WHAT’S ON
UNSW PUZZLES + REVIEWS S2W11
GIVEAWAYS + MORE 2011
FREE

THE GRATES ESCAPE
To NYC for Secret Rituals

CALMING THE PANICS
Indie Rock to soothe the soul

UNSW + SYD EVENTS
Crave Food Fest, We ♥ Animation, MedShow and more

WIN
ALBUMS, MOVIE TIX + OKTOBERFEST PRIZE PACK

Tips and tricks to keep the crazy at bay

BROUGHT TO YOU BY
UNSW Student Life
I don’t want to alarm anyone but it’s Week 11. I know, WTF?
Before you flip out though, just remember that in one week’s time Oktoberfest will be hitting the Roundhouse! And Blitz has the golden tickets, so to speak. We’ll be giving away highly coveted double passes, so don’t go forking out $300 for scalped tickets – that’s just dumb. Head to www.facebook.com/blitzmag, post a pic proving your worthiness and you could be living it up at UNSW’s biggest party.

If that’s not enough to pacify you, we’ve got all the tips and tricks you’ll need to tame your monkey mind and keep the crazy at bay during assessment time [page 8] plus advice and apps to relax [page 17]. We also check out Aussie indie rock band The Panics’ new album on page 15, which is ironically very calming, and there are plenty of distractions from study on campus this week, like the epic MediShow and the enlivening like Animation Festival [page 11]. And what’s a healthy mind without a healthy body? Feed your soul with Sydney Crave Food Festival [page 16] or chow down on something closer to home with VeggieSoc [page 18].

If all else fails: keep calm and carry on!

They may be that person sitting next to you in your 9am tute, a family member, or your next-door neighbour – we all know someone who is suffering from mental health issues.

As exams loom around the corner, stress levels get higher; and stress + copious amounts of caffeine + sleep deprivation = a cocktail for disaster. One of the tricks I’ve learnt over the years to deal with the stress over this period is to set aside a couple of hours a day for relaxation time. Take a walk, see a movie, grab a bite to eat with a friend – these things can help you feel balanced.

Arc Board has recently added student support as an element of its mission statement. As part of our commitment to improving the wellness of students, we have one of our own interns currently writing a mental health and wellness policy, which will be passed by Board soon. We also have a Student Support Manager, David Loonam (advice@arc.unsw.edu.au), who is a pretty good guy to talk to if you ever need some advice around this time of year.

Remember: uni has lots of support networks available or your next-door neighbour – we all know someone who is suffering from mental health issues.

If you know someone who is suffering from mental health issues.

Keep a look out for this logo to win Oktoberfest VIP prize pack.

Blitz – you just need to know where to look for them (inside Blitz for a start!).

– a chance to win Oktoberfest VIP

Keep a look out for this logo to win Oktoberfest VIP prize pack.
First World Problems

Insect invasions – Warmer weather means creepy crawlies, ick ick ick.

Leaked photos – Don't we see enough of celebs as it is? You know, in movies…

Light planes – They keep crashing and yet people still fly in them?

Impending exams – But keep a lid on the crazy with our tips and tricks on page 8.

Football or Soccer – The new A-League season starts this weekend, forza Sydney FC!

The Chaser's Hamster Wheel – Their new show starts spinning Wed Oct 5 on ABC.

Hit

- Fairtrade – 50c extra for an ethical cup of coffee? Totally worth it.
- World Animal Day – Celebrate our furry friends on Tues Oct 4 by going veggie (check out VeggieSoc on page 18 for more convincing).
- Football is Soccer – The new A-League season starts this weekend, forza Sydney FC.
- The Chaser’s Hamster Wheel – Their new show starts spinning Wed Oct 5 on ABC.

Shot

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move into exciting times

Live on campus at UNSW Village and enjoy an exciting, convenient university experience!

UNSW Village offers a range of stylish, modern apartments and state-of-the-art facilities. With over a thousand potential friends and access to our unique Live, Learn and Grow resident life program, there’s never an excuse to be bored!

