

Good Nutrition

# International Cookbook Launch

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weekly from the sOource

May 29 - June 4 2006 \$1.W13.



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\*Carroll et al, Psychopharmacology 2000. Sponsored by Roche.

CHC 35696- 05/06

# Editor's letter



by Rob Gascoigne

The theme for this week is "food". We've put this together as a big reminder to all and sundry that this week the Source's International Cookbook is being launched. It's a wonderful publication. Not only because it has a lot of great recipes but because it is a celebration of the diversity of this campus. Make sure you pick up a copy (and try to get to the launch).

I do love food. I'm not the best chef in the world, but it's not like I live off Two Minute Noodles and takeaway. I can appreciate a good meal. The key to the whole thing is variety (that's why the Cookbook's a good idea). I say this with some (minute) authority. For three months in 2003, I lived in a village in Southern India. I ate what the villagers ate and they ate nothing but beans and rice. For every single meal. So, for breakfast, lunch and dinner, I ate beans and rice. It was like torture; there was nothing else available. When my friend and I left the village and got to Mumbai, we sprinted (weighed down by backpacks, we still sprinted) to McDonalds. I think the best meal I ever had in my life was a goat burger in Mumbai Maccas.

There's a lot in this week's issue to keep your mind off pending assessments. Flick's done some in-depth research into the team behind the Cookbook. Some of your fellow students gave up their time to apply their ample talents to this project. They're profiled here. Check it out and, if you know them, tease them.

Alex has outlined the elements of good nutrition. If you don't know a carbohydrate from a vitamin (and how to get either of them), have a look at the article and start eating more sensibly. Your body will thank you for it.

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## President's Report



**T**his week is the launch of the 2006 Source International Cookbook - a collection of students' recipes.

There are two really great things about the International Cookbook: the cookbook is free and, to launch it, the Source is putting on a launch event where you can taste some of the recipes and watch a cooking demonstration, also for free! Be there at 1pm Wednesday, in the Cougar Club Bar. It's a great way to procrastinate from all that Week 13 study.

On the topic of study, there is a range of services the Source provides to help you out:

### Student Study Spaces:

All Source food outlets have tables that you can use without even buying anything (unlike non-Source outlets). For group study, try the big tables at the back of Esme's, in Badabagan and the Roundhouse, or hire a room in the Blockhouse for free.

### Free Computers:

The Source provides computers in the Library (the black ones, with word processing), as well as in 36Zero, Coffee Republic and Eats@The Round. There are also computer labs in the Blockhouse, which you can book for as long as you like during opening hours.

### Cheap Printing, Copying and Binding

Source printing and photocopying is closer than Kinko's and cheaper than the Library, plus binding makes assignments (especially big ones) look fancy.

### Source Retail Stores:

The Source's retail stores in each campus precinct are there for those last minute pen/pencil/eraser exam emergencies. They open at 8am as well, leaving plenty of time before your exam starts.

Best of luck with the study, the break is almost here!

*Kirstin Hunter*  
president@source.unsw.edu.au

# Ask CONTACT!

## Contact Information and Referral Service The Answer to All Your Questions

**Y**ou've all read a billion articles on the best food on campus. This week, Contact tells you where you can enjoy that food! In addition, you can sit in any of the food courts on campus even if you haven't purchased from them!

### Coffee Republic, Blockhouse

Comfy couches, often with newspapers, and on sunny days, a lovely courtyard seating arrangement.

### Roundhouse

If it's raining, make your way inside. Big tables, and don't forget Eats @ the Round! The Beer Garden is particularly delightful in the early evenings, with a resident DJ pumping out funky tunes from 5pm.

### Village Green

Little known secret. Good for sunshiney days, bad for rainy ones. Watch fit people run, and be inspired to get up and kick a ball around! Choice of beautifully manicured grass or tables.



### Colonnade/Quad

Colonnade is upstairs from the commerce courtyard, downstairs is the Quad Food Court. You may even be able to catch a club performance in the new Quad Performance Space.

### Mathews Student Lounge

Excellent for rainy days and winter. Couches and carpet galore.

### Michael Birt Gardens

Upper campus greenery. Very lovely. Complete with tables and med students!

### Library Lawn

A trusty and popular favourite. On Wednesdays catch the Library Lawn Band, brought to you by the Source.



**S**o here we go people. The Roundhouse is planning an end of session party that is sure to please you all. The Roundhouse has been flooded with requests, 'when are you going to have an R&B Party?', 'when are you going to have an R&B Party?', 'when are you going to have an R&B Party?' So, to keep you all happy, we have planned an R&B Showdown with a trunk full of funk guaranteed to keep booties grooving and suckas moving.

We will be having two rooms boasting Sydney's finest R&B performers, resident in Sydney's hottest R&B super-clubs. We accept Sydney's new generation of R&B

junkies, and plan to blow you away with a huge line-up playing all your R&B urban faves and cracking out the golden oldies. Boasting names such as Nino Brown, DJ Stanley, Mark Roberts, The Funktrust Boys, DJ Static and much more, you don't want to miss it!

So all of you who have harassed us with your demands (and anyone else up for a good night at the Round), come on down to the Roundhouse for the night you have been waiting for and let the good times roll, or should I say spin? Let's leave it to the experts. See you on June 8 everyone!

COME TO THE LAUNCH AND YOU COULD

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SCHOOL

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UNSW CAMPUS LIFE



What do UNSW  
students get up to  
in the kitchen?

Find out at the

## International Cookbook Launch

Wednesday 31 May (wk 13), 1-2pm, Roundhouse, Cougar Club Bar

FREE ENTRY • FREE FOOD TASTING • FREE COOKBOOK

[www.source.unsw.edu.au](http://www.source.unsw.edu.au)

# Cooking with Source

***This Wednesday, the 2006 International Cookbook will be launched. An annual event, celebrating the diversity of campus life at UNSW, it features recipe sampling, cooking demonstrations and prize presentations. To find out more about the Cookbook, Flick Strong caught up with the people working behind the scenes to get this project off the ground.***

We are very lucky at UNSW. We have one of the most diverse and multicultural campuses in Australia. Students from all walks of life converge at one point to learn and grow together. It's a wonderful ideal and one worth preserving by sustaining a sense of collegiality and friendship.

In many cultures the supreme act of familiarity and fraternity is the simple ritual of sharing a meal. Early Christians and Jews would express their friendship by breaking bread with each other. In Himalayan cultures, the sharing of tea mixed with Yak butter (seriously) has an almost religious significance. Even in our own lives, when we meet up with old friends, we meet over a tasty meal. Food has the capacity to unite people. It's central to the human experience.

It is in this spirit of unity and celebrating campus diversity, that the Source has annually compiled its *International Cookbook*. The free cookbooks are a hot item on campus. Each year, the entire stock is snapped up by hungry students.

It's no surprise that the books are so popular. The recipes are tried and tested by your fellow students. The book itself is compiled by a team of dedicated students who work right through First Semester to complete the book. There is also a guest chef (or, as is the case this year, a pair of chefs) affiliated with the publication.

The guest chefs involved in the cookbook this year are Ben Dalton and Jason Hannah from the BBQ Cooking School.

Jason Hannah has been a chef for over 15 years and has worked both here and overseas. He has worked at Sydney institutions including The Pier Restaurant in Rose Bay and Bills' 1 and 2. Hannah never planned the life of a professional chef. He fell into it in the gap between school and uni after the Head Chef at the restaurant where he was a kitchen hand was fired. He believes it is not hard to learn how to cook, "but [as] with everything else, you need to have the desire to want to learn". Though he has really fallen

in love with cooking, Hannah admits that "it did take 6 months for me to really enjoy the role!"

