
Deputy Vice-Chancellor (Academic) & Registrar
April 2007



2007 ELECTION TO FILL A CASUAL VACANCY OF ONE POSTGRADUATE STUDENT TO THE ACADEMIC BOARD – ELECTORATE (i)

Following the recent call for nominations for the election of postgraduate students to the Academic Board, 1 vacancy exists in Electorate (i) for which nominations are again called.

The Academic Board is the principal academic body of the University. It furthers and co-ordinates the work of the Faculties and other academic units, encourages scholarship and research, and advises the Vice-Chancellor and Council on matters relating to teaching, scholarship and research within the University.

Electorate (i) comprises the Faculties of Arts and Social Sciences, Business, Law, the College of Fine Arts, and related courses at the University College ADFA.

The successful candidate will hold office until 30 June 2008.

NOMINATIONS OPEN ON MONDAY 16 APRIL 2007

Nomination forms with full election information are available from:

- . The Elections Office, Room 132, The Chancellery
- . The Internet at <http://www.elections.unsw.edu.au/>

**NOMINATIONS MUST REACH THE RETURNING OFFICER
ROOM 132 THE CHANCELLERY
BEFORE 5.00PM ON MONDAY 30 APRIL 2007**

If necessary, a postal ballot will be conducted and will close at 5.00pm on Thursday 31 May 2007.

Enquiries may be directed to the Elections Office, Room 132, The Chancellery, phone (02) 9385 1546 or email elections@unsw.edu.au.

Professor Richard Henry AM
Returning Officer
Deputy Vice-Chancellor (Academic) & Registrar
April 2007

WHAT'S ON

Week 8 April 23 - 27

MONDAY

23 April

Table Tennis 11-3pm

Table + Tennis = fun
Main Room, Roundhouse
Free

Arc Queer Boys 12-3pm

The weekly meeting for queer boys and queer friendly students on campus. Relax, have lunch and catch up with the Queer Department Queerspace (Chemical Sciences 920)
Free

Circusoc Monday Night Meeting 5-late

Come and learn some circus skills and meet new people. All welcome!
Free for members
Physics Lawn, UNSW
Free for members

Happy Hour 5-6pm

The happiest hour of the day!
Roundhouse
Free

Weekly Debating 6pm

Join us for a debate about a topical issue - we promise we don't bite!
Mondays of session
CLB
Free

Circusoc Acrobatics Session 9-10pm

Join us to pick up some acrobatic skills including acro-balance and tumbling.
Judo Room, Level 1,
UNSW Lifestyle Centre
Gold coin donation for members

TUESDAY

24 April

Table Tennis 11-3pm

The sport of champions
Main Room, Roundhouse
Free

Thoughtful Foods Co-op Opening Hours 10.30am-4.30pm

The food Co-op is a source of cheap tasty organic food. Work in the co-operative and receive a discount!
Behind the Roundhouse,
near Eats at the Round

Women's Literature Group 12pm onwards

Come to learn about feminism and women's issues! This week's topic is "Feminist Consciousness". What makes someone a feminist? Am I a feminist? What does that mean, anyway? Come to learn, discuss, make friends!
Women's Room, Level 1,
Blockhouse, Lower Campus
Free! (Bring your thinking cap!)

Arc Queerplay 12-3pm

Weekly meeting for the Arc Queer Department. Come relax, have lunch and meet other Queers and Queer Friendly people on campus.
Queerspace
(Chemical Sciences 920)
Free

UNIBUDS: Lunchtime Meditation and Relaxation 1-2pm

Find peace amidst your busy day every Tuesday, and discover your calmness within. Whether you are a beginner or practitioner, member or not, all are equally welcome to just drop in! More information at: www.unibuds.unsw.edu.au or contact Alex on 0401 060 394.

UNIBUDS library,
Squarehouse Level 3
Free

Trivia 1-2pm

Beat smart people at their own game
UniBar, Roundhouse
Free

Women's Collective Meeting 1pm-2pm

UNSWomen is a social network and policy body for women on campus. Come to participate in discussions, meet other women, or simply enjoy our delicious (free) food! All women welcome!
Women's Room, Level 1,
Blockhouse (Lower Campus)
Free!