- Café
- Convenience store
- Three-level student lounge
- E-library & study centre
- High-speed internet
- Communal kitchen

visit unswwillage.com.au  phone 02 9662 2500

SRC VOTING INFORMATION

Polling stations will be held on the following dates and times for the SRC Elections (Kensington Campus):

TUES
4th OCTOBER
8.30am - 10.30am
Law Building
11.30am - 2.30pm
Quad
4.30pm - 6.00pm
Main Walkway (near Anzac Pde)

WED
5th OCTOBER
8.30am - 10.30am
Main Walkway (near Anzac Pde)
11.30am - 2.30pm
Library Walkway
4.30pm - 6.00pm
Robert Webster

THURS
6th OCTOBER
8.30am - 10.30am
Main Walkway (near Anzac Pde)
11.30am - 1.30pm
Library Walkway
3.30pm - 4.30pm
Main Walkway (near Red Centre)

SRC ELECTIONS

SRC Election Party!

For more information, email elections@arc.unsw.edu.au

blitz HITS ON

JOHN PATTERSON

GUITARIST FOR THE GRATES

HONORARY NEW YORKER

DIY MERCHANDISE DESIGNER

Having won a devoted fanbase with their sharp, jagged tunes and manic indie energy, Brisbane two-piece The Grates (now minus their drummer) holed up in New York over winter to record their third album, Secret Rituals. Blitz caught up with one half of the band, John Patterson, to talk about how the Big Apple gnawed at their sound, their upcoming ‘Summer’s Breath’ tour and umm… socks.

Secret Rituals was released in June; how have you been finding the reaction?

It’s been really nice. I think that people are still discovering it, but it’s also growing on them. It’s nowhere near as massive as our last records but it also doesn’t get as boring as quickly.

You took a year off to record the album in New York; what impact did that have on your sound?

We found [in the US] for about six months and then bunkered down over winter, spending a lot of time in the band room trying to discover what kind of record we wanted to make. It was way more intimate, in-your-face and stripped-back. It definitely feels like New York is our second home. I love that there’s always something great to do.

You look a year off to record the album in New York, what impact did that have on your sound?

No, not really with this record, because we didn’t have anything driving us: no loud drums or anything pushing us forward. It was much more mellow and introspective, which I found a fun way to write.

How does the dynamic work between you and Patience [Hodgson, the lead singer]? I think touring with The Hives in July: it’s not cheesy at all.

You’re renowned for being a really energetic band onstage, is this similar in the studio?

No, not really with this record, because we didn’t have anything driving us: no loud drums or anything pushing us forward. It was much more mellow and introspective, which I found a fun way to write.

What are you looking forward to most about your upcoming ‘Summer’s Breath’ tour?

You’ve toured with some pretty high-profile acts like the Artic Monkeys, and appeared at Splendour this year; what’s a recent tour highlight?

I think touring with The Hives in July; they’re like a cartoon of a rock band, but it’s not cheesy at all.

A cool thing about The Grates is your DIY aesthetic; who are you influenced by these days, or are you trying to carve out your own niche?

We’re in the territory of trying really hard to build on the legacies of bands we love – the Pixies. That’s much more exciting than building our own niche.

Most importantly, you design your own merch – how are the socks going?

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What with essays, exams, tutes, part time work, family commitments and some semblance of a social life, it’s a wonder any of us have time to breathe. Uni is a balancing act and to stop it all crashing down we have to tame the howling, hyperactive ‘monkey inside.’

You know the one; it can send you into a screeching tantrum the night before an exam, or uses all available limbs, simian style, to simultaneously write an essay while skulling energy drinks in the dead of night. In Buddhism ‘monkey mind’ is a term meaning “unsettled, restless, inconstant and uncontrollable”.

These are familiar scenarios to the average uni student, but it doesn’t have to be this way. Read on to learn how to rectify the most primato-seque of your ways and tame your restless, crazy monkey mind.

**TIPS & TRICKS TO KEEP THE CRAZY AT BAY**

> ANDREW BLACKIE

**SNACK ATTACK**

In study periods, it’s perfectly normal to want to grab a handful of nibbles and munch while you study (monkeys like to graze). But, like gremlins, feed them the wrong thing and they’ll go ape-shit.