He is now a teacher at Dalton's BBQ Cooking School and, for him, this is the real joy of being a chef. He loves watching the



progression of students in the classes and finds the whole experience very rewarding.

For Ben Dalton, the BBQ Cooking School grew out of his first project called He Cooks, a school aimed at improving men's cooking skills. Dalton says he came to recognise that a lot of people wanted to know how to cook more than a few burnt snags on a barbie, so he developed a whole program devoted solely to expanding barbecue cuisine.

Contributing their professional expertise to this year's International Cookbook, the chefs have chosen a winner from over 70 student recipe submissions entered this year. At the Cookbook's launch (this Wednesday), they will be commenting on the recipes and giving a few pointers to aspiring chefs.

Both Hannah and Dalton talk about the importance of simplicity in cooking, Dalton admits a favourite trick is simply opening the fridge and cooking whatever is in there. It's a consoling thought. Students aren't necessarily the only ones scraping up the last of the half-mouldy gunge from the bottom of the fridge the night before pay day!

Hannah says you also need to relax and enjoy what you are doing, keep it simple and be prepared. "Remember it's just food, if you stuff it up it's not the end of the world". Dalton recommends confidence in cooking. "They say if you can read, you can cook" he says, "but I find that's it's all about confidence".

As confident as you may be with cooking, a few pointers can be helpful. That's where the cookbook comes in. Whether you use it as a guide, or as a manual to be strictly followed, the cookbook aims to give you some inspiration and guidelines.

Of course, putting together a cookbook takes an awful lot of time and energy and is an opportunity for students to gain hands-on publishing experience. Xuan Deng, a third year Commerce and Social Science student, was the Coordinator of this year's Cookbook. Because her Father is a chef, she has high standards when it comes to food. Those exacting standards are reflected in this year's cookbook. Lois Tang, the Communications Assistant on the Cookbook, liaised between

recipe entrants and the Source marketing department and helped organise promotion and, of course, Wednesday's launch!

The Cookbook is also the product of a crew of dedicated and talented editors. Arts Student Ania Lucewicz is a food lover, life lover, and lasagne cook extraordinaire. She freely admits that she volunteered for the position solely for the free food. Her favourite dish? The Five Minute Microwave Chocolate Cake from the 2005 Cookbook! Audrea Khong – commerce student, soccer buff and Shannon Noll fan – gets "dangerously hungry" thinking of Oma's Potato Soup. Finally, Stacy Williams is a third year exchange student from California, pursuing a degree in history (see how International this Cookbook is!). Suitably, Stacy will be writing a thesis next year on how cookbooks portray women throughout the 20th century.

Finally, we have the man who makes the food look as good as it tastes: Photographer Chris Tanadinata. Chris found interest in photography after taking a COFA course in Studies in the Print. He says the food styling process was exhausting! He spent ten hours straight photographing delicious food (though he was able to try some of the food for sustenance).

Make sure you check out this year's cookbook. Celebrate going to one of Australia's most diverse cities and break bread with your international friends.

The UNSW Source's International Cookbook is being launched by Ben Dalton and Jason Hannah this Wednesday in the Cougar Club Bar at 1pm. Come along to hear more from the chefs, taste some food and pick up your free cookbook. Make sure you get there on time as last year it filled up quickly!

**WIN**  
**A BBQ Cooking Course at the International Cookbook Launch and pick up a free copy of the 2006 International Cookbook.**



**Buy one, try one FREE!**



**Available at Source outlets**  
**• Zippys Mathews, CLB, Blockhouse**  
**• Arcade Store • Quad Store**

Offer available week 4 only.

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 UNSW CAMPUS LIFE

**HOT ROAST NIGHT**  
**TUESDAYS, 5:30PM**

**CHOOSE FROM:**  
**LAMB, CHICKEN,**  
**BEEF, OR COMBO.**

**ALL SERVED WITH:**  
**BAKED POTATOES,**  
**PUMPKIN,**  
**VEGES, & GRAVY. \$5**

# SNAPSHOT



***Will Studd has been a cheese expert for more than 30 years. In 2002, he was awarded the Ordre Merite Agricole, an auspicious French award, for his services to traditional French cheeses. He is the author of 'Chalk and Cheese, a Definitive Guide to Australian Cheese', and has recently produced a documentary for ABC TV about world cheeses, 'Cheese Slices'. Alex Serpo spoke to him about everything cheesy.***

**What inspired you to have a passion for cheese?**

I was working in London [in the 1970's], I am a vegetarian, and it was being vegetarian that encouraged me to look at cheese as a source of protein. Also, it turned out that no one really knew anything about cheese. There are plenty of experts out there on

meats or smoked salmon, but when it came to cheese, it was a whole new industry in the UK. So in terms of selling the product I had to learn what cheese was really about. The whole process intrigued me. It is a reflection on the soil, the skill of the cheese maker, and the animal.

**So what is cheese really about?**

Good cheese reflects a region, the type of animals in those regions, the soil, and the skill of the cheesemaker on a particular day, and if the cheese is matured, the skill in the maturation. It's a paddock to plate story. It's like a really fine wine.

**What is unique about Australian cheese?**

Australian cheese is different because we are one of the few countries in the world that depend on pasture-based dairy. So, most of the year our dairy animals are out in the paddock eating grass, whereas in Europe the animals spend half of the year in a barn because it's too cold outside.

**Tell me about some of the great cheeses of the world?**

Traditional English farmhouse Cheddar, real Camembert from Normandy, Brie from Brie, Conte Gruyere, Parmigiano, Gorgonzola. These are the benchmarks from which all other cheeses are measured.

**What are some of the signs of a really good cheese?**

The most important thing is that it should have a natural rind, not waxed or vacuum packed, but the most important thing is flavour. Flavour, flavour, flavour. The French describe a real Camembert as smelling like the feet of God. I would describe a real Camembert as a combination of the taste of cooked cauliflowers and cooked straw, it might sound a bit odd but it has a fabulous taste.

**Does Australian cheese have a unique flavour?**

Piano Hill produces a wonderful cheese called Ironstone Mature. It has a fabulous flavour of caramel cream at the end of it.