Pool Comp 5-6pm

Be a shark
Roundhouse
Free

Happy Hour 5-6pm

The happiest hour of the day!
Roundhouse

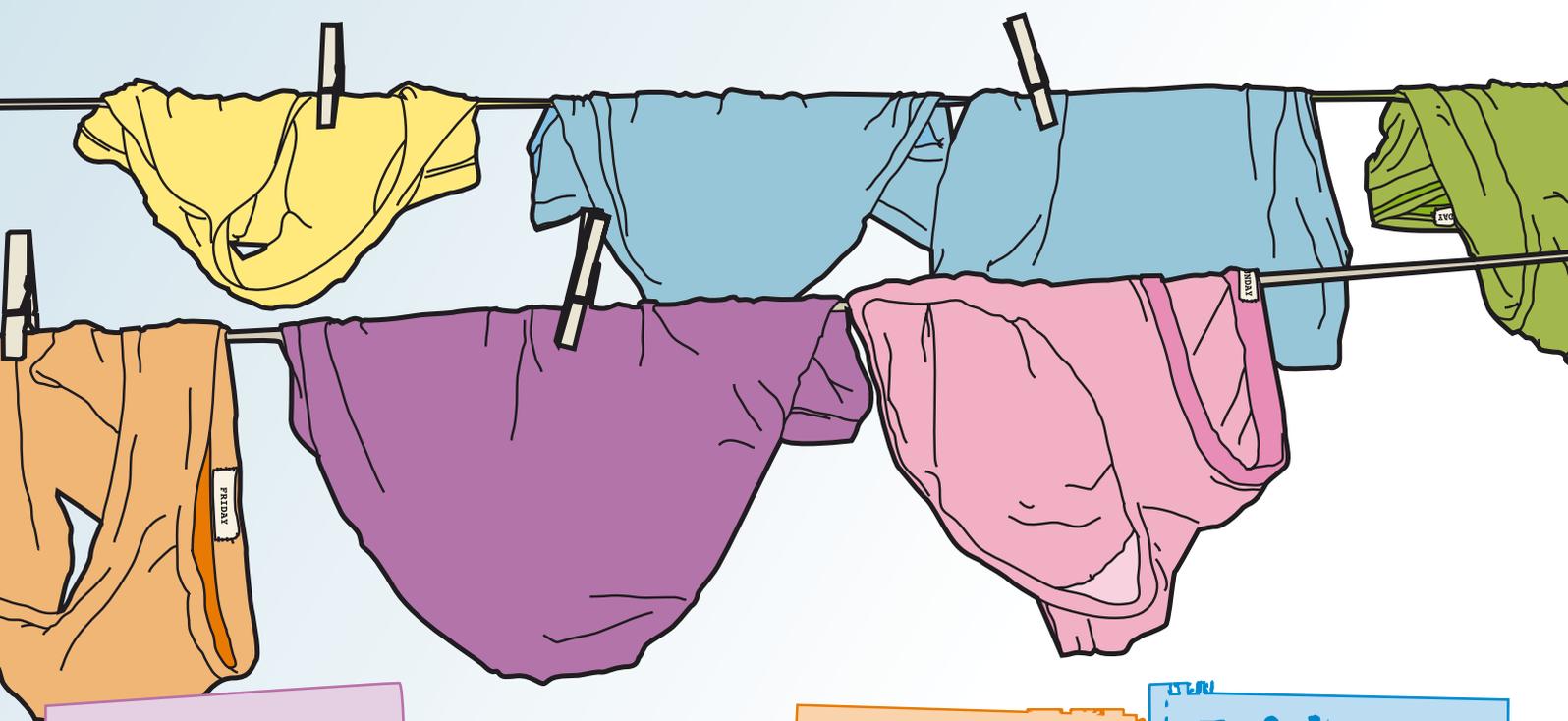
FILMSOC Film Screening 6.30-9pm

Silent movie special: Screening of Nosferatu. Drinks at the pub afterwards
Webster 237
\$5 for non members

L.I.F.E. Leadership. Influence. Faith. Excellence. 7pm

If you wanna know the secret to succeed in LIFE, then come and join us to get your questions answered! Please email emily.nogeh@student.unsw.edu.au
International House
Free





WEDNESDAY

25 April

**Anzac Day
Public Holiday**

**Ultimate Frisbee
Training
4-5:30pm**

Membership costs \$7. Beginners welcome and fitness of all levels. Just come to have a good time.

**Village Green
Free for members**

**Ultimate Frisbee
Eastern Suburbs League
7-9pm**

League tournament, come a join in or watch. All skill levels welcome.

**Village Green
\$35-members
\$45-non-members**

THURSDAY

26 April

**Table Tennis
11am-3pm**

Like pong without the computer
**Main Room, Roundhouse
Free**

**Thoughtful Foods
Co-op Opening Hours
9am-6pm**

The food Co-op is a source of cheap tasty organic food. Work in the co-operative and receive a discount!
**Behind the Roundhouse, near
Eats at the Round**

**UNSW Poker League
4pm**

Hey guys, interested in playing poker? Come along and join the poker club for free games of poker! Earn points in our points system, and you'll be on your way to winning our major prize! Membership entry fee only \$5 for a whole year!
**Squarehouse 203
Free for members**

**Beergarden Band
5.30-6.30pm**

Enjoy some grooves in the Beergarden
**Roundhouse Beer Garden
Free**

**Happy Hour
5-6pm**

The happiest hour of the day!
Roundhouse

**UNIBUDS: Buddhism
Talk in Chinese
6pm-8pm**

Every Thursday night we have insightful talks about Buddhism in Chinese. The topic for this week is Samsara. Members and non-members are equally welcome to just drop in! More information at: www.unibuds.unsw.edu.au or contact Mandy on 0404 609 225.

**The Lodge,
Squarehouse Level 3
Free**



Friday

27 April

**Food Co-Op Crawl
9am for 9.30am start**

Explore Sydney's food co-operative yumminess. We will cycle to Sydney Uni Food-Co-op, Newtown's Alfalfa House, UTS and Manly Co-ops. Non Cyclists can easily follow on public transport. **Bring:** Bikes, helmets, legs, water, sunscreen, containers and a few \$\$ for all the organic and ethical munchables purchased. Call Mitzi on 0425 222 772 if puzzled.

