

WHAT'S ON

UNSW PUZZLES + REVIEWS S2W4  
GIVE AWAYS + MORE 2012

FREE

# blitz

## HE'S GOT THE POWER

A Quickie With Youth Lagoon's Trevor Powers

## OLYMPIC GLORY

Meet UNSW hero Johnno Cotterill

## HEALTHY HIC

College Calorie Counting

## WIN

XAVIER RUDD +  
SAPPHIRES CDS  
JUDITH LUCY TIX  
+ MORE



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UNSW Student Life



## CALL FOR ARTISTS

### SHORT FILM FESTIVAL

Want to see your short film on a big screen? Submit your short film by 10 August.

### ARTS WALK

Artsweek is looking for artists who would like to exhibit their work as part of an Arts Walk during Artsweek (13-17 Aug).

### ARTSWEEK BLOG

If writing about art is your art, we've got you covered too. Contribute to our art blog, head to our facebook to find out more.

For more deets

[arc.unsw.edu.au/artsweek](http://arc.unsw.edu.au/artsweek)

[UNSWartsweek](#)

Australian Association of Campus Activities presents



# HEAT 3 WK4 WED 8 AUG

## FINAL

Wk5 Wed 15 AUG

FREE ENTRY 6PM ROUNDHOUSE BEERGARDEN



## welcome



Antonia Shuttleworth  
**Blitz Editor**  
blitzeditor@arc.unsw.edu.au

Back in 2009 UK supermodel Kate Moss incited riots at Krispy Kremes all over the world when she philosophised that "Nothing tastes as good as skinny feels". Now, beyond calling Moss a tool, this really just hammers home the fact that models really do go a bit wacko from lack of food.

Readers, giving up food ain't the proper way to stay fit, especially when there are so many delicious food selections all over campus! Just the idea of giving up chicken rice paper rolls at Tropical Green makes me break out in hives.

This week we at Blitz QH put our heads together to come up with real world solutions on how to beat the busy student bulge, like walking up Basser Steps and dancing all night at uni parties – complex, no?

Don't aim for the sun Icarus, and have to eat your words like Ms Moss, just aspire to fit into your skinny leg hipster chinos and cut down on your Maccas breakfasts. Baby steps readers, baby steps.



Alex Peck  
**Chair @ Arc**  
chair@arc.unsw.edu.au

There's an often-cited stereotype of "the lazy uni student", lounging about on a lawn somewhere in the sun. While this may be the case at some other (nearby) universities, you know as well as I that UNSW students actually face some of the most physically challenging conditions of any university, nationwide.

As you read this, someone is enduring the Kenso Campus West-East gauntlet and with it the Quad-Basser-Morvern Brown triple whammy stair challenge. It's been theorised that if harnessed, the energy output from the thousands of students who face this vertical challenge each day could largely satisfy UNSW's energy needs well into the 21st Century.

Natural fitness aside, cycling is a great way to stay fit and save on transport. BikeSoc is also around to help with fixing any problems at their weekly workshops, while sporting clubs are also a great way to make friends while getting exercise, so get moving.

# CONTENTS



**05 Bitz and Pieces**

**07 A Quickie With... Youth Lagoon**  
Blitz gets into deep waters with Trevor Powers AKA Youth Lagoon

**08 Fighting Off The Fresher Fifteen**  
Jenny Craig watch out, Blitz hotshot reporter Henry Cornwell's on the weightloss scene with specially targeted advice for UNSW students.

**11 What's On Listings**  
We've got the line-up for the second heat of the UNSW Band Comp, as well as epic scenic walks for when you need to escape your readings.

**15 College Confidential**

**16 It's Hammer Time**

**17 London Calling**  
Meet Johnno Cotterill, a UNSW Commerce student battling for Olympic water polo glory.

**18 Reviews**

**19 Student Sounds**

**20 Puzzled? + Jobs and Ops**

**21 Go Clubbing With... Chris Antonini**  
With SDC Elections starting this week meet the master of UNSW clubs and societies.

**23 Vox Pops**



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**Image Credit:** London 2012 Olympic Games



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UNSW JD Information Sessions  
Wed 15 August, 1pm and 6pm

Never Stand Still

Law

The UNSW JD (Juris Doctor) is the professional law degree for non law graduates.

Find out more:  
UNSW JD Information Sessions  
Wednesday 15 August 2012, 1-2pm or 6-7pm  
Law Building, Kensington Campus

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



**WHAT WOULD YOU CHANGE ABOUT UNSW?**  
I'd organise a shuttle bus to run from lower campus to upper campus. Too many times I get to The White House and just give up - Alexis Phillips.

**HIT**

- Olympic fever! Support our UNSW heroes and enjoy three weeks of the perfect attention diverter when you haven't done your readings.
- Watching all of the old Batman movies - Danny DeVito, love your work!
- Starting to pack away your winter clothes - it's heating up kids!