# UNSW BAND

**sOource**

UNSW CAMPUS LIFE

# COMPETITION

HEATS BEGIN WEEK 1, SESSION 2 FINAL IN WEEK 8

WINNER  
REPRESENTS  
UNSW @  
SOUTHERN  
REGIONAL  
FINAL

ENTRANTS MUST HAVE  
1 UNSW STUDENT

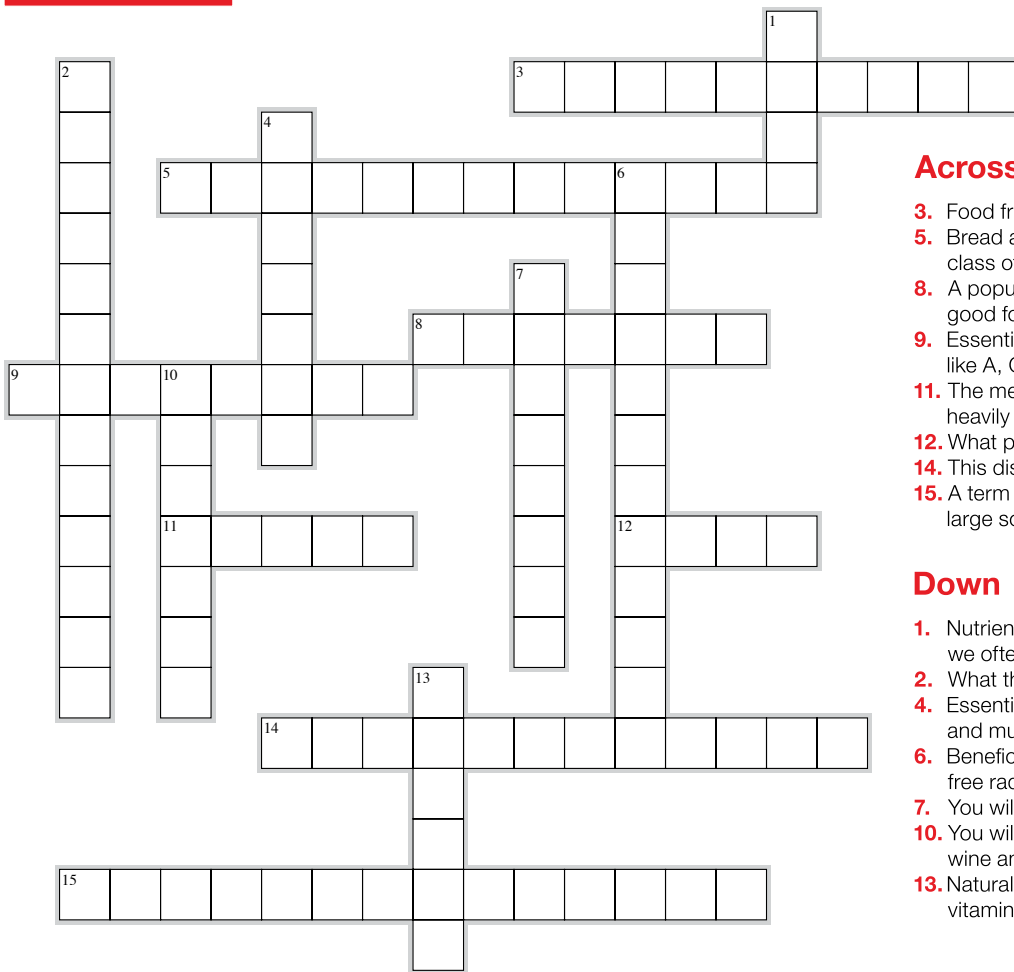
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# P U Z Z L E S



## Across

3. Food from plants which do not contain seeds (10)
5. Bread and pasta are examples of this class of nutrients (13)
8. A popular social activity that is not very good for you (7)
9. Essential micronutrients with letter codes like A, C and D (8)
11. The medical term for someone who is heavily overweight (5)
12. What people do to lose weight (4)
14. This disease affects an emotional organ (5,7)
15. A term for the nutrients that the body needs on a large scale (14)

## Down

1. Nutrients containing a lot of energy that we often fear (4)
2. What the GI stands for (8,5)
4. Essential class of nutrients found in meat and mushrooms (7)
6. Beneficial substances that help to mop up free radicals (12)
7. You will find delicious recipes in this (8)
10. You will find this toxic substance in beer, wine and spirits (7)
13. Natural foods with seeds; a source of vitamins and minerals (6)

Created with EclipseCrossword - [www.eclipsecrossword.com](http://www.eclipsecrossword.com)

# WIN!

## Cheese Slices Volume 1 DVDs

**W**ill Studd is one of the world's foremost minds (and noses) when it comes to cheese. He is Australia's sole member of France's Guild des Fromagers and was also the inaugural chairman of the Australian Specialist Cheesemakers' Association. In 2002, he was awarded the Ordre Merite Agricole for his services to the benchmark traditional cheeses of France.

*Cheese Slices*, filmed across eight countries over two years, explores the fascinating story of the artisan and

farmhouse cheeses available in the world today. If you're partial to the odd bit of cheese, you're going to love this fascinating and entertaining journey.

Blitz has two copies of the DVD to give away. To win one of these discs, tell us which type of Dutch cheese is traditionally sold as spheres with a pale yellow interior and a coat of red or yellow paraffin. Email your answer, along with your full name and surname, student number and contact phone number to [comps@source.unsw.edu.au](mailto:comps@source.unsw.edu.au) with the subject "Cheese Slices".



The  
Inner  
Life of

# Bombshells

*This week, NUTS will be putting on Bombshells. The writer Joanna Murray-Smith, is a famous Melbourne-based playwright, scenewriter and novelist. Originally a smash hit in London, it then went on to tour the world where it received critical acclaim. In Australia the Herald Sun described it as 'observant, perceptive, clever ... fleshy, complex and utterly real'. Alex Serpo spoke to Lara Kerestes, the director, about the NUTS production of the script.*

## What is Bombshells about?

It's about six different women of different ages and different backgrounds – women on the edge – and how each woman deals with her insecurities and anxieties, as well as the pressures of society. The play is composed of six monologues. We workshoped a prologue that isn't in the script, we really wanted to give the audience a sense of ensemble rather than just presenting a series of monologues. The prologue strips the women bare of protective layers.

## What attracted you to this play?

I found it in the UNSW bookshop, I opened a page and started reading one of the monologues and it caught me straight away. The honesty of the writing, I think it's a really good script.

## What is the strength of this play?

It's honesty, and it's humour, I can't stop laughing. There are some hilarious moments tempered with a few reality checks. I had twenty people audition and I had to pick six, so as a result I have some of the strongest female performers on campus.

## Will this play appeal to male audience members?

It would be educational. It gives some insight into what women are thinking. It's a rounded experience of the female psyche.

## Who is your favourite character from the play?

Bridget, a new person to NUTS, plays Mary O'Donnell, a fifteen-year-old schoolgirl whose life is the talent show at her school. Having her face in the St. Bridget's Bugle is a huge thing for Mary O'Donnell. She has this marvellous dance performance all sorted out until her rival starts performing it. She then has to face the horror of wanting to win but not being able to be original. As soon as Bridget, who plays Mary, steps on, stage light comes out of her eyes and she is hilarious.

## What would you say to commend this to potential audience members?

I think this play is very much looking through the keyhole to different women in different roles in society. Seeing their inner selves, seeing the protected layer that people tend to hide behind.

**Bombshells will be playing from Tuesday to Saturday, May 30 until June 3 in Studio One on lower campus. Tickets are \$5 NUTS member, \$7 concession and \$10 adult.**

**source**  
UNSW CAMPUS LIFE

## The Perfect Gift



**Make someone feel special with your Source Discount Card.**

**S**ource Discount Card holders can enjoy 10% off purchases of a dozen or more signature boxed flowers from Roses Only. They come elegantly presented with delicious Lindt chocolates (60g), rose oil and pot pourri.

Roses Only offers a wide range of exquisitely boxed long stem roses, tulips, gerberas, lilies and mixed seasonal flowers, in addition to superb floral arrangements, accompanied by fine champagne, wine, teddy bears and Lindt chocolates.

Formed in 1995, Roses Only is part of a family owned business that brings together over 37 years of retail and floristry experience. Now Australia's leading floral retailer, Roses Only can also organise for the delivery of beautiful flowers and gifts overseas! Roses Only has a presence in most major Australian cities and now delivers to New Zealand.

Roses Only offers you the perfect gift, whether it's a special birthday, your anniversary, a celebration or just an 'I love you' gift, their florists can create anything from a strikingly simple arrangement to a flamboyant, dramatic bouquet suited to your specific needs and budget.

