

**blitz**

weekly from the **ARC**

March 19 - March 23 2007 51.W4

**What's your obsession?**

**Sex:** UNSW undressed

**Food:** a fuel stop  
or weak spot

**Body Image:** Weighing  
you down?

**The Net:** Living  
Online

# 2007 UNSW STUDENT ELECTIONS

**NOMINATIONS OPEN:** MONDAY 19 MARCH 2007 **NOMINATIONS CLOSE:** THURSDAY 5 APRIL 2007

## CALL FOR NOMINATIONS

### ELECTION TO: Academic Board

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.

#### AVAILABLE POSITIONS:

- 2 Undergraduate Students
- 2 Postgraduate Students

Term of Office: 12 months  
1 July 2007 - 30 June 2008

### ELECTION TO: Faculty Boards

Faculties are groups of schools that conduct research in related disciplines and supervise teaching. Each faculty includes academic staff members headed by a Dean appointed by Council, a presiding member elected by academic staff and elected student representatives. Faculty Boards examine, for example, student admission, the awarding of honours, degree rules, course revisions and advanced standing criteria.

#### AVAILABLE POSITIONS:

- 6 students to Arts and Social Sciences
- 4 students to the Built Environment
- 6 students to Business
- 4 students to the College of Fine Arts
- 6 students to Medicine
- 4 students to Science

Engineering and Law elections are in S2

Term of Office: 12 months  
May 2007 - April 2008

**UNSW**  
THE UNIVERSITY OF NEW SOUTH WALES

## NOMINATIONS

Nominations must be made on nomination forms (which contain detailed election information) available from:

- The Internet at <http://www.elections.unsw.edu.au/>
- Faculty and School Offices
- The Elections Office, Room 132, the Chancellery
- Arc@UNSW, The Blockhouse

Nominations must reach the Returning Officer before 5.00 pm on Thursday 5 April 2007.

If more nominations are received than there are positions available, ballots will be conducted.

## BALLOTS

**Academic Board:** If necessary postal ballots closing at 5:00 pm on Thursday 31 May 2007 will be conducted. Ballot papers will be dispatched by Friday 4 May 2007.

Only ballot papers which reach the Returning Officer by close of ballot will be counted in the elections.

**Faculty Boards:** If necessary, online ballots will be held in week 12 of Session 1 2007 (Monday 21 May - Friday 25 May 2007).

# EDITORS LETTER

Dear Reader,

For years, people have been telling me that Blitz is just fluff, pictures, and comedy tabloid articles. In response to these outrageous and baseless claims, I have decided to produce a completely trashy and tabloid Blitz, full of pictures and fluff; The 'Obsession' Blitz. I've aimed low with this Blitz, it's designed to completely miss your brain, saili straight past and hit you in the loins and stomach. Enjoy it on an animal level.

To get in the mood, why not read Carissa's UNSW Undressed article, full of sordid details about the sex lives of UNSW students. It's juicy, it's dirty, and it's a Blitz exclusive. In true Cleo style, Ana has written an article about body image obsession. We also have articles on those foods that drive you mad, or that you frantically gobble at 3am. Also check out the article about net obsession, everyone's dark late night secret.

This week's Roundhouse band is heavy rock outfit The Devil Rock Four. They are currently on their national tour, promoting their new album First In Line. Rising from their home in Melbourne, Redeye Records described their first EP as a 'ferocious debut 5-tracker from the Melbourne high flyers, chock-full of the loudest rock you'll ever hear!' Don't miss out.

On a more serious note, there has been a technical problem with What's On that was caused by the website changeover during re-branding from Source to Arc. For those clubs and individuals who failed to have their What's On listed despite submitting them correctly, my sincere apologies. The system is working now.

Enjoy Week 4

Alex Serpo

## Blitz Magazine

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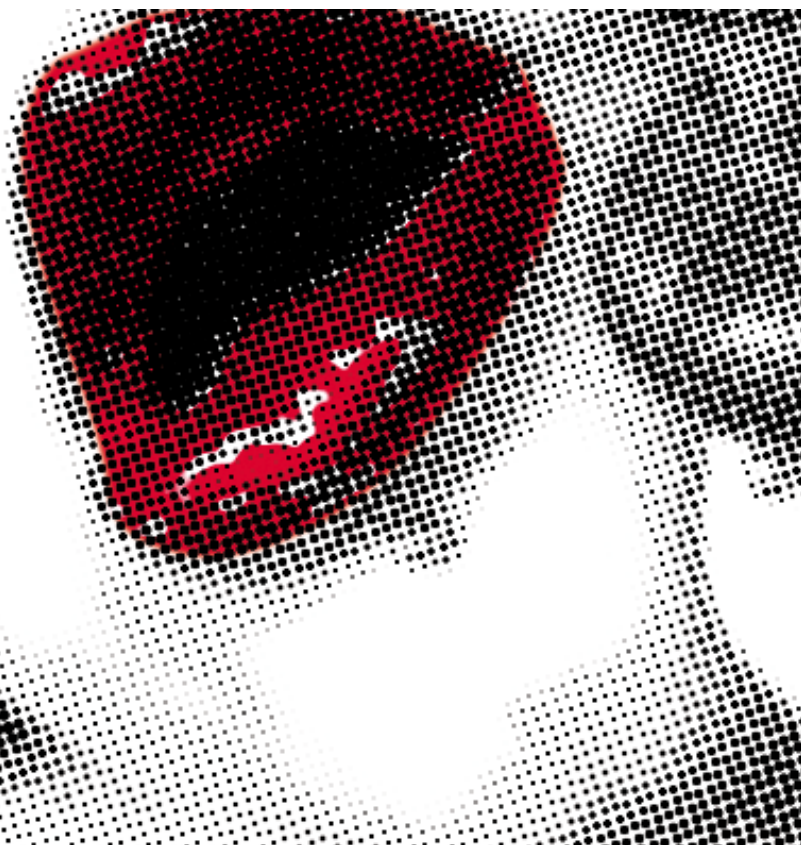
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# Chair's Report

**Some of you might have noticed that I've been trying to keep my messages in line with the themes presented in Blitz each week. For those of you that haven't – don't worry, I'm probably not as clever as I'd hoped and it's probably not that obvious!**

Anyway, as this week's theme is 'obsession', I thought I'd share a slightly embarrassing obsession; I'm an X-Files fan. Ok, I'm a huge X-Files fan. I was one of those kids that used to scoff at people who admitted to watching the show at school, while secretly video taping every week without fail. I think there must be a few closet fans, because when I was in high school no-one watched the X-Files. Yet these days, whenever I mention my penchant for the Files out at a pub, there's always three or four people who chime in with "me too!"