**SHOT**

- Already having heaps of assignments due - we haven't even bought our textbooks yet man, ease off.
- Falling asleep in class because you stayed up until 2am watching the Olympics.
- Rocking up to your Week 4 class and still not getting what the course is about. Time to drop that subject muffin.

**bitz & pieces**

**MEME OF THE WEEK**



Thanks to the hotpant-wearing hotties who party at Facebook.com/LawSchoolMemes.



**EXERCISING**  
The rarest form of procrastination, but at the same time the most rewarding. Instead of sweating out an essay, why not sweat it out on the netball court or on the d-floor? If your marks plummet at least you'll look great and live longer (with your horrendous transcript).

**overheard on campus**

Guy's voice: "Come on, it's the same way we that objectify almost every person in our society."  
Muffled response.  
Guy's voice: "Oh, f\*ck off, I read Cosmo with its fold out section."  
-Overheard coming from the Therunka office.

**UNSW BroCode:**



#37  
A bro should never wrap a towel around his head after leaving the shower at the uni gym.

**UNSpirational**  
Message of the Week  
**Hang in there, retirement is only 60 years away!**

Got your own hilarious bitz and pieces? Email it to [blitz@arc.unsw.edu.au](mailto:blitz@arc.unsw.edu.au) with "BP" as the subject and we may just put them in the mag.



## NOMINATIONS NOW OPEN

**CLOSE FRI AUG 17**

The Student Development Committee (SDC) is responsible for the management of clubs and societies, student volunteer programs, leadership development programs, grants, and relevant student events at both Kensington and COFA.

Available Student Representative Positions:

SDC (Kensington)

**Affiliated Clubs x 3**

**Volunteer Programs x 2**

**COFA Students x 1**

SDC @ COFA

**COFA Students x 2**

**Term of Office:** One (1) year, beginning December 1, 2012.

Nominations can be submitted in person at Arc Reception, Kensington (Blockhouse) or by email to the Returning Officer (sdc.ro@arc.unsw.edu.au).

## a quickie with YOUTH LAGOON

• Jacob Burkett

While increasing amounts of 23-year-olds are committing to postgrad party times, one-man powerhouse Trevor Powers is embarking on his first world tour with US band Youth Lagoon.

Don't be fooled by the name though, Youth Lagoon is a one-man tidal wave of talent best known for the song 'Afternoon', featured in the much hyped about recent Skype ads. Powers is a young artist from Idaho in the US, whose debut album, *The Year of Hibernation*, captured the ears of Australia's indie scene enough to see him land a spot on this year's Splendour in the Grass line up.

Releasing a solo album would be tough under any circumstances, but how did you balance study and entering the music scene? [Powers studied English at Boise State University in Idaho.]

I actually ended up skipping a whole bunch of classes because I was focusing on my music; I worked on the album for six months and eventually I ended up recording the album with a friend at his home studio.

So did the title for *The Year of Hibernation* come from avoiding classes and focusing on music?

I had a lot going on in my life, but writing music was definitely my main focus. For me it wasn't a sense of physical hibernation, but more so a sense of mental isolation. When I was recording the album I was around people all the time; I was with friends almost every night and then still going to classes in the morning. At the same time though, there was always this space in my head that was off somewhere else, no matter what situation I was in.

You've stressed how maintaining friendships and being around people is important to you. I read that for your live acts your friend Logan accompanies you on stage; he must be pretty happy he gets to tour the world with you?

Logan's great and he has a blast. We've been friends for four or five years now, so when I originally talked to him about touring he was in, hands down. It's great to travel with a friend who understands me beyond music.

You guys just came Down Under for Splendour in the Grass, and also toured back in February. Was Australia everything you imagined it to be?