• Remember the old saying about the apple and the doctor? It can keep away the sandman too – apples are better for waking you up than coffee or energy drinks, so there’s no excuse for endangering your heart by throwing back these liquids.

• Small portions of food are most convenient for grabbing and popping in your mouth while in the depths of a study depression long assignment. Consider blueberries or nuts. Both are high in antioxidants and texturally marvellous.

• Procrastination sometimes takes form in a sudden desire to cook, even if you’ve never diced an onion in your life – study can do that to a person. Go for a fish dish, it’s a rich source of Omega 3, which boosts energy and memory power, that you’ve never cooked before.

**KEEP CALM AND CARRY ON...STUDYING**

**CATCH SOME ZZZs**

During the hecticness of semester sleep becomes a commodity as precious as gold, as far-off and unreacha as a life-saving rope on the other side of a pool of quicksand.

The way to make the most out of your ZZZs is to make sure your sleep patterns are fairly constant – this is called your body’s circadian rhythm, and it’s not a good idea to mess with. Sleep deprivation can affect digestion, hormones, your immune system (even your vision. Without a good night’s sleep your mind will be wilder than a chimp with ADD.

• Aim to get to bed around the same time every night and you’ll feel a lot more rested during the day.

• Each sleep cycle is on average 90 minutes long, so to avoid waking up in a deep-sleep period set your alarm for 6 or 7½ hours after you go to bed.

• There are also various ‘Sleep Cycle’ apps that track your sleep and wake you up fresh as a daisy.

• If you must burn the midnight oil into the early hours of morning, try and grab at least three hours slumber.

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**NEED MORE HELP?**

The Counselling Centre can assist with everything from exam stress to managing emotions. Make an appointment or drop in at 8am for same-day service (conditions apply go to counselling.unsw.edu.au or phone 9385 5418). The SRC’s Welfare Collective is there to help give students an accessible and affordable uni experience, regardless of socio-economic status. Check out their free breakfasts every Monday, 9am outside the library; chill in a safe space at the Welfare Room, L1 Blockhouse, or email them with any pressing questions at welfare@arc.unsw.edu.au

More into Mindfulness Meditation? Try a free guided meditation workshop run by UNSW’s Counselling service, every Monday 12-1pm, Rm 2008 at the Quad Register at: www.surveymonkey.com/s/858LL5Z
foreignfilm affairs

Japan’s Norwegian Wood

Was it intimidating filming a novel as widely-loved as Norwegian Wood? No, because when I read it, it appeared to me very clearly that it could be a good movie. The question of ‘not adaptable’ has been haunting me for years. You don’t speak Japanese – was the fact that you were born in Vietnam but have lived most of your life in France a problem that you have to solve? Yes, it is like giving wings to the emotions; I live in Paris, and the landscapes work like the interior of us. You were born in Vietnam but have lived most of your life in France. You’ve crossed cultures a lot in your life; is this reflected in your films? Yes; it’s a problem that you have to solve. You certainly don’t have to be a med student to see it. Another uni revue? Are they kidding? Think again; MedShow is not a revue – you don’t speak, you can see immediately if it’s good or not. It’s the same for me [as a director] – we spend hours, weeks, months working on the dialogue. I thought unfilmable. Ahead of its release, Blitz caught up with the French-Vietnamese director to talk about the challenges of making a Japanese-language film named after a Scandinavian country – if ever there were a truly foreign film, this is it.

The Ward of the Rings

Think Lord of the Rings, with a hilarious cocktail of drugs and comedy. There will be a medical twist to it. That’s a given – but thankfully, the producers have stripped away the JRR Tolkien story to make it more accessible to those of us who didn’t have the brains to pass the UMAT. MedShow separates itself from MedRevue and other faculty revues rather than individual sketches,” says Tim Nguyen, MedShow promotions executive. “The premise of the show will be similar to the LOTR trilogy, revolving around Frodo meeting up with the Fellowship to destroy the Ring.”

MedShow 2011

foreignfilm affairs

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Norwegian Wood is released this Sunday October 9 in select cinemas.