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**[www.source.unsw.edu.au](http://www.source.unsw.edu.au)**

Every week we'll feature some of the great new savings and special offers for UNSW students so keep your Source Discount card handy.



# What's

Week 13 - Monday 29 May - Sunday 4 June

**source**  
UNSW CAMPUS LIFE

**Yellow Spot Special**  
WEEK 13, MAY 29-June 02

**Quad Food Court**

**Pie Pie**  
+ mash & gravy

**\$3.00** | **\$3.90**

While stocks last daily

Source Discount Card holders only

## Monday 29 May

### Ping Pong

11am  
Gnop Ginp!  
Roundhouse  
Free

### UNSW Bridge Club

12-2pm  
Come down, check us out. We're a new club promoting the card game of bridge. Beginners absolutely welcome. Bring your friends!  
Goldstein 1

### Queerplay

1-3pm  
Queers of all varieties meet up for some free food and drinks. A purely social activity which involves scintillating conversation and the occasional game.  
Queerspace - Applied Sciences Building 920  
Free

### S.A.L.S.A Social Soccer

3.30-5pm  
Unigym Level 1  
\$2.50 per game

### Capoeira S.A.L.S.A.

4-5pm  
Capoeira is a Unique Brazilian art form which incorporates acrobatics, rhythm, music and self defence in an alternative martial art. It has no barriers or pre requisites, for life is about progression and Capoeira is about life.  
Dance Studio 1  
Individual lessons are \$10 or Three lessons are \$23

### Happy hour

5-6pm  
Rouh Yppah!  
UniBar, Roundhouse

### Poker

5.30pm  
Come practice your poker face and go in the draw to win a trip to Las Vegas! Registration opens at 5.30pm, games begin at 6.30pm and runs for approximately 3 hours. Best player from this venue goes on to play in the Grand Final. Trophies for 1st, 2nd, 3rd. Entry into weekly cash lottery (\$5000 p/week) and computer software packages to be won  
Roundhouse  
Free

### Momentum Dance Studio: Hip Hop/Funk Class

5-7pm  
Taught by industry professionals, new moves are taught each week and put into a fun, high-energy dance routine. Perfect for beginners, a great workout! For more info www.momentumdancestudios.com.au  
Casual Class \$10, Dance Card (10 Classes) \$80  
Dance Studios Behind Io Myers (Gate 2)

### Momentum Dance Studio: Classical Ballet Class

6pm  
A traditional ballet lesson working at the bar and in the centre. Students learn classical ballet movements and dance sequences while increasing strength and flexibility. Good for beginners, advanced students can be catered for!  
For more info www.momentumdancestudios.com.au  
Casual Class \$10, Dance Card (10 Classes) \$80  
Dance Studios Behind Io Myers (Gate 2)

### Weekly Debating & EGM

6pm  
Debsoc is holding an EGM to elect a Women's Officer and a Development Officer. Then we continue our weekly UNSW debating, developing those key analytical and public speaking skills! All students are welcome, it really doesn't matter whether you have any previous experience.  
Info: www.debsoc.unsw.edu.au or debsocmembers@yahoo.com.au.  
Law Library Level 10 Moot Court

## Tuesday 30 May

### Free Meditation Class

8-9am  
Learn the five gentle exercises of Falun Dafa (also known as Falun Gong) a mind-body improvement system based on the Universal principles of: Zhen Shan Ren (Truthfulness, Compassion, Tolerance). Practiced by people of all ages and cultural backgrounds worldwide. No experience necessary. Contact 0416 436 755, or visit www.falundafa.org.au/Uni Library Lawn

### Ping Pong

11am  
Gnop Ginp!  
Roundhouse  
Free

### Thoughtful Foods Food Cooperative

11am-3.30pm  
Thoughtful Foods is UNSW's food co-operative, offering cheap, ethically produced, organic food to staff and students. Pop in and have a look!  
Roundhouse  
Free

### Queer Boys

12-2pm  
A group specifically targeted at Queer Boys. Come along for some free food and drinks and some brilliant company.  
Queerspace - Room 920 Applied Sciences  
Free

### Trivia

1pm  
Aivirt!  
Unibar, Roundhouse  
Free

### Women's Collective

1-2pm  
The UNSW Women's Collective provides an autonomous space for women on campus to discuss, debate, support, take action and effect change. All women on campus are welcome and encouraged to attend. Come and meet other wonderful women committed to enacting change!  
Women's Room, Blockhouse  
Free

### Campus Bible Study talk - Fruit of the Spirit

1-2pm  
Join us for a bible talk on Galatians 5. For more information about CBS, visit <http://www.campusbiblestudy.org>  
Science Theatre  
Free

### Chess

1-4pm  
Want to learn better positions?  
Website: [www.UNSWChessClub.cjb.net](http://www.UNSWChessClub.cjb.net)  
QUAD 1001  
Free for members. \$2 for non-members

### Shack Tutoring

3.30-6pm  
Want to gain tutoring and mentoring experience? Shack Tutoring is a Unique volunteering opportunity for UNSW students interested in providing free tutoring to disadvantaged high school students. UNSW students volunteer only 1 hour per week. HSC tutors for English, Maths and Sciences required urgently. Don't miss out on this rewarding experience. Email [shack@source.unsw.edu.au](mailto:shack@source.unsw.edu.au) or sign up at Blockhouse now!  
Roundhouse AIR Room  
Free

### Happy hour

5-6pm  
Rouh Yppah!  
Unibar, Roundhouse

### Pool Comp

5pm  
Pmoc loop!  
Unibar, Roundhouse

### Tuesday Night Roast 5.30pm

\$5  
Tsaor!  
Clems, Roundhouse

## Wednesday 31 May

### Ping Pong

11am  
Gnop Ginp!  
Roundhouse  
Free



Submit to What's On online at [www.source.unsw.edu.au](http://www.source.unsw.edu.au)

Week 13 - Monday 29 May - Sunday 4 June

**Thoughtful Foods Food Cooperative**  
11am-3.30pm  
Thoughtful Foods is UNSW's food co-operative, offering cheap, ethically produced, organic food to staff and students. Pop in and have a look!!  
Roundhouse  
Free

**Short Meditation Session**  
11.15-11.45am  
These short meditation sessions cater mainly to students who would like to have a break from hectic Uni life! Relaxation is just one of the many benefits of meditation, come and learn more. For details on our activities visit [www.unibuds.unsw.edu.au](http://www.unibuds.unsw.edu.au).  
UNIBUDS Library, Level 3  
Squarehouse  
Free!

**Learn the Lingo Coffee Meeting**  
12-2pm  
Come chat with students from around the globe.  
Esmes Café  
Free

**Pottery Studio Inductions**  
12.30-1pm  
Learn how to use the Source Pottery Studio from our Potters in Residence. The studio is free for student use and is the perfect way to relax between classes.  
Pottery Studio, Level 2, Blockhouse  
Free

**Bar Bingo**  
1pm  
Ognib Rab!  
Unibar, Roundhouse  
Free

**International Cookbook Launch**  
1pm  
Come along to pick up your free International Cookbook, sample some of the yummy food and be in the running to win a BBQ Cooking Course.  
Cougar Club Bar  
Free!