**Thoughtful Foods,
Behind the Roundhouse
near Eats at the Round**

Bring a few \$\$ for all the organic and ethical munchables purchased

**Table Tennis
11am-3pm**

**Main Room, Roundhouse
Free**

**Happy Hour
5-6pm**

The happiest hour of the day!
Roundhouse

**Beergarden DJ
4.30pm**

**Roundhouse
Free**

MONEY MATTER\$

University students are under increasing financial pressure. Apart from the direct costs of study, such as tuition fees and text books, there are a stack of other expenses that students face everyday. Photocopy cards probably chew up a fair bit of your spare cash and transport costs are unavoidable. But there are also lots of smaller expenses, such as internet access, that place extra financial pressure on you.

Some of the things that we take for granted, such as mobile phones, can get us into serious financial hot water. Having the convenience of a mobile phone is great, but there are a lot of nasty phone contracts just waiting to catch a poor unsuspecting student. Once you've signed on, it can be very difficult to get out of a contract.

To help students get a better grip on their finances, the Student Equity and Diversity Unit is running two free MoneyMinded workshops.

Workshop 1, "How to Stretch Your Money!" will explore your attitudes to money and the psychology of your spending habits. Workshop 2, "Champagne Tastes on a Beer Budget", will explore the traps and pitfalls associated with credit, debt and contracts and look at a realistic budget for someone on a student income.

Getting a grip on your money and improving your financial literacy will probably be the smartest thing you do all year.

It is recommended that you attend both workshops to get the maximum benefit from the information being presented.

Both workshops are free to UNSW students and places are limited. To register, please send an email to equity-diversity@unsw.edu.au or telephone 9385 4734.

Free MoneyMinded Workshops
Presented by the Student Equity & Diversity Unit

Workshop 1 Tuesday 1 May (Week 9) How to S-T-R-E-T-C-H Your Money!

This workshop will explore attitudes to money, spending leaks and money plans

Workshop 2 Tuesday 8 May (Week 10) Champagne Tastes on a Beer Budget!

This workshop will help you to understand the ins & outs of credit, debt & contracts

Time & Location for both workshops
1pm to 2pm
Room 203, Law Building (F8)

Register via email to
equity-diversity@unsw.edu.au
or call 02 9385 4734



LET'S BRAINSTORM ARTSWEEK

WHAT DOES YOUR ARTSWEEK LOOK LIKE?
IF YOU HAVE ANY IDEAS, CONCEPTS, OPINIONS, OR SUGGESTIONS WE WOULD LOVE TO HEAR FROM YOU.
GET INVOLVED IN THE ANNUAL UNSW CELEBRATION OF ARTISTIC EXPRESSION. IT'S YOUR ARTSWEEK. IT'S YOUR STUDENT LIFE.

EXPRESS YOUR IDEAS AT WWW.ARC.UNSW.EDU.AU

Artsweek
\$2.W5.

ARC
UNSW Student Life

Heinz Harant NOMINATIONS are now open!

Put your friend's hand up!!

If you know someone who has been an outstanding UNSW volunteer, nominate them now and they could be rewarded with the prestigious Arc @ UNSW Heinz Harant Award!

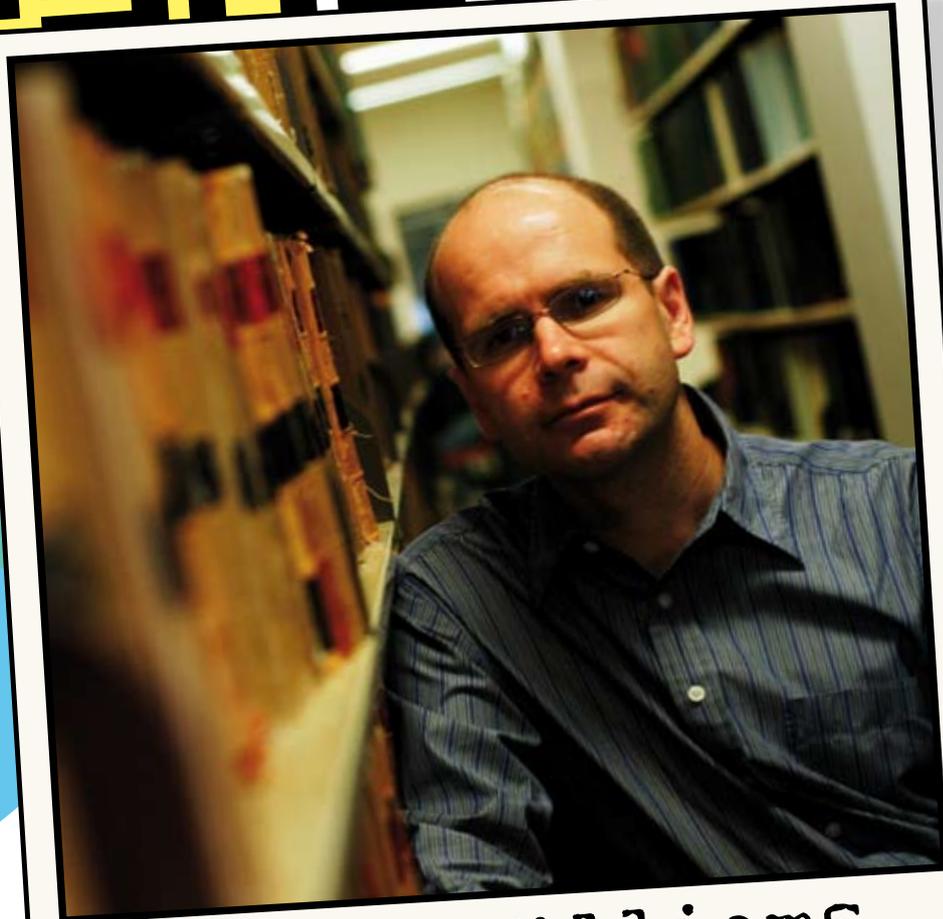
Nominees must have participated in one or more Arc or legacy organisation (UNSW Union, Source, Student Guild, Postgraduate Board and COFA Student Association) volunteer programs or representative departments over a number of years. Nominations will be judged on the nominee's leadership, dedication and overall contribution to the UNSW campus community.