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MedShow 2011

foreignfilm affairs

Japan’s Norwegian Wood

The way that location and cinematography is used in Norwegian Wood is stunningly vivid – what emotional role do you see this playing in the film? It’s very important, because I have to do a lot of research, and the information that I get from the patients, from the dialogue, I wrote it in French, we translated it into English, and then translated it into Japanese.

The real challenge is to make a good movie with a language that can touch people in a mysterious way. Especially for this story, because it is very dark and sad, it deals with love and loss of love, so you need to give it a language that is really enjoyable to watch. Do you see this as giving a voice to the characters? Yes, it is like giving wings to the emotions; the landscapes work like the interior of the characters. You were born in Vietnam but have lived most of your life in France. You’ve crossed cultures a lot in your life; is this reflected in your films? I think so, because you cannot avoid it. But it’s not only that; I live in Paris, and the world is so small that you can eat all kinds of food in Paris, you can see all kinds of movies. For $10 you can buy a masterpiece from anywhere. I have the feeling that we have to reconsider our nationalities; by making movies feel that I belong more to a country.

We love Animation Festival

We’ve all got a soft spot for Saturday morning cartoons (remember the days when we’d get up before 10am?), but now a group of UNSW students and grads are taking their bow for animation to the next level with a free festival encompassing all forms of animation, interactive media and sound installation.

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**MON OCT 3**

PUBLIC HOLIDAY

**TUE OCT 4**

Top Hat Tuesdays

All day

@ The White House

Don a spiffy top hat and scare a schnauzer for the price of a molly – smashing!

SRC Voting

4.30-6.30pm

@ Law Building

Thoughtful Foods Co-Op

10.30am-6.30pm

@ Roundhouse

On the side facing the gym.

Fairtrade Fair

11am

@ Roundhouse BeerGarden

UNSW Bike Club Workshop

12.30pm

@ Quad Lawn

Bring your bike and learn bike maintenance or volunteer and get your hands dirty! All welcome.

Mental Health Week: Free BBQ

1-2pm

@ Blockhouse

Terry Dawns from Australian Rotary Health speaks about the importance of mental health and how to access a free BBQ including veggie options.

Veggie Soc Lunches

11.30am-12.30pm

@ Blockhouse

Blick to page 10 for everything you wanted to know about Veggie Soc but were too afraid to ask.

Trivia

1-2pm

@ Roundhouse

True or False?

@ COfa, E02

6.30pm

4.30-6.30pm

@ COfa at Kasser Courtyard

SRC Voting

4.30-6.30pm

@ Main Walkway

Pool Comp

4pm

@ Roundhouse

Beware the pool sharks.

SRC Happy Hour

5-9.30pm

@ Blockhouse

@ COfa, E Block, Ground Floor

Drinks and nibbles before COfa Talks start at 6.30pm.

COfa Talks: Design and Art of Australia Online with Dr Anita Callaway and Professor Ross Gibson

6.30pm

@ COfa, E002

**WED OCT 5**

SRC Voting

6.30-10.30am

@ Main Walkway

Thoughtful Foods Co-Op

10.30am-4.30pm

@ Roundhouse

For food with thought.

Mental Health Week: GQA

12.15-1.30pm

@ Quad

Come along and talk to counsellors from UNSW Counselling and Psychology Resources and ask any questions you have about mental health issues and stress reduction. Plus snap some freebies like free fruit!

Pottery Studio Induction

12.30pm

@ Blockhouse

Come along and learn the ropes (or rather, cattex) at POTTERS Toolbox.