**Education Action Group**  
1pm  
The EAG is a group of student activists interested in campaigning for equitable and accessible education for all students. Come along to catch up with the latest campaigns and get involved. All welcome.  
Student Guild  
Free

**Library Lawn Band: Van Sereno**  
1pm  
Van has worked as a session guitarist and vocalist on numerous recording projects; and has worked extensively in various bands. Strongly rooted to R&B and Jazz, Van seeks to make music that means something, songs that have a strong message with a catchy chorus.  
Library Lawn  
Free

**Shack Tutoring**  
3.30-6pm  
Want to gain tutoring and mentoring experience? Shack Tutoring is a Unique volunteering opportunity for UNSW students interested in providing free tutoring to disadvantaged high school students. UNSW students volunteer only 1 hour per week. HSC tutors for English, Maths and Sciences required urgently. Don't miss out on this rewarding experience.  
Email [shack@source.unsw.edu.au](mailto:shack@source.unsw.edu.au) or sign up at Blockhouse now!  
Roundhouse AIR Room  
Free

**Garden Beats; DJ Justin Mile (Ruby Rabbit, Funktrust)**  
5pm  
Bouncy, bouncy, beats  
Beergarden, Roundhouse  
Free

**Trivia**  
5pm  
Aivirt!  
UniBar, Roundhouse  
Free

**Happy hour**  
5-7pm  
Rouh Yppah!  
Unibar, Roundhouse

**Beginners Salsa classes**  
5 - 7pm  
Hutcheson Room, Roundhouse  
A Gold Coin donation for two hours of Salsa!!!

**Pub Grub**  
5.30pm  
Burg Bup!  
Clems, Roundhouse

**Ultimate Frisbee Eastern Suburbs League**  
7-9pm  
Come to the Village Green tonight to play a couple of games of Ultimate Frisbee. This exciting new sport is for men and women of all skill levels, combining some of the best aspects of soccer, basketball and gridiron. The UNSW Ultimate Frisbee Club runs a weekly League for players - beginner or advanced. Come along and give it a go!  
Village Green  
\$35 for the session

**Thursday**  
1 June

**Thoughtful Foods Food Cooperative**  
10am-6pm  
Thoughtful Foods is UNSW's food co-operative, offering cheap, ethically produced, organic food to staff and students. Pop in and have a look!!  
Roundhouse  
Free

**Ping Pong**  
11am  
Gnop Ginp!  
Roundhouse  
Free

**Queer Girls**  
12-2pm  
A weekly group specific to Queer Girls. If you're a Queer girl come along for some free food, drink and excellent conversation! If you have any questions or just want to complain about something come and talk to us!  
Queerspace, Applied Sciences 920  
Free

**Chess**  
12-3pm  
It's a mating game..  
Website: [www.UNSWChessClub.cjb.net](http://www.UNSWChessClub.cjb.net)  
QUAD 1049 (12-2pm) & QUAD1001 (2-3pm)  
Free for members. \$2 for non-members

**D2MG Level 3 Hip Hop Showcase**  
1-3pm  
D2MG presents the end of session showdown celebrating the the hip hop community at UNSW. Be prepared for spectacular dance showcases, breaking battles, DJ-ing sessions, witty rhymes of resident MC - NickKnowledge and much much more! Don't Miss Out!!!  
Roundhouse  
Free

**UNSW Bridge Club**  
1-2pm  
Come down, check us out. We're a new club promoting the game of bridge. Beginners absolutely welcome. Bring your friends!  
Quad G048

**Campus Bible Study talk - Fruit of the Spirit**  
1-2pm  
Join us for a bible talk on Galations 5. For more information about CBS, visit <http://www.campusbiblestudy.org>  
Mathews A  
Free

**Learn the Lingo Coffee Meeting**  
2-4pm  
Come chat with students from around the globe.  
Coffee Republic  
Free

**S.A.L.S.A Social Soccer**  
3.30-5pm  
Unigym Level 1  
\$2.50 per game

**Shack Tutoring**  
3.30-6pm  
Want to gain tutoring and mentoring experience? Shack Tutoring is a Unique volunteering opportunity for UNSW students interested in providing free tutoring to disadvantaged high school students. UNSW students volunteer only 1 hour per week. HSC tutors for English, Maths and Sciences required urgently. Don't miss out on this rewarding experience.  
Email [shack@source.unsw.edu.au](mailto:shack@source.unsw.edu.au) or sign up at Blockhouse now!  
Roundhouse AIR Room  
Free

**Compass Workshop:  
Relaxation and Meditation**

4-5pm  
This weekly session will look at strategies of relaxation and meditation. Best results will be reached by attending all sessions, but come to as many as you can!  
Newton 306

**UNSW Ultimate Frisbee  
Club Training**

4-5.30pm  
Ever wanted to play a team sport with a frisbee? Well you should try Ultimate Frisbee. The UNSW Ultimate Frisbee Club runs weekly trainings conducted by accredited coaches. Beginners are always welcome!  
Village Green  
Free for members

**Beergarden Band; Nicky Kurta**

5pm  
Let the acoustic sounds of Nicky Kurta help you wind down on your way home, or wind up on your way out!  
Beergarden, Roundhouse  
Free

**Happy Hour**

5-6pm  
Rouh Yppah!  
UniBar, Roundhouse

**Capoeira S.A.L.S.A.**

6-7pm  
Capoeira is a unique Brazilian art form incorporating acrobatics, rhythm, music and self-defence in an alternative martial art. It has no barriers or pre requisites, for life is about progression and Capoeira is about life.  
Dance Studio 1  
Individual lessons are \$10 or Three lessons are \$23

**Buddhism Talk in Chinese**

6-8pm  
Each week we have different talks about Buddhism in Chinese given by a Buddhist monk or nun. Our talk today is by Venerable Neng Rong from Hwa Tsang Monastery. Come and learn more about Buddhism.  
Contact Boon at 0422 866 515 or visit [www.Unibuds.unsw.edu.au](http://www.Unibuds.unsw.edu.au) for details.  
Level 3 Squarehouse  
Free!

**UNSW FilmSoc  
Documentaries Month**

6.30pm  
Opening our Documentaries Month will be 'Grizzly Man'. This is the story of a guy and his girlfriend who love and study bears in Alaska. A heart-warming story ... until they both get devoured. It's a good film.  
Robert Webster 306  
Free for members, \$5 for membership and admission

**Friday**  
2 June



**Free Meditation Class**

9-10.30am  
Learn the five gentle exercises of Falun Dafa, also known as Falun Gong, a mind-body improvement system based on the universal principles of: Zhen Shan Ren (Truthfulness, Compassion, Tolerance). Practiced by people of all ages and cultural backgrounds worldwide. No experience necessary.  
Contact Kelly 0416436755, or visit [www.falundafa.org.au/uni](http://www.falundafa.org.au/uni)  
Marsh Room, Roundhouse  
Free

**Ping Pong**

11am  
Gnop Gin!  
Roundhouse  
Free

**Pottery Studio Inductions**

12.30-1pm  
Learn how to use the Source Pottery Studio from our Potters in Residence. The studio is free for student use and is the perfect way to relax between classes.  
Pottery Studio, Level 2, Blockhouse  
Free

**Friday Arvo Sessions with DJ  
Cadell**

4.30pm  
House music sounds, Cadell is playing, happy hour is on...must be Friday!  
Beergarden, Roundhouse  
Free

**Happy hour**

5-6pm  
Rouh Yppah!  
UniBar, Roundhouse

**Spocksoc Screening - Doctor  
Who Season 2**

5-11.30pm  
Join us for our screening of season two of the new Doctor Who series. Dinner is \$5 for half a pizza and a can of drink. More details at <http://www.spocksoc.unsw.edu.au>  
Quad G031  
Free for members, membership \$5

**Buddhism Talk in English**

7-9pm  
Each week, we organise a talk about Buddhism given by a range of speakers, mainly venerable monks and nuns and some lay people. Feel free to join us. Non members are equally welcome. Contact Adeline at 0404 637 818 or visit [www.Unibuds.unsw.edu.au](http://www.Unibuds.unsw.edu.au) for details  
Room 256 Robert Webster Building  
Free!