The nomination form can be downloaded at www.arc.unsw.edu.au - look for the link on Latest News.

Nominations close Monday 30 April 2007 (Week 9)



SNAPSHOT



George Williams

George Williams is the Anthony Mason Professor and Director of the Gilbert + Tobin Centre of Public Law in the UNSW Faculty of Law. He has worked at 11 overseas universities and institutions including, Columbia University Law School, NYU and at University College in London. He is also the author of 11 books. Ana Gacis sat down with Dr. Williams to discuss the state of public law in Australia.

You are constantly commenting on issues in all the major newspapers, what motivates you to enter the public debate?

I just started at ANU as an academic in 1995; I saw my role as not being limited to people in the classroom. If you look at the levels of knowledge in the broader community, [public ignorance] struck me as a real problem, particularly when you're looking at the issues of democracy and citizenship. I always try to write for a broader audience when I contribute to those debates.

Do you ever feel reluctant to comment on controversial issues?

No. I only comment on issues that fall within my expertise, such as legal issues to do with public law... I'm very careful to comment on the issues and not on the personalities of those proposing the issues. I think if I did that it would be going beyond my role as an academic.

What challenges did you face in trying to achieve your goals?

As a student [being a barrister] was what I always wanted to do. The main issue I found with that was the closer I got the more I discovered was that I didn't want to do it full-time. The biggest barrier I faced was that I was uncomfortable working within the legal system. I could so clearly see that a lot of the legal system was broken, and there was a big divide between law and justice. That has motivated me since to be involved in law reform and debates about these issues. I'm not sure I could bring myself to solely practice law when I'm convinced that the system needs to be changed.

What do you find most fulfilling about public law?

One of the things that I enjoy most is putting forward a new idea ... or opening people's eyes to the possibility of reforming the system to be more fair and more just. Sometimes it's in the classroom, sometimes it's in the media and sometimes before a judge in court.

I love to communicate with people in a way that changes peoples' thinking and opens their minds to the possibilities of a better legal system. The case for change is often compelling if it's put simply and directly. We have a very old legal system that's often quite creaky and needs to be changed. I think if you take the time to listen to people and also talk to people- it's rare to find people who can't see the possibility of some change.

Were you this idealistic when you were young?

I've always felt this way. I suppose interestingly, I've never lost the sense that we could have a better system- and that is still worthwhile pursuing. What's changed with me is how we should go about doing this, and the need to be pragmatic about achieving it. Recognising what needs to be done now and what can be done later.

Why do you want to be involved in the political debate?

I'm interested in better protection for human rights, improving education, particularly university funding, and finally improving the quality of education. I also want to reform government, I think that the way we are governed needs to be changed, and its often not working very well and none of that seems to be on the agenda. I'm interested in pushing for all of those things.

Pole Dancing

It's raunchy and it's controversial. It's sexy and empowering. Pole dancing has expanded from the men's clubs to the health clubs. It is now the choice of exercise for an increasing number of women, propelled by celebrities like Lucy Liu and Kate Hudson who recently installed poles in their own homes to practice on. Apart from allowing women to release all kinds of tension, pole dancing is also one of the best ways to improve a woman's upper body strength, an area that is generally weaker. Stephanie Kite of Polestars Australia says that many women can burn about 250 calories per hour. "That's equivalent to a good session at the gym."

Contrary to popular belief, pole dancing for recreation is about "being sensual, not slutty" according to actress Sheila Kelly who was one of the original developers of pole dancing as a popular form of exercise in the U.S. No men are allowed into the classes, and women are taught to treat the pole like a dancing partner as they practice all sorts of poses and dances. Despite their shape or size, many women leave feeling twice as confident about their body.