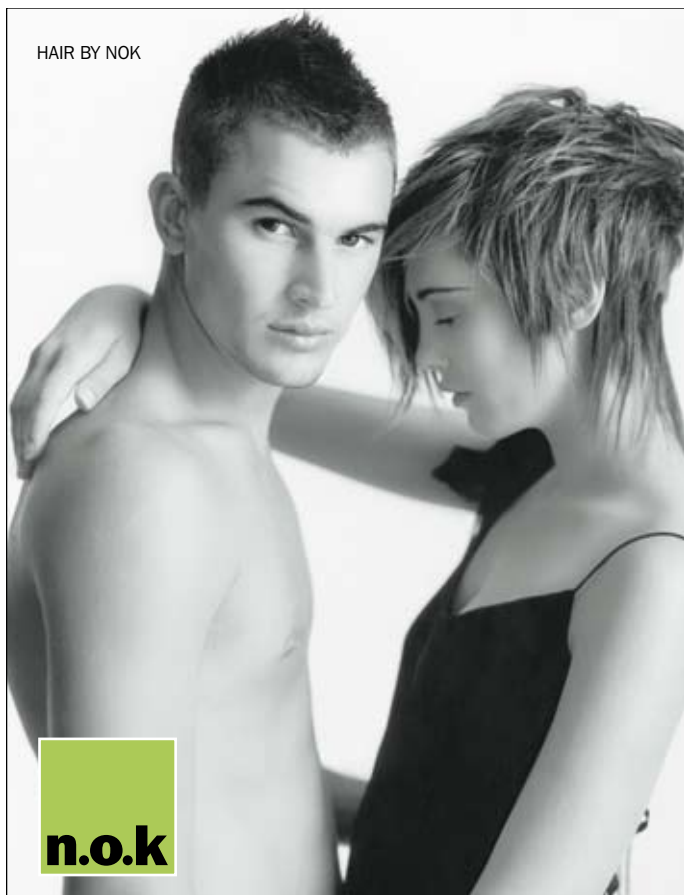
My point about the X-Files is that at uni, no matter what you're interested in, chances are there is a club of people around campus with similar tastes. Whether you're interested in theatre, sports, movies, dancing, religion, drinking, or even chocolate, there's a club at UNSW for you. If you're interested in getting involved with any of the clubs affiliated with the Arc, just come and visit the Blockhouse Clubs and Activities area on the ground floor, or check out the website [www.arc.unsw.edu.au](http://www.arc.unsw.edu.au).

For those of you interested in cooking, one of the Arc's programs, the International Cookbook, is closing recipe entries this Friday. The annual UNSW International Cookbook features recipes and stories from UNSW students. Recipes are shared with personal anecdotes describing the special meanings intrinsic to the processes of preparing, serving and enjoying food from a variety of cultures. Best of all, recipes are designed so that even a student living on a tight budget can afford to make them! If you would like to submit a

recipe, just email [cookbook@arc.unsw.edu.au](mailto:cookbook@arc.unsw.edu.au) or visit the website and submit by Friday 23 March.

There is also an exhibition opening at the Arc's Kudos Gallery near UNSW's COFA Campus, this Tuesday at 6pm. The Kudos Gallery is run by students involved in the Arc @ COFA and gives them a chance to practically manage a gallery. The exhibition opens on Tuesday 20 March at 6pm, runs until 1 April and is titled 'Cute But Ugly' by Kristone Capistrano. You can check out the Gallery at 6 Napier St Paddington from 11am - 6pm Monday - Friday and 11am-4pm Saturdays.

**Kate Bartlett**  
Chair of the Board



HAIR BY NOK

**n.o.k**

## NODDYS ON KAMPUS

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HOURS: MON - WED 9.00 - 5.30 • THURS 9.00 - 7.30 • FRI 9.00 - 5.30



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### ZIPPYS

- CLB (next to Graduation & Gift Store)
- Mathews Food Hall
- Blockhouse

### ARCADE STORE

Mathews Arcade

### GRADUATION & GIFT

The Arc's academic dress hire service and UNSW logowear store (Central lecture block)

### QUAD STORE

Quadrangle Building  
\*Also sells art supplies

For opening hours and a full product range go to [www.arc.unsw.edu.au](http://www.arc.unsw.edu.au)

### Arc retail @ COFA Campus

**CAMPUS ART STORE**  
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UNSW Student Life

# Emotional Health Forum: don't worry, be happy!

Phuong Au

**Being a student can be stressful at times, and the pressure of assessments, paying rent, or relationship dramas can get a bit overwhelming.**

So to help you get through your day, the Welfare Office are running Emotional Health Forums in Week 5 to give you the chance to learn different ways to get emotionally 'healthy' and to chat to people who can help you with any questions or concerns you may have. So keep an eye out for the 'What's On' section of Week 5 Blitz for forum times and locations.

Having good emotional health means that you are in control of your thoughts and feelings, to feel good about yourself and an ability to have good relationships. It is possible to have good emotional health and still experience emotional problems or have a mental illness such as depression and anxiety. But learning to be emotionally healthy can help you deal with these stresses and problems, and know when and where to seek help.

Here are some signs that you might be emotionally unhealthy:

- Feeling out of control when eating then feeling guilty afterwards.
- Being preoccupied with wanting to look thin
- Feeling emotionally 'flat' and uninterested in the world
- Swearing a lot more than usual
- Concentration problems
- Having trouble falling asleep

The last three can very likely be caused by hanging around new people that swear a lot, partying too much or drinking too much coffee, but if you think you are depressed or are finding that you are not in control of your thoughts or behaviour, it is best to seek advice. UNSW has a counselling service that is free for students and staff.

UNSW Counselling Service

Level 2, East Wing,  
Quadrangle Bldg  
Map Reference E15

9:00am – 5:00pm

Tel: 9385 5418 Fax: 9385 6115  
counselling@unsw.edu.au

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

**Keep an eye out for the 'What's On' section of Week 5 Blitz for forum times and locations.**



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# HOW THE DEVIL DOES ROCK

## THE DEVIL ROCK FOUR

Ana Gacis

**The Devil Rock Four is one of the finest live acts in the country. Famous for their electric rock performances delivered with a depth of spectacular musical talent, this band is thrilled to finally express their own words to the public.**

Formed in 2003 when guitarists Jonny and Carl bumped into each other randomly in Melbourne, they will proudly release their first album *First in Line* in early March 2007.

Life as an emerging rock-star was up for scrutiny when we caught up with the Devil Rock Four's Jonny Driver. Originally from Tasmania, Jonny has been playing guitar since 1992 because, 'I was stuck in Tasmania, and there was nothing to do - so I picked a hobby and guitar was it.' This hobby propelled Jonny in bands such as *Process of Elimination*, *The Bastard* and *Corkcharge* which gave an experienced edge to Jonny's song-writing and performances ability. His hobby-turned-passion overturned Jonny's monotony and saw him jet-set across most of Australia doing 'something that [he] could do all day and all night for the rest of [his] life.'

The irony of the album title is that Devil Rock Four were only moments away from being rounded into a line-up themselves at the local police station during a stay in Canberra last year. Unable to find accommodation in Canberra due to the Parliament sitting and the Rock Eisteddfod finals, the band had to drive to the next town right after their show to find a hotel. 'It was 2am in the morning', says Jonny. 'On the way out we met a road closure, and had to go along a detour highway. Halfway up the highway, we began to realise that the car was out of petrol - the light had been on for about half an hour and we were about to run out of petrol in the middle of nowhere.'