Ping Pong

1pm

@ Roundhouse

**THU OCT 6**

SRC Voting

6.30-10.30am

@ Main Walkway

Quest

11am-1.30pm

@ Library Walkway

Mental Health Week: GQA

12.15-1.30pm

@ Quad

Cost: FREE, REGISTRATION REQUIRED AT www.clavecontraclave.com

Kpopsc Dance Workshop

3-5pm

@ Dance Studio, Blockhouse

Cost: $5 for Arc members, $5 others

Kpopsoc Drama & Variety Show Screening

3-5pm

@ Polygon

Falun Dafa Free Meditation class

3-4pm

@ Meet at Blockhouse

Thai Style BBQ lunch for charity

12.30pm

@ Blockhouse

Drinks at the Beergarden with the Quad Lawn

1pm

@ Quad G053

Evrosoc drinks

3-4pm

@ the White house

3.30-5pm

@ asB Boardroom, Level 6

**FRI OCT 7**

Thailand BBQ Lunch for Charity

11am-3pm

@ Physics Lawn

Kpopsc Workshop: Managing Your Time

1-3pm

@ Physics Lawn

Kpopsoc Workshop: Reducing Exam Anxiety

3.30-5pm

@ 6m2008, Quad

SRC Voting

3.30-4.30pm

@ Main Walkway

**SAT OCT 8**

The Culture Club Screening: In A Street Named Desire

4-6pm

@ The White House

**SUN OCT 9**

Malaysia Festival 2011: A taste of Cultural Heaven

10am-6pm

@ Darling Harbour, Sydney

15 of Malaysia’s best restaurants face off in the 21st Malaysia Festival, promoting its mouth-watering flavours and vibrant culture to Sydney.

**WED OCT 5**

The Rugby World Cup

Until Oct 23 @ Roundhouse

Don’t miss a second of the action! The Roundhouse is screening its own mini sports bar, screening matches live on the big screen with $10 burgers during games.

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3.30-5pm

@ Dance Studio, Blockhouse

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**THU OCT 6**

SRC Voting

6.30-10.30am

@ Main Walkway

True or False?

@ COfa, E02

6.30pm

4.30-6.30pm

@ COfa at Kasser Courtyard

SRC Voting

4.30-6.30pm

@ Main Walkway

Cost: FREE FOR Arc MEMBERS

Pottery Studio Induction

12.30pm

@ Blockhouse

Bring your apron and learn to make clay projects.

Ping Pong

1pm

@ Roundhouse

**THU OCT 6**

Double Happy Hour

5-9pm

@ Blockhouse

Feast as long as you like to get happy!

SRC Voting

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Quest

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Falun Dafa Free Meditation class

3-4pm

@ Meet at Blockhouse

Thai Style BBQ lunch for charity

12.30pm

@ Blockhouse

Evrosoc drinks

3-4pm

@ the White house

3.30-5pm

@ Quad G053

Evrosoc drinks

3-4pm

@ the White house

3.30-5pm

@ asB Boardroom, Level 6

**FRI OCT 7**

Thailand BBQ Lunch for Charity

11am-3pm

@ Physics Lawn

Kpopsoc Workshop: Managing Your Time

1-3pm

@ Physics Lawn

Kpopsoc Workshop: Reducing Exam Anxiety

3.30-5pm

@ 6m2008, Quad

SRC Voting

3.30-4.30pm

@ Main Walkway

**SAT OCT 8**

The Culture Club Screening: In A Street Named Desire

4-6pm

@ The White House

**SUN OCT 9**

Malaysia Festival 2011: A taste of Cultural Heaven

10am-6pm

@ Darling Harbour, Sydney

15 of Malaysia’s best restaurants face off in the 21st Malaysia Festival, promoting its mouth-watering flavours and vibrant culture to Sydney.

**LATIN BAND COMP**

Sat Oct 15 @ Moore Park

Arc@unsw.com.au

**WEBSITE**

End of Session Party

Thurs Oct 20

Word on the street is the theme is Halloween rollicking disco – Wall Xanadu was pretty freaky!

**BLITZ PICKS**

Fairtrade Fair

From 11am

@ Roundhouse BeerGarden

Get down to the BeerGarden this Tuesday to show your support for Fairtrade. Meals, music and art have already made the switch, so don’t let UNSW fall behind. Share your questions and answers and try some Fair Trade coffee and chocolate – equally tasty sweeties!

We ♥ Animation Festival: Bodies & Interfaces

7.30-9.30pm

@ Myers Studio

In conjunction with EMVQ’s Animation Festival is this practical demonstration of wearable interactive design experiments by UNSW media students. Peer into the future as these prototype interfaces explore and re-imagine the relationship between the human body and the computer.