An Arc employee (who wishes to remain unnamed) revealed what happened during a friend's hen's night at a Sydney pole dancing academy called "Bobbi's." She warns there are mirrors everywhere, but after a champagne she quickly got over seeing herself from every angle, and discovered a great way to flex her muscles. "It took me a week to get over the burns on my hands from gripping the pole, and the hen had burns along her inner thighs. It was a lot of hard work, but heaps of fun," she says, "I certainly felt puffed afterwards." So ladies, next time you're looking to exercise outside of the square - perhaps look to the pole.

Stripping for Health!

"Cardio stripping" is a newer craze than pole dancing, and offers a more colourful alternative to the traditional step or dance class. Popularised by Carmen Electra, this class gives women the chance to do an aerobics class whilst being introduced to the art of strip tease. After a monotonous day at uni, this is a class where you learn to be "a stripper for an hour" according to instructor David Doyle. Don't be fooled by the name - people aren't actually encouraged to go nude in this class. Most people actually wear

clothing underneath what they take off, but what you take off, or leave on, depends entirely on the person. This revealing exercise is not for the faint hearted, but it definitely takes the aerobics class to a new level. Classes are available in Sydney under the name "Fit 2 Strip" at the Honey Body Salon in North Sydney or your nearest gym courageous enough to hold classes.

Dancing

If you're keen on expressing your passions but aren't too keen on shedding your clothes, (publicly at least), then dancing may be what you're looking for. Giving your booty a shake is one of the best ways of staying healthy. Belly dance, and score great abs in the process. Latin dance, and you'll improve your posture, gain definition in your calves and thighs and carry a potent weapon to use against your next conquest on Friday night's dance floor. Belly, Ballroom, Funk and Latin dancing classes are offered on campus through the Sports Association. Check out their website at <http://www.sport.unsw.edu.au> and click on the links to 'recreational programs'.

Tai Chi

If you're looking for a way to de-stress but aren't keen on tangling your legs in an uncomfortable squat, maybe you should take a look at Tai Chi. This is a form of moving meditation, so you won't have the temptation to fall asleep either. If you stray over to the morning group in Central's Belmore Park, the teacher will tell you to relax your muscles and focus your balance. The repetitive shifting of your weight between your joints whilst focusing on your breathing actually boosts your internal circulation and reduces your stress levels. The deceptive slow sway of the retirees who practice Tai Chi all over the city's parks, masks the literal meaning of Tai Chi: "supreme ultimate fist". Yes, Tai Chi is actually a martial art - one just has to imagine how potent their movements would be in fast forward.

Yoga

Although branded as "New Age," yoga has actually been in practice in India for over 5000 years. Meaning "union" in Sanskrit, yoga focuses on uniting your mind, body and spirit through concentration and moving meditation. Unlike some forms of exercise which are results-oriented, yoga is more of a process or journey. This is not to say that you won't achieve anything by doing yoga. Apart from physical benefits such as strengthening tone in your muscles, flexibility and

stamina which stars like Madonna, Ricky Martin and J-Lo all rave on about; you'll also improve your concentration and creativity levels.

If you stick at it long enough you can even try to attain that "perfect state of consciousness" that all yoga disciplines strive for. Yoga is the perfect outlet for those who are pressed for time to exercise. Even if you don't want to leave your room, you can still practice your yoga. Power Vinyasa yoga and Bikram Yoga are the newest forms of yoga to hit Sydney. They are practiced in over 30 degree heated rooms, which is great for sweating out any internal tension and toxins. Students from UNSW can even attend a 10 week course at the Body Mind Life Yoga Studio in Surry Hills at a discounted price.

Pilates

Finally, if you're really lazy why not try an exercise that predominantly requires you to lie down on your back? Developed by Josef Pilates to help soldiers after World War I rehabilitate, pilates is a craze whose popularity hasn't waned judging by the fact that the Unigym offers this class 6 out of 7 days a week. While pilates will not help you lose weight, it will "give you more of a holistic result than most other exercises regimes", says Rebecca Ibrahim, instructor and co-owner of Elix'r Mind, Body and Health Clubs.

The next time you're feeling a little bored with your exercise regime, or if you suddenly become motivated to exercise at all, remember that there are plenty of different ways to get your blood pumping. Just choose whatever turns you on.

EXOTIC EXERCISE

ALTERNATIVE WAYS OF GETTING FIT

Are you looking for fitness outside the square? Do you cringe at the thought or the cost of going to the gym? Pounding the pavement outside may be free, but is the part about “running” something you can’t stand the thought of? There are alternative ways to release all that pent-up tension acquired from staring at your incredibly dense textbooks for hours on end.



REVIEWS



Music: Willy Mason If the Ocean Gets Rough

Thomas George

"If the Ocean Gets Rough", is the second release from American folk singer Willy Mason. It follows his first release, "Where the Humans Eat", which was recorded live with his brother Sam. His music is very family orientated; he lists his parents (both folk singers) as his main influences.

Willy Mason prefers to record his music live with very few re-recordings. In fact, never doing more than three pre-recordings, it's his belief that it is the imperfections in one's music that make it stand out. Considering that modern recording labels demand perfection, this very interesting viewpoint for an artist.