Thankfully, a load of hippies in a van drove past and just happened to have a jerry can with 20 litres of petrol in it that they happily sold to them. 'We managed to have enough petrol to get to a 24 hour servo 50 km away... After filling up, we went to a hotel- and realised that we had forgotten to pay for all the petrol. We managed to get back there just before they called the cops on us.' Close call. A few moments later and *First in Line* could have referred to more than their album name!

The grit and emotion of their experiences has shaped their brand of rock and roll. They wouldn't comment on the identity of the love interests in their songs, only conceding 'that in many songs, the first verse will relate to one person and the second verse about a totally different person.' Nevertheless, they manage to strike a chord. 'I don't intentionally write songs that people can relate to, but at the same time I don't want to be one of those guys who write songs about stuff they've never experienced,' says Jonny who writes with fellow guitarist Carl.

Their honesty and fresh humour is reflected in their tracks. Influenced by both international and Australian artists such as Aerosmith, AC/DC, Cheap Trick and the Hellcopters, The Devil Rock Four will get you on your feet and play air-guitar like it's a sin. Devil Rock Four will tour most of Australia over the next weeks, and will include a show at our very own Roundhouse Beergarden on Thursday 22 March from 5:30 to 6:30pm.



See The Devil  
Rock Four play  
the Roundhouse  
Beergarden from  
5:30 until 6:30pm  
on Thursday 22  
March.



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**Every generation should live better than the last**



# UNSW Undressed:

Are you getting  
as much as everyone else?

At Columbia University the students have a campus porn TV station, hold an annual erotic baking contest, and have a university-sanctioned S&M club called *Conversio Virium* (Latin for 'exchange of power'). All this makes UNSW students look plain in comparison. Are we getting as much sex as the media thinks we are?

## Carissa Simons

UNSW is an extremely social campus, especially compared to Club Mac (Macquarie University), UTS and UWS. The variety of clubs and societies, volunteer programs and the social character of the Roundhouse mean that there are more opportunities to meet new people. This in turn means there are more chances of getting laid. As Sydney university-turned-UNSW Student, Josh\* says 'We're probably having enough sex...UNSW students are a rather attractive bunch compared to our colleagues at USyd'.

Clubs and societies in particular are places where people from different faculties can meet, share a drink, share interests, and with a bit of luck, share bodily fluids. One student noted that 'Certain clubs and societies on campus are renowned for being incestuous'. It is alleged that Circusoc, the campus circus society, was often referred to as 'nudesoc'. Rumour has it, that at a 2005 party, Circusoc members went nude slippery sliding on the Village Green.

The theatrical society, NUTS, has also had an incestuous past – which is hardly surprising considering all the theatre they do. One member admitted that they'd had sex in the *lo Myers* theatre, the *Figtree* theatre, *Studio Four*, and received oral pleasure on the benches behind the *Figtree* theatre. *Studio One*, a small theatre near Gate 2, has also seen its fair share of action, having had a fair few bodily fluids spilt over the lighting operator's chair. NUTS Secretary Jess Bellamy said that 'when passionate or slightly fucked-up people work within close proximity of each other, their emotions and libido can get the better of them'. She emphasised that she did not fall into this category.

Most of us are convinced that the college kids, particularly those from Goldstein, Bassar and Baxter, are getting a lion's share of the action. One college student recalled the 'fast food challenge', or 'the all you can eat buffet', which involved shagging at all of the major fast-food outlets on George St.

It seems that our reputation precedes us. One first year student commented on the 2007 O-Week internet forum that they'd heard 'the [University] library is more of a pick-up joint and for sex on premises than it is for actual study.' But are the majority of us getting laid as much as this first year, or the media, seems to think we are?

Dr Chris Rissell, who along with 4 other researchers led the Australian Study of Health and Relationships and co-authored **Doing it Down Under**, thinks not. 'The media impression is rather hyped...that everyone is bonking everyone and that it's a rampant thing. Most people have only had one or two partners in the last 12 months.'


University students also tend to be more conservative [in their sexual habits] than those who went to TAFE or directly into the workforce straight from High School'.

On the upside, statistics show that the more educated you are, the more likely you are to masturbate, and enjoy doing so. Statistics also tell us that those in relationships seem to be satisfied with their sex lives. 18-24 year olds with partners have sex approximately 2.7 times per week, compared with 1.5-1.7 times per week for couples over 40.

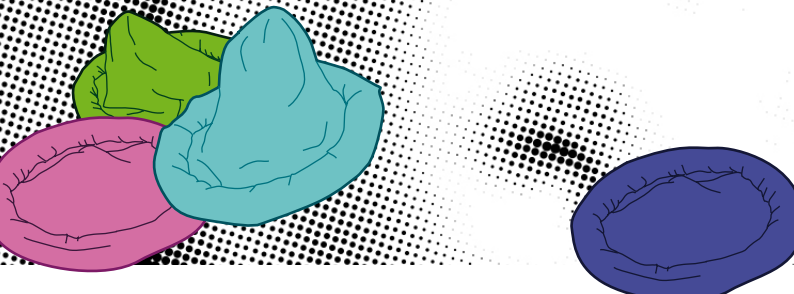
But if you're single? Well, the news isn't as good. 'It's a bit of a feast and famine with younger people', says Dr Rissell. One UNSW student, who runs an anonymous blog, ([www.singlegirltheory.blogspot.com](http://www.singlegirltheory.blogspot.com)), is dismayed that UNSW singletons don't seem to be getting as much action as they want. According to *SingleGirlTheory*, the problem lies in their lack of picking-up prowess. I went to two 'anti-valentines' day parties. There was lots of flirting, and everyone was guaranteed to be single,

'If you don't see oral sex as sex, then you're doing it wrong!'





'This one guy gave me the most miraculous orgasm. I had to change tutorials because I couldn't be in a room with him without quivering!'



but I didn't see one successful hook-up. Girls just don't have the confidence and guys don't know how, she said.

It's a shame because university is a great testing ground for exploring your own sexuality. The 40,000 people at UNSW won't necessarily accept you for who you are, but they will ignore you for who you are.' Joanna\* agrees, 'Trying to pick up outside of uni is much harder – and the longer you wait, the less confidence you'll have.'

But that doesn't mean that we should be shagging everyone who stands in front of us in the Zippys queue. One thing that too many students have had to learn the hard way (pun intended), is that dating or sleeping with people inside their faculty, or worse yet, their school, is a bad idea. As Lisa\* said, Sex with uni students? Don't bother. You don't want to be in a lecture with them thinking 'I hate you', instead of, 'oh, what an interesting subject.'

Conversely, you may find it even harder to concentrate on the lecture if the sex was mind-blowing. Georgia\* learnt this the hard way, 'This one guy gave me the most miraculous orgasm. I had to change tutorials because I couldn't be in a room with him without quivering.'

It's not surprising that a lot of us aren't getting as much sex as we want. After all, 80% of 18-24 year olds want more sex. In fact 84% of 16-19 year old males would like sex daily or almost daily.