Kpopsoc Dance Workshop

3.30-5pm

@ Dance Studio, Blockhouse

Cost: $5 for Arc members, $5 others

Kpopsoc Drama & Variety Show Screening

3-5pm

@ Polygon

Falun Dafa Free Meditation class

3-4pm

@ Meet at Blockhouse

Thai Style BBQ lunch for charity

12.30pm

@ Blockhouse

Evrosoc drinks

3-4pm

@ the White house

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@ asB Boardroom, Level 6

The Culture Club Screening: In A Street Named Desire

4-6pm

@ The White House

**DUD PARTY?**

Promote your event on what’s up!?

Go to www.blitzmag.com.au/promotions

www.facebook.com/blitzmag and post a pic promoting your workplace – what lengths will you go to?

**SAVE THE DATE**

PGC Voting Commences

Tues Oct 11

Ride to Work Day/Uni Week

Oct 17

What with the spring sunshine, now’s the perfect time to whip out your bike and start riding to work, uni, anywhere really!
Sydney’s foodie festival has a month of excellent reasons to throw away the canned tuna and indulge in some real food.

**Night Noodle Markets**

If you’re the type of student who lives off two-minute noodles he’s all been there, you deserve something a little more ‘gourmet’. The Night Noodle Markets run for two weeks (we’ve all been there), you deserve something off two-minute noodles (we’ve all been there), you deserve something off two-minute noodles (we’ve all been there)! If you’re not a noodle fan, spoil yourself with other Asian delicacies from Peking duck pancakes to super-sweet desserts.

**Beresford Italian Film Nights**

Want to combine your love of cinema and pasta? This event is cheaper than at your local cinema and you can enjoy it on Italian soil. In today’s society can true love exist? We are brought up to believe that we can believe in. The notion of “true love” is something that we often find ourselves in relationships where we put our own needs above others; true love, he argues, can only exist when we place other people’s happiness before our own.

**A Buddhist Perspective with Senior Tibetan Lama, His Eminence the 7th Dzogchen Rinpoche**

Senior Tibetan Lama, His Eminence the 7th Dzogchen Rinpoche, will answer this question by sharing his Buddhist wisdom on love and relationships. Many of us often find ourselves in relationships where we put our own needs above others; true love, he argues, can only exist when we place other people’s happiness before our own.

The concept of “true love” is considered a cliché by many; we’ve brought it up before in bars and nightclubs, “you can’t sit around and do nothing.”...” (thanks Disney), but when we grow up reality kicks in. A cynic will maintain it can only exist when we place other people’s happiness before our own.

**The Sleepy Jackson**

The ultimate dream, he says, would be releasing an album in France or Germany—or anywhere overseas—and having it played on the radio. “You have to stay close to those goals and those places to keep the opportunities present,” he explains. “This is the most important part of getting out of your tiny dark room, meeting people and having fun.”

**Listen**

The Dead Leaves Tour

The Dead Leaves Tour at Beach Rd Hotel, 71 Beach Rd, Bondi Beach

**Chinese New Year**

The Chinese New Year is celebrated with a feast of traditional Chinese dishes. The festival is marked by the lion dance, fireworks, and the giving of red envelopes filled with money. The festival is also celebrated in many other countries around the world, including Australia, where it is often referred to as the Year of the Rooster.

**Antenna International Documentary Film Festival**

Antenna International Documentary Film Festival at Chauvel Cinema, Cnr Oxford St & Oatley Rd, Oxford St, Bondi Beach.

**Pop Up Night Markets**

Pop Up Night Markets at Taylor Street, Oxford St, Sydney CBD.

**I’m With You**

Almost Live: The Red Hot Chili Peppers’ I’m With You at Metro Theatre.

**Travelling?**

That’s only because, according to Laffer, the band’s music is a reflection of their lifestyle. “It’s always peeling and the fires are burning.”

Laffer admits that living on the road is living the dream. “The cruel guards phase was motivating the band to reach new heights. Now, being on the road has shot to mainstream success.