The CD starts off strong with catchy lyrics and great tunes. However, it then seems to fade into innocuous sounds. After the first four tracks, the CD stopped vying for my attention and instead became part of the background noise. Even given time, the later tracks haven't really grown on me.

It seems Willy Mason had some great songs ready for release, but unfortunately then just filled the rest of the album with space. Though this release features some great tracks such as "Save Myself" and "The World that I Wanted", the remainder barely catches your attention.

This album would have worked much better as a smaller EP release, allowing Mason time to compile a better cross section of his work. Willy has some great promise in him and is definitely someone you would want to see live, having toured the world with the likes of Ben Kweller and Radiohead. But unfortunately with "If the Ocean Gets Rough", this talent is drowned in the innocuous space of his unpolished material.



Music: LCD Soundsystem Sound of Silver

Nikita Agzarian

Does this sound familiar? Bands that can play real instruments decide to mix their sound with some dance beats. Of course it does, because in the last couple of months this is all we've heard: Bloc Party, The Rapture, Hot Chip, Panic! At The Disco are just some to name a few. So when I first came to listen to LCD Soundsystem's second album, "Sound of Silver", I was expecting to hear much of the same thing. Surprisingly, this album is different enough to be a really cool record.

The first song "Get Innocuous" is probably the weakest on the record. It's a haunting, repetitive song – a daring song to put as the opener. Track 2, "It's time to get away", is a funky, acid jazz inspired song that makes you want to hit the dance floor. Their first single, "North American Scum", is faultless, the lyrics are clever, the bass and drumbeats are strong and the song sticks with you after a listen.

The album wraps up by changing tone, with "New York, I love you, but your bring me down." In this track, James Murphy [Lead singer of LCD Soundsystem] exposes himself, stripping it down to piano and a slow beat, and then exploding with guitars and the end. This song proves to those that ever doubted his songwriting that he knows his stuff.

While listening to this record I couldn't help but think how awesome James Murphy's record collection would be, he borrows sounds from everywhere, but yet somehow manages to still be different. This is a solid record – it flows well, is fun, energetic and a necessity before a night out.



Documentary: How William Shatner Changed the World

Carissa Simons

How William Shatner Changed the World is a light-hearted look at how Star Trek fanatics, or trekkies, have used the show as inspiration to advance technology. The show is narrated by William Shatner, who regularly inserts self-deprecating comments about both the documentary and himself into the scripted commentary.

The show interviews a variety of Star Trek-obsessed scientists, inventors and innovators who have gone on to advance space exploration at NASA, invent the cell phone, advance medical technology and patient treatment, and start the computer revolution. Most of these interviews just result in some of the world's most intelligent people being portrayed as obsessive dorks who don't quite have a grasp on reality.

After the show runs out of medical, scientific and technological pioneers willing to quote Star Trek on film, the documentary turns to pulling out archive footage, interviewing Star Trek and Star Trek: The Next Generation cast and crew members about their experiences on the show.

It is at this point that How William Shatner Changed the World stops being a documentary about people who were young geeks in the 1960s (or 1980s in the case of The Next Generation fans), and became the technological innovators of the 1970s, 80s and 90s. Instead it relies on all the nostalgia that archive footage from the show, clips from the various Star Trek films, and interviews with the cast members who used to be heart-throbs, and is now reduced to taking part in the cheesiest documentary ever made. Jonathan Frakes, who played Commander William T. Riker, even does his token interview in his pajamas whilst cleaning his teeth!

How William Shatner Changed the World does give some interesting insight into the technological inventions which we all take for granted today, whilst also throwing in some trivia about the show itself - such as how they made the sliding doors work. Still, you could get the same information from wikipedia without having to endure Shatner's smarminess.

Med Review 2007

KILL BULK BILL



Bored in Week 9? Procrastinating? Enjoy a good laugh? Want us to stop asking questions?

Med Revue is back again this year with a vengeance and is proud to present **Kill Bulk Bill**; a show with a distinct lack of blood and horrific murder (how unfortunate...).

Kill Bulk Bill is a sketch-comedy based variety show with a sprinkling of singing, dancing, videos and a live band – something that everyone can enjoy.

Med Revue has been running each year since 1975, making it UNSW's longest running student production.

It began when a small group of medicine students decided to put on a comedy show. Today, over 100 students from a variety of faculties at UNSW volunteer their talent and time in putting together a fantastic show.

Always for a noble cause, each year proceeds from the show go to a charity. This year we are supporting CanTeen, an organisation that helps support teenagers living with cancer.

So come along and show your support whilst laughing your little head off your seats (as metaphorically as possible).

Kill Bulk Bill

Tuesday 1 – Friday 4 May

7:45pm

Science Theatre

Tickets are \$10/\$15 (or only \$8 for opening night!) and are available at the Library Lawn daily from 12-2pm or at

www.medrevue.unsw.edu.au.

Last year 2,000 people came, so this May be a part of the phenomenon that is Med Revue!