The good news is that we are getting a lot of oral sex. One third of us had oral sex before we had penetrative sex. Unlike earlier generations, it's not something that happens when people get to know each other better. It's foreplay. We're also the only generation who don't see oral sex as sex. Although, some would agree with Maxine\*, who said, 'If you don't see oral sex as sex, then you're doing it wrong'.

Maxine\* also noted that 'UNSW guys don't know how to pick up, and UNSW girls aren't confident enough to pick up.' Which explains why, at the Roundhouse start of session party, there were more people talking about the cute person on the next table, than actually talking to the cute person at the next table. As SingleGirlTheory says, 'Universities have 40,000 students on campus every day. You'll never have access to this many pretty, tipsy, young people again. One of them will kiss you. Find that person.'

But if you are going to get down and dirty with a fellow victim of the education system, try to take it off-campus. Too many of us it seems, have stumbled across one of our fellow students copulating in the most extraordinary places.

The Roundhouse bathrooms are always popular, as is the library, faculty labs, the Village Green, the music rooms and the Squarehouse balconies.

Some students are even more imaginative. Kelly\* visited the 6<sup>th</sup> floor of the Wallace Wurth Building, outside the animal pens, and the rooftop of Warrane College in her second year. And the top of Mechanical Engineering near the astronomy gear will always have a special place in Grant's\* heart, or his loins at the very least. Our on-campus culture may not be as sexually liberal as the whip wielding Columbia University; but it seems UNSW is no convent either.

\*Students names have been changed for the purpose of anonymity.





# Ambrosia Irresistible

**Food is orgasmic. Or at least it can be. Even people who see food as fuel – you know the ones – the people who eat the ‘right’ foods at the ‘right’ times, have a weak spot. Their self-discipline and healthy eating habits fail to completely hide a dark underbelly. Listed below are those irresistible foods.**

Carissa Simons

## Chocolate

Bio-chemically speaking, love and eating large amounts of chocolate are the same. And let’s face it, chocolate is easier to find and cheaper. The combination of sugar and saturated fat in chocolate also encourage the body to produce serotonin, which is like the human body’s inbuilt antidepressant. Some scientists have theorised that it’s this hike in serotonin levels which makes chocolate addictive.

Personally, I think the lure of chocolate has much more to do with the fantastic taste, wide availability and seemingly endless variations. Plus, the melting point of chocolate is also slightly below the average human body temperature – so it really does melt in your mouth.

**Coffee has two virtues: it is wet and warm.**

## Coffee

You either love coffee or you don’t. If you’re in the former category, it’s not just a beverage – it’s a way of life. Not only does it contain a stimulant, it also causes an increase in the level of dopamine, another one of the body’s natural antidepressants, in the brain. The best summation of the brilliance of coffee can be found in an old Danish proverb; “Coffee has two virtues: it is wet and warm.”

## Peanut butter

The yanks add jam to it, Elvis added banana and then deep fried it, and if you can find a space with a high enough temperature and air pressure – you can turn it into diamonds. Peanut butter is high in fat, and more often than not, in salt as well. It can sit on your tongue and melt ever-so slowly. It can be slathered on crunchy toast at any time of day. Paired with a spoon, a tub of peanut butter is one of life’s ultimate luxuries, and in my opinion, the best way to deal with a break-up.

## Pasta, Canned Sauce and Grated Packet Cheese

As UNSW student Danne says, “It tastes like the industrialisation of the food industry. Which, as it turns out, is rather tasty!” Apart from being tasty, it’s also cheap and easy. Throw pasta in boiling water, put the sauce in microwave, and wait. Combine all three ingredients and swirl to mix. It’s half the price of a TV dinner, almost as easy, and much more filling.

## Alcoholic beverages

The daily habit of unsuccessful people, it’s good for socialising, celebrating, commiserating and vomiting. Unlike other things on this list, it isn’t so much the taste of most alcohols that keep us returning to the Beergarden. Alcohol’s affects are much deeper than that. It lowers inhibitions and increases confidence. Some people find that they’re able to be more relaxed when they’ve had a glass or two.

Most of us who have dabbled with the euphoric effects of alcohol have realised that it has drawbacks when, over-indulged. Apart from the addictive effect and the long term health effects of alcohol abuse, excessive quantities of alcohol can lead to sleeplessness, poor hand-eye coordination and a dulling of the senses – none of which are conducive to ‘romance’.

So whether your vice is chocolate after every meal, or coffee 7 times a day, be comforted in knowing that everyone has their own ‘Achilles Heel’. Now I’m sure I saw a kitkat in my desk somewhere...

# EXPRESS YOUR FLAVOUR

Adam Strang

**Do you fancy yourself as a bit of a Jamie Oliver in the kitchen? Are you a pioneer of new taste sensations where no-one has dared go before? Have you perfected your age-old family recipe? Or are you an expert in humiliating your flatmate's bowl of two minute noodles with your killer pasta dish?**

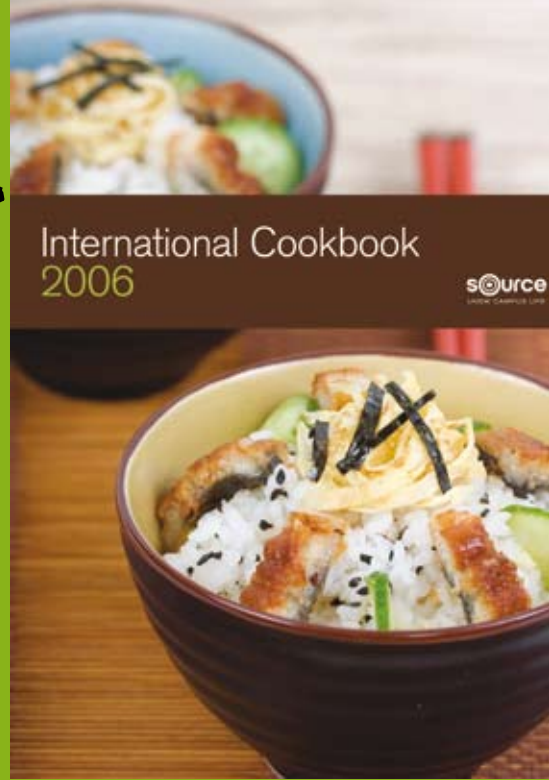
Showcasing UNSW's cultural diversity and serving as a repository of cheap, easy and delicious meals, the *International Cookbook* is an essential addition to any bookshelf. So why not get involved?

## Why you should enter!

It's a chance to get your culinary masterpiece published, including being part of the cookbook photo shoot. There are prizes for Best: Starter, Main and Dessert, and Best for Students. Finally, you can walk away satisfied with the knowledge that, on any given night, a student somewhere will be eating something better than baked beans on toast for dinner because of you.

## What are you waiting for?

To submit your recipe, head to [www.arc.unsw.edu.au](http://www.arc.unsw.edu.au), click on the banner for the *International Cookbook*, and enter your details, recipe and the story behind the recipe into the entry form. It's that easy.