# Spiky Haired Dreams

By Flick Strong

*I miss my childhood. I want to be a kid again. Just think of all the stuff you were able to get away with as a child. For starters there was no homework and, if there was, it usually involved crayons and sparkly glue. Maybe if doing my uni reading involved covering my reader in pretty silver sparkles I might actually do it.*

**M**y favourite part of childhood was the toys. I remember a time when a simple box of Lego would illicit cries of delight. I was able to construct the biggest Lego house known to man before pushing my little brother into it! Not that I was a cruel child...

I now work with kids at my part-time job and it is fascinating to watch the ebbs and flows of trends in kids' toys. Remember the Tamagotchi? It's back. The other day I had three kids in my shop glued to the little digital 'pet' slung round their necks. This surely can't be healthy. Producing a whole generation who thinks cleaning up after a pet dog involves pressing a little button. Or that when you kill your pet out of pure neglect you can simply reset your digital friend and it miraculously comes back to life? I think the RSPCA might have something to say about that one!

The one that got me the other day was the renewed popularity of Troll Dolls! I'm not joking. I walked passed the window of a novelty toy shop and there they were, their big ugly plastic eyes staring back at me. I was instantly transferred back to my childhood when I would con my father into buying me yet another of those ugly spiky haired dolls. God knows what I did with them.

I think as with most toys and gimmicks I was addicted because everyone else was addicted. I wonder where mine are now. What's the bet my mother secretly threw the fugly things out when my attention turned to the next inane fad to line marketers' pockets? If you can come up with a toy that every child in the western world wants, you will be the richest person walking the planet.

Until I stumble across my lucrative toy, I wonder what will make its comeback for the next generation? The Roundhouse recently attempted a resurgence in slapbands, but I'm yet to see it yield any results. Personally I'd love to see roller-skates come back in - the big proper chunky eighties ones, complete with sparkly laces! This is from a purely pragmatic perspective, I never really did get the hang of those new fangled roller-blades!



## KICK ARSE FITNESS CLASS

TUESDAYS 6:15PM - 7:15PM  
STUDENTS/STAFF \$60  
6 WEEK COURSE  
STARTS 6 JUNE

**BOOKINGS 9385 4881**  
[www.lifestylecentre.unsw.edu.au](http://www.lifestylecentre.unsw.edu.au)



# COMICS

THE ART OF MANGA BY DAVE CARTER



EVEN LAVA PEOPLE FEEL



e. 17/1/04  
(21/12/04)

episode 7

## DESTINATION SPACE!

THE YEAR? X! THE DESTINATION? SPACE. THE PENULTIMATE FRONTIER, WHERE ANYTHING CAN, AND DOES, HAPPEN!

okay, okay, I confess... I am the HIGH BOOGIFEX!



WITH THE THREAT OF DEATH STILL HANGING OVER THEM, THE CREW OF THE "HIGH ADVENTURE" MUST FIND A WAY TO AVERT THE GROOVON THREAT... BUT DOES THEIR NEWEST ARRIVAL, THE MYSTERIOUS VAVDOM, HOLD A SECRET THAT MAY BE THE KEY TO THEIR SURVIVAL?



SO THE GROOVONS WANT YOU, THEN?

no, they're after the other high boogifex you have on board.



OF COURSE! UVULA, DISPATCH THREE TEAMS TO FIND THE OTHER HIGH BOOGIFEX. THE FIRST TEAM-

HE IS BEING SARCASTIC, SIR.

VAVDOM, WHY ARE THE GROOVONS AFTER YOU?

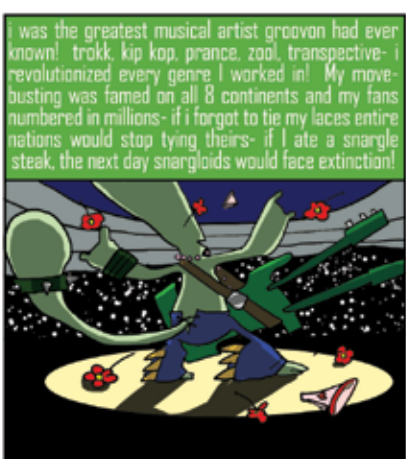


because i, um, kinda sorta faked my kidnapping.

WHY WOULD YOU DO THAT?!



because i couldn't live that way anymore! trapped in a gilded cage like an ornamental pachowchal!



I was the greatest musical artist groovon had ever known! trokk, kip kop, prance, zool, transpective- i revolutionized every genre I worked in! My move-busting was famed on all 8 continents and my fans numbered in millions- if i forgot to tie my faces entire nations would stop tying theirs- if I ate a snargle steak, the next day snargloids would face extinction!



when I was elected high boogifex, i thought it would be fun- and at first it was- but soon i tired of the never-ending, round-the-clock gratification- the sex, the drugs, the raw zilk bedsheets and gabbar for breakfast. it used to be about the music- now it was churning out stale albums and greatest hits collections and kissing larvae- i couldn't take it anymore!



but if they catch me, there will be no escape! i'll be forced back into that perfumed oubliette! you've got to help me! i throw myself on your mercy!



COME ON, UVULA, COULDN'T WE JUST HAND HIM OVER AND NOT TELL SPACE COMMAND?

NO, CAPTAIN, FOR THE FIFTH TIME, THE PROTOCOL ON IS QUITE CLEAR ON THIS.

karshi dosoo © 2006

www.lairofthetwistedkitten.co.uk





Artist: Wai Hon Kwong, Raymund

### ***Night Excitement***

The photo was taken at night at the Royal Sydney Easter Show this year. I was trying to capture the excitement of the ride in this work. Going for a night ride is a traditional part of Sydney culture. The photo was processed in Photoshop to bring out the idea of strong motion.

## **Visual Blitz**

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. Email your contributions ( at least 300 dpi resolution ) to [blitzeditor@source.unsw.edu.au](mailto:blitzeditor@source.unsw.edu.au)



# The Taste of Health

*We all know that good nutrition is the cornerstone of good health. Unfortunately, due to the stresses and strains of our daily lives, eating right is often our last priority! Late night TV dinners, fast food and drinking sessions all take their toll. Before the guilt sets in, remember you don't have to have great discipline to have good nutrition. Alex Serpo provides some simple tips to help you taste health.*

It is possible to eat all the delicious foods you enjoy and have a diet that promotes health. The first step to eating well is eating the right amount. Of course, there are extreme approaches to this issue: from anorexia and bulimia at one end through to obesity at the other. While both are primarily psychological disorders, they are indicative of diet being used as self-abuse. The key is balance: not too little and not too much.

The secret to striking this balance is to trust your body. Eat when you're hungry, and enjoy until you're satisfied. A common

trap is emotional eating: eating when you're upset, stressed or bored. A good way to get over this habit is to substitute. When that big assignment is due, rather than wolfing down the chocolate biscuits, put on your favourite CD.

Dr. Jayashree Arcot is a Lecturer in nutrition in the School of Food Science. She says there is more to health than simply eating enough. It's about 'achieving optimal health and preventing chronic diseases such as obesity, cardiovascular diseases, cancer and diabetes'.