Eastern Suburbs Community College

Term 2 Courses @ UNSW start April 30
Enrolments now open

ARTS

Pottery, Black and White Photography (with Darkroom), Music Appreciation, Singing, Drama Fundamentals, Beading and Silver Wire Work

COMMUNICATION

English Conversation

BUSINESS

Website eCommerce, Website Marketing, Website Promotion

SCIENCE

Einstein Explained, Rocket Science

FITNESS

Yoga, Pilates, Stretch, Hip Hop Dance, Hula Hoop

Make sure you tell the college you are a UNSW student to receive a \$20 discount off the registration fee for all courses run on campus.

For more information visit www.escc.nsw.edu.au or contact the College on 9387 7400

Term 3 starts July 30, Term 4 starts October 22

Drink Specials



The Roundhouse encourages the responsible service of alcohol



UNSW Student Life

Indonesian Night Market

Dave Javan

Indonesian Night Market (INM) is an annual night market which brings Indonesian culture, traditional and modern Indonesian music and dance, and a variety of Indonesian foods to UNSW.

In 2006, the INM theme was High School Reunion, also known as the Power of Putih Abu-abu. More than 5000 people took part in the massive event from 5-10pm. This year's theme is Experiencing Bali in UNSW. As we know, Bali is one of the most beautiful and famous islands in the world. In fact, Bali is so famous that some people mistake it for a country! Bali is known for the soft sand on its beaches, the clear blue waves and the unforgettable traditional culture of Bali. However, not everyone has experienced the magic of Bali. That's why ISA will bring Bali to UNSW so that people can see and enjoy the Balinese culture without having to travel there. This year, the INM will be even bigger than the previous INM, there will be more stalls, more music, more traditional dances and more games.

Even though the event is themed around Bali, there will be a wide variety of food from all different islands of Indonesia. Food varieties include real Indonesian Sate, Soto-soto, Nasi Goreng, Nasi Rames, traditional cakes and many other culinary delights. The ISA stall will be open all night and will sell the famous Jagung Bakar, with a range of flavors including sweet, sour and hot.

Indonesian Night Market
Tuesday 1 May
5-9pm
Main Walkway
(in front of Science Lawn)



COMICS

EUGENE! BY LINDS LANE

www.theunibin.com



Panel 1: A girl with a flower in her hair asks, "AH... HELLO BOYS! SHOPPING FOR STATIONARY, ARE WE EUGENE?" A boy replies, "OH, YOU BETTER BELIEVE IT SALLY..." A girl with glasses says, "HE'S FLIPPED! PENS, BOOKS, RULERS, GLUE, SCISSORS, TAPE" and "AND WHAT ABOUT YOU MARCUS? YOU'RE ONLY BUYING ONE PEN?"

Panel 2: The girl with glasses says, "EUG, C'MON... HOW COULD YOU POSSIBLY NEED ALL THAT STUFF?" The boy replies, "LOOK... I'M BETTER PREPARED FOR THE SEMESTER WHEN I HAVE ENOUGH STATIONARY, O.K?"

Panel 3: The girl with glasses says, "PICK UP YOUR PENS CLASS... THE TEST STARTS NOW..." A sound effect "SCRUNCH! SCRABBLE!" is shown as a pen is crushed. The girl with glasses says, "DAMN!! IT MUST BE IN THE BOTTOM!!"

Panel 4: The boy says, "YEAH... THAT'S ALL I NEED REALLY"

SUDOKU

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		7	6		9	2		
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	3	5	7	4				6
			1			8		2
6	1		5					3

ARC CONTACT
UNSW Student Life

Q&A

THE ANSWER TO ALL YOUR QUESTIONS

LEVEL 2, EAST WING, QUAD BUILDING
www.arc.unsw.edu.au/contact
 OR CALL 9385 5880

CLASSIFIEDS

• **Obtain Australian Permanent Residency**
 • Staff from the Department of Immigration will be on campus on Friday 6 July from 3-5pm to speak with international students on the various pathways to obtaining Australian Permanent Residency including changes to the skilled migration scheme.
 • To register, email ISS at international.student@unsw.edu.au

• **Play Soccer for the East Coast Challenge**
 • Guys and girls: interested in playing soccer at the East Coast Challenge (formerly known as Uni Games), July 1-4 in Sydney? Guys call Pat 0411 041 045 or email unigames@unswsoccer.com to find out more. The Womens' Super League squad also still has vacancies for experienced players. Training Tuesdays and Thursdays, games on Sunday.
 • Girls call Alex on 0413 020 595 or email alexandramarguerite@hotmail.com.

• **Professional Speakers Toastmasters Meeting and EGM**
 • Professional Speakers Toastmasters Meeting and EGM; Speeches, Evaluations and afterwards. EGM for the purpose of affiliation with the Arc. To be held from 6:30 - 9:00pm on Tuesday 24th April Quad room 1042.

• **Photo Shop Club AGM**
 • Photo Shop Club First AGM Tuesday 1st May Training Room 1 Blockhouse - Election of Executives - Review of Arc Model Constitution and Election of Club executive. All Welcome!

• **New Club**
 • New Club AGM Tuesday 1st May Hutcheson Room (Roundhouse) 6:30pm- 8:00pm. Final decision made for Club name, Election of Executives, Review of Arc model constitution. All Welcome!