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**Get your entries in by Friday 23 March!**

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Define Yourself!

CANVAS

# SWAPSHOT

They'll make your stomach muscles sore from laughter and your cheeks red from smiling. Creative, and vibrant -They are UNSW's comedy theatre society, Studio Four. Ana Gacis visits Studio 4 in Studio 4, to witness the director, Angus and actors, Peter, Carolyn and Nick in rehearsal for, "Shakespeare - The Complete Works".



STUDIO FOUR

**What is it like to be on stage?**

**Peter:** It's very exciting...[Acting] is about giving yourself up to the audience. You're telling a story, and making yourself available to a group of people.

**How do you get into character?**

**Peter:** It's not necessarily about getting into your character as it is about having fun with your character. It's almost like discovering an imaginary friend. When you find them, you not only play with them, but get to be them. There's me, and my imaginary friend, only we're the same person. That's what draws me to [acting] because you get to make a new connection with yourself and this new character every time you act. (This play contains all 37 of Shakespeare's plays and as one of only 3 actors, Peter must have a lot of imaginary friends).

**What is your favourite thing about acting in this play?**

**Carolyn:** It's really playful. (She slyly smiles) My character is the kind of naughty one... I get to run around and have fun, and it's not too much stress. It's worth the effort, a hundred times over.

**What kind of preparation goes into directing a play?**

**Angus:** Before you even start rehearsals you've got to really know the play. I've seen a few productions, which was what led me to put this play on, because I've never seen a good one. A huge amount of preparation occurs before I even see the actors. I've read the script 16 times already (and it's only been the 3rd week of rehearsals). Then you have to hold auditions for actors; not only do they have to be able to act, they have to be right for the job and they have to work well with other actors. Finally, when we start rehearsals, I have to know exactly where the actors need to go on stage.

**Do actors have creative input with the performance?**

Sure, once we completely block out the play, we start having fun with it. One of the actors will say, 'How about we do this scene differently?' and I'll usually say, 'Go for it!' If it works, we keep it, and if it doesn't we won't.

**What type of people join Studio Four?**

You don't have to be an actor to be in this society. We have about 100 members that are anything from actors, to backstage helpers, to

budding playwrights. You could just be someone who does stand-up [comedy] or who plays an instrument. We run 3 shows a session. We also have about 400 people who are just interested in coming to the shows. We also run a 'smoker's concert' where people come along with stuff they prepared and they perform it after a show. If you're a member of the society, you get \$3 off your ticket prices. Since membership only costs \$5, by the time you go 3 times you've already made a profit.

**What's your funniest moment?**

**Nick:** (ponders for a moment)...I think it was the time when I was hit on the head...then kicked in the shins and then everyone laughed at me, and then they laughed at me again. Yep, that was my most memorable experience being in a show!

# A RECYCLING UPDATE FROM THE UNSW ENVIRONMENT UNIT



**UNSW generates a significant amount of waste, and the University's Environment Unit is keen to make sure that waste has as little polluting impact as possible. Angus Campbell from the Environment Unit contacted Blitz about their new system and latest initiatives.**

UNSW has taken up a new method for container recycling. With the resulting increase in recycling rates, UNSW has surpassed the NSW Government 2014 waste reduction /resource recovery targets. This achievement focuses on highest resource value outcomes, and targets scarce resources towards environmentally preferred strategies of avoidance, re-use, and on-site reprocessing.

## How does the new system work?

- Recyclable containers and general rubbish are now collected in the same bin.
- These bins will be clearly labelled with "Garbage and Recycling" stickers.
- These materials are delivered to **WSN Environmental Rockdale Transfer Station**.
- **WSN Environmental** inputs materials into the UR-3R resource recovery facility at Eastern Creek.
- The UR-3R facility:
  - » Recovers over 70% of materials
  - » Residual waste material is greenhouse stabilised and deposited into landfill with negligible global warming potential.

- » delivers a higher recovery rate for recyclable containers than household kerbside recycling,
- » recovers a much wider range of materials,
- » provides safety net recovery of residual paper, metals, and other materials.

## What about paper?

Clean paper is still collected separately in blue bins, this is a dedicated paper recycling service. There is no change to this system. Don't put clean paper into the "Garbage and Recycling" collection – it will not be recycled into paper.

## Isn't source separate collection better?

UNSW implements a range of waste and recycling services to manage materials in over 10 different streams for re-use, recycling and

disposal. UNSW clearly supports source separation, with a focus on computers and electronics (e-waste), batteries, clean food and garden organics, paper, furniture, laboratory equipment etc. Some materials need to be collected separately. The new system of collecting inert recyclable containers with the residual garbage for processing via the UR-3R facility delivers higher rates of recovery and recycling, and reduced greenhouse impact. It's the better environmental outcome.

## Want to know more?

Details of UNSW waste and recycling services and how to use them is online at [www.recycling.unsw.edu.au](http://www.recycling.unsw.edu.au). You can contribute by using the services correctly, and help UNSW progress **Towards Zero Waste**.

are you interested on working on one of Australia's **Largest** multi sport events?



## Unigames @ UNSW volunteers wanted

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### benefits for volunteers include:

- Professional Reference provided
- Games time uniform
- Meals during Games time
- Free Social Program Pass
- Post Event Volunteers Party
- Network with people in your field
- Meet new people and make friends

**For more information on volunteering  
Email: [ecc.volunteer@unisport.com.au](mailto:ecc.volunteer@unisport.com.au)**

**The 2007 East Coast Challenge - being held at UNSW  
is now recruiting Volunteers to join the event team.**



This year UNSW is proud to be partnering Australian University Sport to hold the 2007 East Coast Challenge. This Unigames event is the replacement to the former Eastern University Games. An important part of the event relies upon the successful coordination of a large volunteer workforce. Volunteer positions range from Key Volunteers and Volunteer Team leaders positions (working 1 day a week leading up to the event) through to general volunteers who will work solely during the games week.

# The Weight

# of the World

The obsession with weight was shared equally when men's magazines began to endorse the ideal male image.

Ana Gacis

**The world today is obsessed with body weight. Like many tormenting numbers, such as your UAI, the number of times you failed your driving test and or your WAM, your weight has suddenly become an ominous number. Society has decided the biggest loser is the biggest winner.**

Photoshop creates the ideal people we are constantly fed, as unreal as the Ken and Barbie dolls whose ridiculous proportions would have made their fictitious lives short-lived. There is constant pressure to be just another version of someone else; or preferably someone with the body of Jessica Alba- or someone that she'd be interested in.

It's not surprising then that 45% of women who are normal weight believe there are overweight, and only 16% of young Australian women are actually happy with their bodies. One in every four university students practice drastic weight loss techniques such as fasting, missing meals, laxative abuse and voluntary vomiting according to the Anorexia Nervosa and Related Eating Disorders' research-company. When the Australian Medical Association called for models to meet healthy body mass index requirements in order to be employed in the fashion industry, it was a courageous stand against a culture that encourages unhealthy body practices.