**Feast**

The Panics have channelled the melancholy of their previous albums into their latest release, I’m With You. The album was recorded in part in the US, where the band members jet set overseas, and was released in 2008.

The album features a range of styles, from rock to pop, and has been well-received by fans and critics alike. The Panics have been playing together for over a decade and have released several albums, including I’m With You, which was released in 2008.

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Sudoku

Word Search

Find as many words as you can in the squares. Each word must be at least four letters long and include the middle letter, plurals allowed. Each letter can only be used once.

SNEAKY EXERCISES

You won’t even know you’re burning calories!

1. Go The Extra Mile

Instead of visiting your usual cafe, take a trip to the other side of campus (bonus points for using the Eisbar stops), use the bathroom on another floor, park further away or get off the bus or train a few stops earlier. Stop it!

2. Attend Oktoberfest

A typical bottle of boose contains around 140 calories, which you can easily burn in 15 minutes using high-intensity exercise, dance, dance, dance the night away. As if you needed another reason to go to Oktoberfest.

3. Play Videogames

We’re not talking about WoW or Angry Birds. Take out the Wii (or visit a friend who has one) and let the competitions begin. Just don’t eat junk food while you’re at it, kinda defeats the purpose.

4. Clean Up Your Act

Instead of cleaning the whole house and let’s face it, your house is filthy. Whack on some tunes and get into some high-intensity housework.

5. Deskercise

If you’re not taking in anything your lecturer is saying you may as well make use of your time by forming some abs. Sit up straight, pull in your abdominal muscles as tight as possible (but don’t hold your breath) hold for six seconds and repeat. Just do it discreetly, if you don’t want ruin your chances with that guy/girl in your tute.

WEIRD WORD OF THE WEEK

Nerdjacking – verb; in conversation, degrassing into extreme and/or unnecessary detail about one’s passion (music, coding, gaming) to an otherwise uninformed appecrion, without awareness or acknowledgement of the listener’s rapidly waning interest or lack of understanding of the subject at hand. Used in a sentence: “Mark’s blind date took a turn for the worse when he found himself explaining the finer points of World of Warcraft, effectively - nerdjacking the conversation.”

Arc’s Anxiety Uncle

All of us get a little stressed from time to time, and it’s not always necessarily a bad thing.

The stress of an exam period or a looming deadline can help motivate us to get it over and done with. But when anxiety becomes an overriding feeling, that’s when stress can become very serious indeed. And it’s more common than you might think; one in four people will experience an anxiety disorder at some stage of their lives.

If you’re feeling overly anxious or constantly worried, trying to ignore or deny your anxiety is not going to do you any favours. When stress starts to affect your ability to carry out everyday activities, like going to lectures or staying in touch with friends, it’s important that you seek help – anxiety is totally manageable with the right advice!

Where to get help: UNSW and CSU both have a free, on-campus counseling services that can help with everything from study difficulties to managing anxiety and depression. www.counselling.unsw.edu.au / 9385 1418

Beyond Blue is also an excellent resource for all aspects of mental health, with FAQs and comprehensive factsheets. www.beyondblue.org.au / 1300 22 4636

APPs TO RELAX

Smart phones are often seized upon as the root of all our stresses. “They’re distracting!” the neo-iAddicts cry. “They signal the demise of concentration!” But smart phones can be used for good as well as evil. Here are a couple of apps made to slow you down and soothe the aching soul.

White Noise Box [Free]

What with TVs being digitised these days, the only way you can access pacifying white noise is through an app. Also includes red, violet and pink noise – a rainbow of calm!

Simply Beating [$0.99]

This guided meditation app comes with a recommendation from the NY Times – anything that can unwind a New Yorker must be effective. Tao Healing [$2.99]

With a 4000 year history, tea’s obviously doing something right. This app gives you all the info you need to brew the perfect cup of herbal tea, including 60 different plants and their medical uses.

Sex Guide [Free]

To be fair this app is pretty useless without the extra addition of a partner to release some tension. Regardless, it’s got saucy tips on bringing a little romance, intimacy and adventure to the boudoir.

Email your words to blitz@arc.unsw.edu.au by 5pm 7th October to win a $20 UNSW Bookshop Voucher.