Achieving a balanced approach to eating is an art that is particularly hard to balance with a student lifestyle. Spending time on food preparation is often last on the priority list. However as the Source's International Cookbook has shown, there is a little Jamie Oliver in all of us. We can be inventive with food and we can control what we eat. So, what should we be preparing in the kitchen? What promotes optimum health?

Dr. Arcot says our dietary needs fall into two categories, the 'macronutrients' and the 'micronutrients'. Macronutrients

are carbohydrates, protein and fats. Carbohydrates are foods like bread and pasta or starchy foods, and sugar. Fats are foods like butter and cream while meat, nuts and mushrooms are packed with proteins. The micronutrients include vitamins and the minerals. Vitamins are complex molecules, while minerals are essential elements like Sodium, Potassium or Iodine.

When it comes to the macronutrients and micronutrients, it's a bit like packing for a long and arduous journey. Take only what you need, but make sure you cover all the bases, the key, again, is balance. All three macronutrients are sources of energy, although they shouldn't be eaten in equal quantities.

Carbohydrates come in two forms, simple and complex carbohydrates. Simple carbohydrates are sugars. More complex carbohydrates like bread, pasta, legumes, or potato's can provide the same nutrients but also bring vitamins, minerals and dietary fibre. Recently, Glycemic Index or GI has become a major issue in buying products. The lower the GI the slower that food releases glucose into the blood stream. It

is believed that foods with low GI help prevent the development of diabetes.

***"it's a bit like packing for a long and arduous journey, take only what you need, but make sure you cover all the bases, the key...is balance."***

Next comes protein, which can serve as a source of energy but also provides the important amino acid raw materials to help build muscles and other tissue. The amount of protein you need depends on your lifestyle. The Australian Dietary recommendation for protein intake is 55g a day, however western diets generally contain far more than this. Athletes or people undertaking regular strength training need more protein than under normal conditions; it all gets used up in developing muscle tissue.

The last category of macronutrient is the one we dread most: fats. Remember that fats are an essential part of

any balanced diet. Fats divide into two categories; fats and oils, where oils are liquids, fats are solid at room temperature. Solid or 'saturated' fats tend to come from animals while oils 'unsaturated' fats come from plants. So, for example, butter (from a cow) is a 'fat' while olive oil is an oil. It is also an important distinction because oils tend to be better for health than solid fats. Fats also contain more than twice the energy per gram when compared to either carbohydrates or proteins, so it's easier to put on weight eating fats. Also, saturated fats are linked to diseases such as heart disease and obesity.

Lastly, let's consider micronutrients like iron. These are very important. The best way to maximise your intake of micronutrients is to eat plenty of fruits and vegetables, and eat as widely as possible. Dr. Arcot notes that to 'enjoy a wide variety of nutritious foods' is essential to health, and this is common advice from nutritionists. This can be a fun exploratory process, try something new every time you go to the supermarket, or try and get as many food types in your basket as possible.

'Antioxidants' is a buzzword often used to promote the healthy aspects of a food. These help prevent damage to your DNA and cells from nasties known as 'free radicals'. These 'free radicals' can have a causative effect for some mutations and cancers, so antioxidants like Vitamin E are worth putting in your diet.

While having a good diet is great for you, it is important to couple this with a healthy lifestyle. Dr. Arcot advocates this, noting that 'according to the WHO there are indications that a large number of people in the world are functioning below, often far below, their biological potential for good health because of inadequate physical activity'. Factors such as heavy smoking and drinking can also counteract the positive effects of a good diet. However it only takes a little concerted effort to enjoy the taste of good health. We all love a good feed but you just need to be a little bit strategic about what you put in your shopping cart. Your body will thank you for it.



# WANTED

## Healthy Volunteers

*You will be paid for your time and Inconvenience*



If you are fit & healthy,  
and non-smoking  
aged between 18-50 years  
and are interested in helping us  
with our medical research,

Please call us on: **1800 475 475**  
or e-mail [volunteers.4.trials@gsk.com](mailto:volunteers.4.trials@gsk.com)

The James Lance GlaxoSmithKline Medicines Research Unit  
Parkes 10 East, The Prince of Wales Hospital  
Randwick, NSW 2034

## CD: The Hold Steady Separation Sunday

Where Sufjan Stevens aimed to render Christianity relevant, The Hold Steady, with their Midwest brand of classic, AC/DC-esque rock, shoot even higher: to make Jesus cool again. Frontman/preacher Craig Finn sounds like the bastard child of Jim Morrison and one very naughty priest, as he rambles on about sex, drugs, church and original sin, often in the same sentence. This lyrical intensity isn't always matched by the band, which makes you wonder if they're just dinosaurs from the 60s trying to fund their pension. But when the organ

solo kicks in during Multitude Of Casualties, as Finn screams "we were up at the citadel, I was high as hell!" we forgive them their trespasses. With rollicking piano ballads that echo Ben Folds in Don't Let Me Explode and swaggering pub stomps like Stevie Nix (the best girl obsession in music since The Libertines idolized Kate Moss), Separation Sunday looks set to give Hillsong a rude awakening. Let the alcohol-induced Jesus jams begin!

Associate Reporter  
Jonno Seidler

## Film: X-Men: The Last Stand

So the human's have developed a "cure" for mutants, igniting a full-scale war on all mutant kind. It may not sound particularly believable to you but trust me: see this movie.



I was very sceptical at first; a third instalment of a trilogy, a change of director (Brett Ratner – Rush Hour, Red Dragon), written by the guy who did Mr & Mrs Smith, Halle Berry... My inner jerk was telling me to beware. Of course, my inner geek didn't give a damn.

First of all, fans of the comics will be satisfied; Jean Grey evolves into Dark Phoenix, Wolverine is in Berserk Mode, Storm can fly, a sentinel, ... stuff that we've been waiting to happen, finally happens. This film introduces new characters including Beast (Kelsey Grammer, in the role he was born to play!), Juggernaut (Vinnie Jones), Shadowcat, Angel... and keep a keen eye out for Jubilee and Psylocke (Sadly, Gambit's cameo was cut).

There's also plenty to attract more casual fans. The action is fantastic. There are huge stunts by Hugh Jackman and Halle Berry, the special effects are gigantic. The characters are also much better realised and developed; Storm suddenly has personality, Cyclops is bitter and twisted – everyone suddenly has some real depth. Throw in a couple of surprises, a stunning finale action sequence and you have a great movie.

In short, this was a freaking amazing film and is much closer to the original series and comics in regards to characters, events, politics and values. I enjoyed this more than the first two. Go and see this, now, you geek.

Associate Reporter Tom Hogan

**source**  
UNSW CAMPUS LIFE

WHY DO BIRDS, SUDDENLY APPEAR?  
ARE YOU GONNA BE MY GIRL?  
**TRIVIA** @ THE UNIBAR  
TUESDAY 1 - 2PM SPONSORED BY  
The Sydney Morning Herald  
WEDNESDAY 5 - 7PM

TWO FAT LADIES... 88  
**BINGO!** @ THE UNIBAR  
WEDNESDAY 1 - 2PM



Mini Pash



**\$3**  
EACH

**Mini Pash**  
\*Offer exclusive to UNSW Source Members

**source**  
UNSW CAMPUS LIFE





# Pitfalls of an It Girl

**Are you feeling lost in the crowd? Dream of being like Lindsay Lohan, Paris Hilton or Nikki Webster with tons of money, handbags and people singing songs about how they didn't steal your boyfriend...**

by *Rehana Ahmed*

**W**ell, today is your lucky day. You have inadvertently stumbled across me, the fashionista of fashionista wannabes. I can transform you into the girl you've always dreamed of being. Follow this guide and not only will you never have to pay for public transport again, but, as you turn out to be more popular, successful and skinny, you will eventually become that pinnacle of social power: The Trophy Wife.