'The media puts quite a lot of pressure on teenagers to look appealing and attractive,' says Chris Tzarimas, Exercise Psychologist at the

UNSW Lifestyle Centre clinic. He also stresses that weight obsession is not specific to women at all. 'We're seeing a significant increase of body image issues amongst males...Young males may develop what's known as muscle morphia. This develops because of the pressure on them to look cosmetically appealing. Men who suffer from this try to put on as much weight and muscle as possible to build some size, increase their confidence and also to be more accepted by their own peers.'

The obsession with weight was shared equally when men's magazines began to endorse the 'ideal male image.' Now the onus is on the men to look just as good,' says Chris. About 17% of men undertake a form of dieting, according to the Victorian Department of Health. A 3<sup>rd</sup> year male student that didn't want to be named, revealed 'when I don't go to the gym, I'm afraid that my arms might get smaller, and I'll look really skinny.'

Sasha, an Accredited Exercise Psychologist and trainer at the UniGym points out that being skinny or extremely muscular will not make you happy. 'Many people come [to the gym] looking very fit but on the inside they could be going through depression.' On the contrary, those who keep an open and positive mind are 'probably healthier than the over-exercisers' he says. He also points out that thinness is not a determining factor of one's health. Thin people may suffer from an inadequate diet or smoke excessively.

As a trainer, he revealed that people often have unrealistic goals when they commence exercise programs. 'The major goal shouldn't be to lose 10 kgs in 5 weeks, it should be, "I want to look better but at the same time feel good."' Many students do apply this philosophy, such as Bernise, who renewed her UniGym membership this year. She

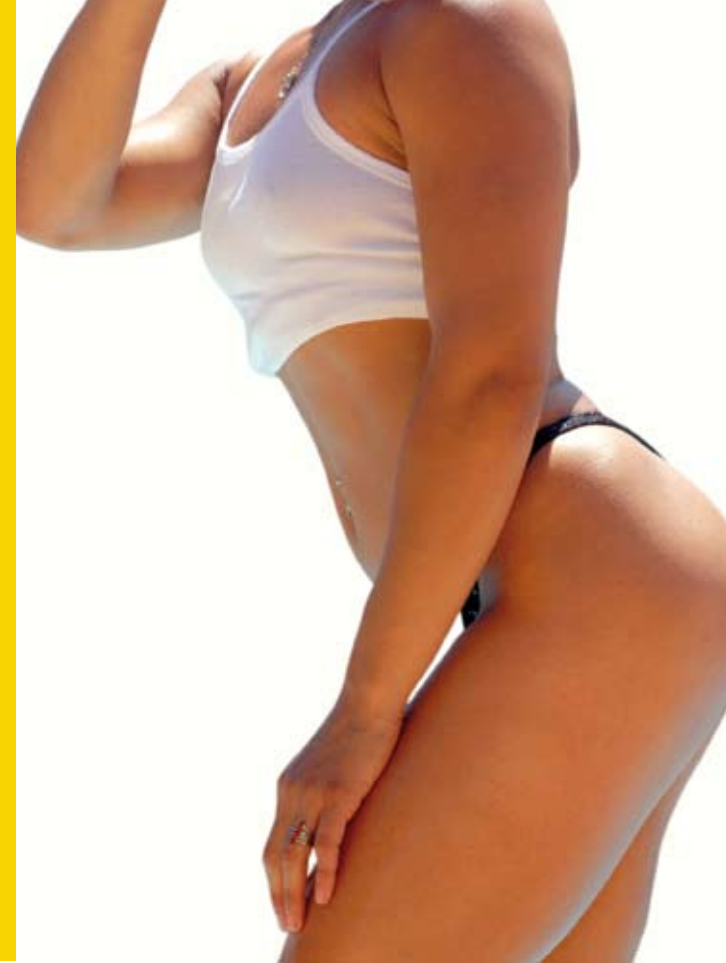
said that 'initially I went to the gym to lose weight, but now I really like going because the classes are fun and I feel really good after.'

Chris agrees with Sasha's sentiments, 'We really need to shift the focus from being not just about looking good but also about feeling good. We're getting more and more inactive and its showing in the figures.' These figures, from the NSW Department of Health tell us that we should be undertaking at least 30 minutes of moderate activity each day to maintain our current health standards. You can aggregate your activity- so the walk up and down the Basser steps does count!

If you do want to lose weight, you could find yourself immobile if you don't take a few precautions. Sasha recommends that you never exercise for longer than an hour unless you're a professional, as he's 'seen a lot of people do cardio for 2 hours straight for 7 days a week, and they burnt out.'

Everything is best in moderation. 'You know you are starting to become a little obsessed, when eating your food becomes a chore rather than a joy; when you make up excuses to miss commitments just to exercise and when your calorie counting become a little neurotic' says Chris.

Myth busters: weight loss is not the most accurate indicator of health. Muscle weighs more than fat, and allows you to burn more calories at the same time. So don't panic if you remain the same weight after a few weeks of exercising- you're just substituting one weight from another.



**The major goal shouldn't be to lose 10 kgs in 5 weeks, it should be, "I want to look better but at the same time feel good."**

Women's bits: to have fat on one's hips and thighs is perfectly acceptable and normal according to the Victorian Department of Health. They are vital for lactation, fertility and healthy teeth, hair, eyes and skin.

Is all this worrying worth its weight in gold? Margaret Chow, a Korean-American comedian who once had to lose a lot of weight to conform to her TV producer's expectations says, 'I gave up all the times a day I thought I was fat, and ended up gaining 90 minutes.'

Some of us may weigh ourselves compulsively every day and memorise that 1 gram of protein = 4 calories. Others like Yellow Shirts Jeeves and Stripes, are content with their body image. "We know enough people who like us for who we are anyway." When asked whether they prefer any particular body shape, they replied, "[we] like girls because they're the opposite sex... a fabulous girl... is attractive because she is confident with herself, and has a great sense of humour."



# REVIEWS



## Film: Curse of the Golden Flower

Carissa Simons

Acclaimed Chinese director Zhang Yimou's latest offering, *The Curse of the Golden Flower*, focuses on the Imperial Family of the 10<sup>th</sup> Century Tang Dynasty. The romantic-tragedy is full of multiple story lines, interwoven character relationships, all of which lead to the family's disintegration amongst the glamour and grandeur of the Chong Yang Festival.

*The Curse of the Golden Flower* is opulent and grandiose and whilst not always historically accurate, the art direction and costume design are simply breathtaking.

The characters are equally captivating. There is the Emperor, who at first seems caring but is quickly revealed as a sadistic megalomaniac; the Empress, who is having an affair with the Crown Prince (her step-son); the Crown Prince, who is also having an affair with the imperial doctor's daughter, and the second son who should take over the Empire but refuses to do his father's heinous bidding. These characters are the starting place for Yimou's story of how a family, which is already rotting from the inside, manages to obliterate itself in a single night.

The film is well-structured and paced, with multiple romantic story lines, murder plots, rebellions and deceptions, flowing smoothly. Unfortunately, too many sub-plots are the film's weakness. When every character has something to hide, an internal struggle or a forbidden liaison, it's hard to avoid becoming a soap opera in a period setting.