• **UNSW Gridiron Club AGM**
 • UNSW Social Gridiron is a club that organises weekly gridiron games (on or off campus), as well as teaching newcomers the basics of the game. Our games also have a more casual bent to them - so they're faster and a bit more fun. The Clubs AGM will be held in the Roundhouse's Wurth Room on the 2nd of May at 5:00pm. All are welcome.

• **MedSoc EGM**
 • Tuesday, May 15, 5:30pm.
 • John Dwyer Lecture Theatre, Prince of Wales Hospital, All Med students are invited.

• **The Girl on the Bus**
 • She has a warm smile, long flowing hair, her cheeks are beautifully sculpted powdery pink, her nose dainty. Whenever I see her I shrink, shrink to the size of an ant, my heart beats violently as I gasp inaudible words that I only know say "I love you"
 • ...Bicycle for sale \$80. 0425253136.

• **Fantastic Theatre: The Festival of Light and Dark**
 • NUTS and Studio Four present "The Festival of Light and Dark", two short plays by Bertolt Brecht and Woody Allen. Running from Tuesday - Saturday of Weeks 9 and 10 in Studio 1, 8pm, this double bill is a mix of the comic and tragic, the zany and the sobering, the light and the dark. Don't miss out! Book now at www.nuts.org.au.

To advertise your classified submit online via the arc website; www.arc.unsw.edu.au. Click on the right hand "Blitz Magazine" link then "submit to Blitz". Please supply the week you want the classified listed, not the week of the event under "nominate week". Anonymous classifieds will not be printed, please supply a contact phone number. The maximum word count is sixty words.

HEALTHY VOLUNTEERS

WANTED



If you are fit, healthy and a non-smoker between 18 to 50 years and are interested in helping us with our medical research, please call us. You will be paid for your time and inconvenience.

Telephone: 1800 475 475
Email: volunteers.4.trials@gsk.com



James Lance GlaxoSmithKline Medicines Research Unit
 Level 10, Parkes Building East, The Prince of Wales Hospital
 Randwick, NSW 2031

VDB # 29 version 1, 21/08/2006

VOX POPUS

Q1

Does fitter equal hotter?

Q2

What's your health tip?



Tiff

- 1) Oh Yeah!
- 2) Dance the night away



Dave

- 1) I don't know much about fitness, not that familiar with the gym; so I call it James
- 2) Have more friends called James



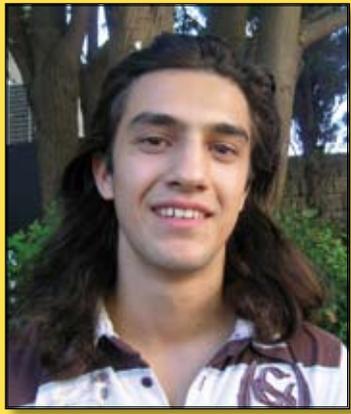
Erin

- 1) Definitely, without question
- 2) A little bit of chocolate everyday



Natalie

- 1) No, there are different parts to being "Hot" and being fit is one part
- 2) Eat whatever you want and be happy



Zinger

- 1) Yes
- 2) Lots and lots of good sex



Ed

- 1) No, I am hot as.
- 2) Dance it off. Keep dancing.



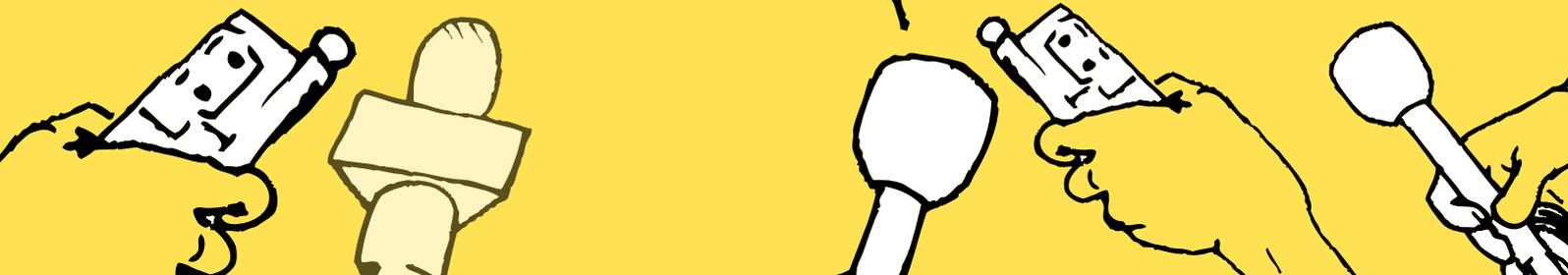
Chris

- 1) Yes, definitely
- 2) Be happy



Billy

- 1) Yes in some cases, but if you get too fit, it might get a bit ugly
- 2) Water. Lots of it.



**SUPPORT YOUR
OUTBACK ASSIST
VOLUNTEERS**

Exclusive Movie Premiere

SPIDERMAN 3

THURSDAY 3 MAY STARTS 6:30PM
RANDWICK RITZ
PREMIERE THEATRE
ADULT \$15
STUDENT \$12.50

Tickets on sale at Blockhouse Reception
More information www.arc.unsw.edu.au

**Outback
Assist**

ARC
UNSW Student Life