The biggest hurdle these days for a fashionista like me is working out where to begin when attempting to resolve the issues that exist in our faux pas and pariah-ridden world. Nevertheless, I am learned enough to know (don't fret, you will develop this skill over time) that hair and make-up is always a good place to start.

For the 'it' girl, great hair is almost as vital as breathing (possibly more) so read closely and make sure you stay on top of things (remember, an 'it' girl's worst enemy is last month's advice). At the moment, mullets are out but the spirit of 80's revival is still in, which makes the perm an absolute must for any wannabe. I would also recommend bleaching the hair to a few shades lighter than its usual colour because we are going for the 'damaged, chemical and unnatural' look and this will definitely enhance it. And for the added bit of 'it', make sure you don't bleach the roots, because this way your hair will look like it's grown out and you have therefore been sporting this trendy style for more than a little while.

Body hair is also a major 'it' girl issue. Although epilators come cheap these days, I would suggest more conventional and painful hair removal methods for the bikini line. I base this on a high-school experience, where a friend's friend's friend spread a rumour about her other friend, alleging that while trying to epilate in *that* area, the machine had suddenly and freakishly caught on to the back of her thigh and she then had to go to the doctors to have it removed. I do not know if this is true but the girl's friend was able to back the story up with convenient purse sized photographs of the blotchy red thigh. I therefore recommend that 'it' girls do not use epilators for that purpose this month.

Now let's turn our beautiful brains to make up. It's hard to get noticed these days, unless you're Penelope Cruz. You are not Penelope Cruz which is why it is essential for your make-up to stand you out from the crowd. This month the in colour of eye shadow for the 'it' girl is a suggestive lime green – this colour is sure to bring out anyone's eyes, and in turn, stares from both unwanted and wanted persons, which is something an 'it' girl should strive for. The favoured lip colour for 'it' girls is a demure hot pink (remembering the 80's revival is still in), however, if your great aunt seems to be hogging the supply, dark red is a suitable alternative, preferably as a gloss. And finally for the complete 'it' look, be sure to engage in what I like to call a blush/bronzer bonanza, which will ensure that you look reasonably sun-kissed or like you have been exercising a lot.

It goes without saying that the advice I have outlined above will only add to your 'it'ness and coolness. And while I would love to continue to provide you with advice on all the other very important 'it' girl areas (including shoes, dating, clothes, cars, health and the like) time and space constraints, as well as sheer laziness, prevent me from doing so.

So readers, good luck emulating me, your hero. By my predictions, following this advice should get you at most 1 free bus ride, 3 free drinks at a sleazy bar and maybe a fruit platter. Most importantly, however, it will get you one step closer to becoming the 'it' girl you've always wanted to be.

### Fantabulous room for rent!

Huge! Floorboards! Built ins! Garden! Great flatmates! Expand your social life! \$130 pw + exp in an established clean household! 15 mins from uni and Kingsford. Bus at door! Want clean, friendly person. Call Dan 0415 205 542, Dan 0424 654 353 or Sarah 0416 975 096

### Contact Volunteers Needed

The Contact Information and Referral Centre is looking for new volunteers for Session 2. Pick up an application from the office, or from our website - [www.contact.unsw.edu.au](http://www.contact.unsw.edu.au) Applications close Friday, Week 14.

### Tutor required at Lewisham

To teach English to primary school children. Must be available every Sunday 3-4pm during school terms for at least the next 6 months. You will be responsible for preparation and marking of all class work. All resources and equipment provided. Call Maree 0402 397 819.

### Two Housemates wanted

To share with three girls in a spacious house in Randwick. \$130 per week. 15 min walk to UNSW. 15 min bus ride to COFA. Phone: Annette 0402613065

### International Students' Seminars

ISS presents Returning Home Seminars for international students. The Preparing to Return Home Seminar will be held on Wednesday 5 July from 2 – 4 pm in the Red Centre Room M032. A Seminar on Preparing to Stay in Australia will be held on Friday 7 July from 3 – 5 pm in the Physics Theatre (K14) To register, email [international.student@unsw.edu.au](mailto:international.student@unsw.edu.au)

### Two Housemates wanted

To share with three girls in a spacious house in Glebe. \$110 per week. Close to Central Station. Phone: Dominique 0404017033

### Free blood cholesterol, insulin and diet analysis

Seeking Chinese Australians, both males and females, born overseas or in Australia, not physically trained (<3 times/week, 1hr/time) for a study looking at lipids, insulin, leptin, body composition, diet and arterial stiffness. If you are interested, contact Faith Wang on [faith.wang@student.unsw.edu.au](mailto:faith.wang@student.unsw.edu.au) or 0403 102 652.

### Volunteers Needed for Research Project

The UNSW Faculty of Medicine is running a free health check. If you are male, 18-25, non-smoker, Aboriginal, Caucasian, South Asian or South-East Asian, come and get your blood tested for cholesterol, glucose and insulin. Please contact Dr Maria Matuszek 9385 8086 [m.matuszek@unsw.edu.au](mailto:m.matuszek@unsw.edu.au) or Jeremy Nguyen 0410103046 [jeremy.nguyen@student.unsw.edu.au](mailto:jeremy.nguyen@student.unsw.edu.au)

### Selling? Buying? Need a flatmate? Single? A Student? Penniless?

Even if you are unlucky enough to be all these things, you can solve them at the same time by putting a classified in Blitz! If you are a UNSW student, the classifieds are free for non-commercial use. Classifieds are due twelve days (always a Wednesday) before the magazine is released (a Monday). Email [blitzeditor@source.unsw.edu.au](mailto:blitzeditor@source.unsw.edu.au)

### Free Organic Seminar

Monday, 29 May 2006, 7-9pm  
Learn about Organic health, Organic food and the benefits of them.  
UNSW Lifestyle Centre  
Free

**AUSTRALIA'S FAVOURITE FOOD**  
**ROSIE'S**

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ROSIE'S is cooked in cholesterol-free vegetable oil and deliciously seasoned. Choose from TASTY or SPICY varieties with a serve of ROSIE'S yummy flavoured chips. Prefer something salad? Only seasoned breast meat is used in ROSIE'S chicken wraps, toasted Turkish and chicken salads.

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\* All prices shown are for Source Discount Card holders.

**Rosie's is at Eats @ the Round from Mon 24 April**  
**10am-3pm Mon- Fri**

**source**  
UNSW CAMPUS LIFE

# VOXPOPS

**Q1** *What's an animal that shouldn't be eaten?*

**Q2** *What was your mum never able to make you eat?*



**Maddie**

1. All animals shouldn't be eaten- everyone should be a vegetarian
2. Squash



**Devon**

1. All animals
2. Brussel Sprouts



**Amelia**

1. Kangaroo
2. Mash Potatoes- it's gross



**Alexia**

1. Humans
2. Sauerkraut



**Ashley**

1. Eel
2. Jellied eel from England



**Shane**

1. Kangaroo
2. Brussel Sprouts, never ate mushrooms



**source**

UNSW CAMPUS LIFE

# End of Session R'n'B Party

**"Shake  
what ya  
mama  
gave  
you!"**

**From 5pm  
Thursday, 8 June  
Source Members FREE  
students \$5  
guests \$10**

The Roundhouse encourages the responsible service of alcohol