Over the last decade, Chinese filmmakers have enjoyed unheard of artistic freedom and increased funding. Films such as *Crouching Tiger, Hidden Dragon*, started a new era of Chinese filmmaking. *The Curse of the Golden Flower* signals what could be the start of a renaissance.



## Film: Becoming Jane

Carissa Simons

Jane Austen is one of the most revered English authors of all time. She wrote romantic novels, and yet never married – an unusual occurrence for a woman of her era. What is more unusual is how a woman, who by all accounts never fell in love, could write about love so well.

It is this conundrum which director Julian Jarrold explores in *Becoming Jane*. The film follows a young Jane (Anne Hathaway) as she experiences love for the first and only time with a young Irish lawyer, Tom Lefroy (James McAvoy). This story is based on a confession from the elderly Lefroy that he had a boyhood crush on Jane, and a few letters between Jane and her sister. This shaky

historical ground, whilst somewhat annoying, is not the main problem with the film.

The problem is the heavy-handed implication that without her fling with Lefroy, she wouldn't have written her novels. In their first scene together, Lefroy criticises Austen's long-winded and ornate writing style – a criticism which drives her to refine her prose. It is when she believes that she and Lefroy will be engaged that she writes her first draft of *Pride and Prejudice* – in one night nonetheless. The character of Lefroy is also indistinguishable from Austen's own Mr. Darcy. In doing this, the filmmakers have implied that it was Austen who lacked the creative ability to write a character as intriguing as Darcy, and rather that he was based of Lefroy.

The first half of the film is full of witty one liners, picturesque scenery and some memorable characters, but I doubt this will be enough to redeem the melodramatic second half which insults the memory of the author it means to venerate.

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UNSW Student Life

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**Calling all comedy lovers... Cracker! Sydney's Comedy Festival is back for another side-splitting year. It's fresh, it's funky and it's FREE (if you're a winner)!**

To win a double pass to see *Scrabble Unscripted* on Thursday 22 March @ 10.15pm in The Factory Theatre, simply be the first person to answer the following question: "what's the highest scoring tile in Scrabble?" with 'Life's a Cracker!' as the subject line. email comp@arc.unsw.edu.au Please include your full name, student number and daytime contact number.

Cracker Comedy Festival runs from March 7 to April 1. For full program details and to book tickets to any festival, visit [crackercomedy.com](http://crackercomedy.com)



# Making Car Maintenance Women's Work



Ania Lucewicz

**Congratulations. You've gotten your P-plates, L-plates or full license and you know how to drive. But if you're a woman, are you confident changing a tyre? Checking the brakes? Maintaining the battery? No? Well, don't worry. UNSW Women is here to help. This session we're running free car maintenance workshops aimed at women! To get you started, we've formulated our Top Tips for knowing your car.**

#### **1. Labour over the manual**

Car maintenance is about manual labour. However, the manual is one of the most important goodies that come with it. The manual tells information such as what your car is made of, what certain parts do, how often to take it in for maintenance, and how to take care of your car. It's a small book, so it should be a breeze for students.

#### **2. Check your dipstick**

Yes, dipstick. There's a long rod sitting under the hood of everyone's car usually labelled "dipstick". Check your manual to see where it is. You dip it into a long tube that holds the car's oil. Look at the colour and the level of oil and depending on what you see, you might need it changed. It's meant to reach the "full" mark and be slightly brown – your manual will have details for your car. Oil is the lifeblood of cars, and you need to change it according to the manufacturer's recommended schedule.

#### **3. Under Pressure?**

Good air pressure in your tyres is important to avoid tyre failure or flat tyres. Under inflated tyres can build up heat internally and blow-out. Plus, properly inflated tyres can save you money on fuel. You can buy tyre gauges at places like Kmart to check your tyre pressure.

#### **4. Light up your life**

Modern cars have a myriad of different flashing lights which are all trying to tell you something. Your manual will explain what it means when a certain light comes on, when one flashes, or when one is off (which can mean many things just for one little light) and what to do when it happens.

#### **5. Vital fluids are vitally important**

Cars have many vital fluids: radiator coolant, engine oil, brake fluid, power-steering fluid and automatic transmission fluid. You can learn about these through a car maintenance course, sometimes in your manual, or have a mechanic check it during a routine maintenance.

#### **6. Inspect the rubber**

Belt and hose failures are the number one cause of roadside breakdowns as these rubber bits are exposed to extreme heat under the hood and consequently wear out quickly. Make sure you inspect these often – preferably according to your car's recommended maintenance schedule. It's much cheaper to replace them before a breakdown occurs.

#### **7. R-E-S-P-E-C-T: find out what it means**

Familiarise yourself with your car's acronyms. ABS, for example, means anti-lock braking system. It's a computerised system that prevents wheel lock-up and skidding during breaking. TCS means traction control system, and it does excellent things like eliminating wheel spin during acceleration.

#### **8. Don't get weary**

Rotating your tyres around roughly every second oil change will help them wear equally. There's a level to which they can wear before they become unsafe. Also, keeping your tyres balanced prevents vibrations at cruising speed.

#### **9. Do a car maintenance workshop**

This session, UNSW Women & Bearepairs will be organising free car maintenance workshops aimed at women (although men are welcome!). In the workshops, you will learn to: change a tyre, check tyre pressure and oil levels, maintain your battery and verify the state of your brakes.

To register your interest, please email [women@arc.unsw.edu.au](mailto:women@arc.unsw.edu.au) by this Friday (23 March).

## FREE MIGRATION SEMINAR



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# LIVING ONLINE

## INFORMATION MASTURBATION

Ana Gacis

**Solace for many resides onscreen. Once immersed in the internet, alter-egos with names like 'darkangel2000' or 'supersayan02' are free to explore their obsessions online.**

Professor Davis at York University writes "When we mix communication with entertainment, we are left with a medium so incredibly interesting, that it captivates some people to the point I call 'information masturbation.'"

### CHATTING AND EMAIL

Email and chatting creates the illusion of constant human contact. But don't believe everything you read. As a 12 year old I remember happily inventing

very creative personalities, involving a motorbike and a kangaroo in my backyard. Harmless- but others are not so innocent. Getting to know your future boyfriend over MSN is popular amongst 14 year olds, but as you may soon find out asking someone in the UniBar; 'Do you have MSN?' may not come across as very smooth. Finally, hammering away on MSN could create the illusion of being productive. Unfortunately that illusion won't fool your tutor the next morning.

### BLOGS

Gone are the days when we kept our diaries under lock and key. This glorified online rant publicly reveals private insights. Many an online friendship has blossomed through these artificial connections. UNSW student, Annie\* admits that she blogs 'very personal stuff... There was one point where I admitted something to my internet friends that my real life friends didn't know.' Blogging is also a chronic addiction for Katina, currently in her first year. 'It's pretty bad...I can spend about 6 hours a day on blogs.' I found out Katina was an online celebrity after she revealed, 'I went to uni and people that I didn't even know came up to me and said I know you from the BOS website!'