Congrats to the Week 9 winner, Antonia Shuttleworth!

So what tea do you recommend for someone who wants to relax?"
THE BIG V
3 Reasons To Go Vego

• Thinking about going veg? You’ll be joining the likes of Chili Peppers’ Anthony Kiedis, Jessica Biel, Natalie Portman and a myriad of sexy celebs.

• Vegetarians are supposedly smarter than their non-veg-eating peers. British research has shown that a child’s IQ predicts his or her likelihood of becoming a vegetarian. The smarter the child, the more likely they’ll opt for the veggies.

• Join VeggieSoc and get sweet discounts from restaurants all over the city, from Newtown to North Sydney - head to veggiassoc.com for all the details, or find them on Facebook.

Why should students support VeggieSoc?
There is absolutely no reason why they need to; we’re here to support students. There aren’t many places to get good vegetarian and vegan food at uni; that’s why we’re here.

Is VeggieSoc strictly for vegetarians?
Not by a long shot. We do get a lot of non-vegetarians coming in every week, and believe it or not, there are a fair few enthusiastic volunteers that aren’t vegetarian at all. They just like helping out because they love the prices, the community [and] the concept.

Tell us a bit about the delicious, super-cheap Tuesday VeggieSoc lunches?
Once a week, we set up a stall outside the Blockhouse from 11:30am-1:30pm, where we provide vegetarian lunches. It’s usually an Indian-style curry but seasonal changes mean it’s a little different each time. Good food, good value and a laid back community is our mantra.

Besides amazing lunches, what other benefits do members get?
We get sponsorship from a few vegetarian caterers at Hare Krishna Catering are living proof.

What are the top stereotypes about vegetarians you would like to dispel?
That all they eat are fruit and leaves. Vegetarian food can be pretty tasty; our caterers at Hare Krishna Catering are living proof.

How many members do you have?
Around 400 or so from all different faculties, societies and cultures - free memberships for Arc members really helps. We even get random construction workers coming in from time to time.

Mia Global, Australia & UNSW student, Aley Greenhill digs vegetarianism. Check her out in last week’s ed, find it online at www.arc.unsw.edu.au

> MARY AZZI

Nutritious AND delicious VeggieSoc lunches

Healthy bodies equal healthy minds, and what’s healthier than a big serve of veggies? VeggieSoc is turning vegetarianism mainstream; long gone are the myths that our meat-shunning friends are pale, anaemic tree-huggers. Everyone appears to be getting in on the VeggieSoc action - even brawny, carnivorous construction workers.

Blitz spoke to what we prefer to call the ‘Tasty Food Society’ to find out why they took the honour of Arc Club of the Year for 2010.

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> MARY AZZI
WIN 1 OF 10 Double Passes to The Thing

In 1982 John Carpenter made a chilling horror sci-fi flick, The Thing. Nearly 30 years later, mysteries surrounding the “the thing’s” origins are elucidated in this prequel of the same name.

Paleontologist Kate Lloyd (Mary Elizabeth Winstead) has travelled to Antarctica for the expedition of her lifetime. Joining a Norwegian scientific team that has stumbled across an extra-terrestrial ship buried in the ice, she discovers an organism that seems to have died in the crash eons ago, but it is about to wake up...

To score a double pass to this spine-chilling prequel, just tell us one of the actors in the original 1982 film. Email your answer and Arc member no. to comps@arc.unsw.edu.au with the subject line ‘The Thing’. IN CINEMAS OCTOBER 13

Email your answer and Arc member no. to comps@arc.unsw.edu.au with the subject line ‘The Thing’.

IN CINEMAS OCTOBER 13

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Preview Screenings: 6.30pm, Monday 10th October at Event Cinemas, George St.
UNSW Roundhouse promotes the Responsible Service of Alcohol.
18+ Only event.

ALL TICKETS SOLD OUT. THIS IS YOUR LAST CHANCE TO GET IN TO UNSW'S BIGGEST PARTY. FIRST IN BEST OKTOBERDRESSED

www.unswoktoberfest.com.au

UNSW Student Life