### ONLINE GAMES

Computer games used to be confined to a selected group of introverts. Now, says civil engineering student William, 'the internet allows people to play computer games to socialise! The nerds and the ordinary people come together to play computer games now. So in a way, nerds can gain respect on that level because they've been playing longer.' Games like World of Warcraft (WoW) reveal an ever changing world. Gamers get a sense of control they'll never hold in real life. In October 2005, World of Warcraft claimed a life in 'the real world' when a player nicknamed "Snowly" died after 38 straight hours playing WoW.

### T.V IS REDUNDANT

Television shows are just one click away. You can view your favourites in your own time, at your own pace and with no commercials. It all depends on whether your show has already aired in the U.S. One wonders how long this convenience will last. Visit [www.dailymotion.com](http://www.dailymotion.com) or [www.alloftv.net](http://www.alloftv.net).

### EBAY

Nearly 11 million people suffer from a form of internet addiction, according to Professor Davis. eBay is one of the most common activities to be addicted to. Here's a few symptoms of eBay obsession sourced from [www.blogthings.com](http://www.blogthings.com)

1. Every time you go to the grocery store, you offer the cashier one cent more for each item in the cart of the person in front of you.
2. Sitting on the floor of your empty apartment, you stare at your fingers and wonder whether they'll sell better individually or as a matched set.
3. You've changed all your clocks to 'eBay official time'
4. You actually get these jokes and pass them on to other friends who are addicted to eBay.

If you answered yes to any of these symptoms, there's hope for you yet. Contact an internet addiction support group, and take the first step.

**BECOME A VOLUNTEER**

Mosaic volunteers visit local high schools and facilitate forums on cultural identity and awareness.

Training is provided in Session 1. Forums are conducted in Session 2

**Benefits**

- Develop leadership and cross-cultural communication skills.
- Enhance your ability to plan and organise.
- Gain experience working in a team and a community project.
- Meet new people! Expand young minds!
- Facilitate insightful conversations
- Help inspire creativity, understanding and tolerance in our community.

**Mosaic Fusion Forums**

**ATC**  
UNSW Student Life

# COMICS

## EUGENE! BY LIN'S LANE

www.theunibin.com



HEY EUGENE! UH, THIS IS TIMMY

HI! HOW'S IT GOIN'?

TIMMY'S STUDYING MUSIC

GREAT!

YEAH, YOU'D THINK SO...

MAN, THAT TIMMY GUY! HE'S SO MUCH COOLER THAN I AM! HE'S DYNAMIC, AND INTERESTING AND REBELLIOUS... I'M SO DULL! I BET HE LEADS A REALLY EXCITING LIFESTYLE! SLEEPS UNDER A BRIDGE, RIDES A MOTORCYCLE, AND STICKS IT TO THE SYSTEM EVERY CHANCE HE GETS! HOW CAN I COMPARE WITH SUCH A CLASSIC BAD-BOY?

MUM, MY WATER BED'S LEAKING AGAIN...

Lin's Lane

# SUDOKU

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

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# Q&A

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 OR CALL 9385 5880

# CLASSIFIEDS

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## Australian K Association Club AGM

Australian K Association (AKA) is a society that aims to promote multiculturalism and diversity at our university. AKA also concentrates in holding competitions that recognises the common interest of our members, karaoke. For the year ahead, AKA will strive to achieve its goals and create greater value for our members. The AKA AGM will be held in the Colonnade at 6:00pm on Thursday 4th April. Everyone is welcome to attend.

## Australian Cedar Society (ACS) AGM

To be held at the Round House on Tuesday the 20th of March 2007 at 4:00 pm promptly. This invitation is extended to all, especially Australian Lebanese that uphold Australian Christian values.

## Asia Pacific Intersvarsity Chinese Debate Competition

Is now is open for the applications. This opportunity is open to UNSW students who are interested in mandarin public speaking and debating activities. Give yourself a challenge. The participation numbers are limited. Please email to [unswmand\\_debatesoc@yahoo.com](mailto:unswmand_debatesoc@yahoo.com), for any enquiries and information before 31 March 2006. Training and issues discussions will be allocated.

## Are You Interested In Fat Loss?

Researchers in the Faculty of Medicine are looking for females aged 18-30 years for a studying examining the effects of high intensity short interval exercise, diet modification and fish oil supplementation on fat loss in women. It involves 12 weeks of exercise training in the HESC Exercise Physiology Lab at UNSW. We will give you all the information about your health and fitness that we gather once the study is finished and will inform you about our findings. If you are interested, please contact: Sarah Dien or Steve Boutcher in Health and Exercise Science in the Wallace Wurth Building in room LG02. Otherwise email [sarah.dien@student.unsw.edu.au](mailto:sarah.dien@student.unsw.edu.au) or call 02 9385-8710.

## International Students for Social Equality AGM

The ISSE will hold a meeting 1-2pm on Tuesday, March 20 entitled; 'The lessons of 2003: Why a socialist perspective is necessary to oppose war.' The guest speaker will be Nick Beams, an international authority on Marxist political economy, World Socialist Web Site international editorial board member and national secretary of the Socialist Equality Party. The ISSE will hold its AGM immediately afterward in the same location, the AIR Room level 1 Roundhouse.

## UNSW Project Hope AGM

To be held on Wednesday, 21st of March in Quad 1001 from 6-7:30pm.

## Gameplayers Club AGM

To be held on Wednesday, 21st of March in the AIR room of the Roundhouse from 7:00pm - 10:00pm.

## UNSW Christian Student AGM

To be held on Sunday 25th of March from 12:30pm in the Randwick Public School, Cowper St, Randwick. All are welcome.

## Lord Mayor of Sydney's Official

## Welcome for new UNSW International Students

Tuesday 27 March, 5:30 pm at the Sydney Town Hall, George St. City. This is a free event but registration is required. To register email ISS at [international.student@unsw.edu.au](mailto:international.student@unsw.edu.au), all registrations must be received by Wednesday 21st of March. Attire is semi-formal.

## ISS U-Nite

ISS would like to invite you to attend the first International Researchers U-Nite Get-Together on Wednesday 21 March at 6 pm at the ISS Lounge. Come and enjoy a break from your research and meet new friends, enjoy some pizza and snacks!

## 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](mailto: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 PODS

Q1

What are you obsessed with and why?

Q2

What have you tried to give up but failed?



**Jerome**

1. Sneakers because they look really cool on your feet
2. Sneakers because they cost so f&#king much



**Dan.**

1. X-box
2. X-box 360



**Jeremy**

1. Records - cheaper than crack and probably healthier too
2. Records



**Chris**

1. Too many raves during uni session - they're really fun, but I'm sorta on a program where I only go the weekend before uni starts, so I'm recovering
2. Raves- but I'm working on it as part of the program



**Will**

1. The bag I got yesterday
2. Learning, but then I came here



**Renny**

1. The note xang on the guitar - chord
2. Drinking - not really working for me at the moment



**Katina**

1. The internet
2. The internet

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