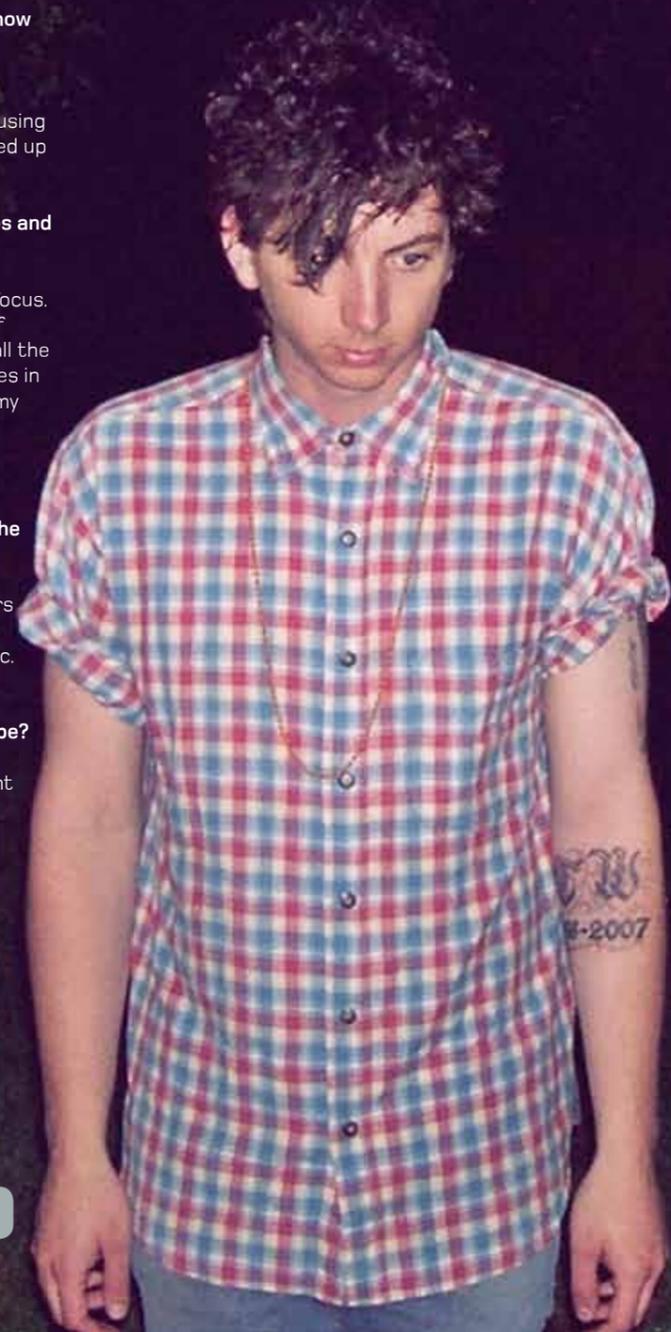
I think that every place that you have never been to is always a bit different to what you expect. I had imagined Australia one way, but was definitely surprised - in a good way that is! I love the beaches and laid back vibe of Australia, it's just that when you have never been to a country before all you really have to go off is what you have seen in the movies.

You weren't expecting kangaroos and crocodiles to be walking the streets were you?

No, no - I wasn't that idealistic. I was hoping to see a kangaroo though, but instead I ended up eating one, my apologies.

Apology accepted Mr Powers. For a soothing lo fi musical sensation that sits perfectly in between too electric and too indie rock, Trevor Powers, or Youth Lagoon if you like, has got the recipe.

[On visiting Australia...] I was hoping to see a kangaroo but instead I ended up eating one, my apologies.





• Henry Cornwell

**What with all those sleep-ins, movie marathons, hot chocolates and hearty meals, it's been a nice winter. But in a couple of months you'll be back on the beach, soaking up the sun. Look down, chum - do you really wanna hit the beach in that body? You gotta be joking! It's time to shape up and here's how.**

## gym junkie

UNSW Gym - cheap enough to be one of the best deals in town, but still enough of a commitment to get you to hit those weights. And in the words of fourth year Arts/Law student Ava Hurley, "why would you run when you could Boxercise?" As we see it here at *Blitz*, it's also a great way to check out potential future mates at their simultaneous best (hot and sweaty) and worst (struggling under their own bodyweight in scarily heavy weights). Check out membership deals at [sportandrec.unsw.edu.au](http://sportandrec.unsw.edu.au). Represent!

## australian uni games

Trials are this week, and we'd love to have you representing us. As well as a forum for the nation's finest young athletes to battle it out, it's also known for its parties (see below on how to tie partying into your fitness regime) - and a chance for you to shed those winter pounds you packed on. According to Uni Games veteran Jake Burkett, "when you look back at your time at uni, your high WAM won't stand out, either will your graduation night, not even your first uni party. But your week away at Uni Games? That will stay with you forever." Check out the Sport & Rec website ([sportandrec.unsw.edu.au](http://sportandrec.unsw.edu.au)) for try-out deets.

## time master

Nobody runs like a person running late. While hindrances such as books, skinny jeans and thongs will make the run more difficult, they will also add to the exertion necessary to make it on time. Running late also makes you look cooler than you are. When a person arrives late to class, nobody actually knows your finger was hovering over 'refresh' while you sat on Facebook waiting for notifications that never came. Instead, it is generally assumed that you were having entertaining human interactions.

## tour de kenso

Riding a bike or walking to uni means that never again will you have to sit in traffic or put up with unwashed seat hogs on the bus. Money saved on petrol and bus tickets can also be redirected towards uni parties (see below). When all your exercise is incidental, another thing you save this way is time. Of course, some live so far away that this is simply not an option. Fourth year Med student James Flint overcomes this problem by only ever parking in two hour zones, allowing him to engage in sprint training while dashing to move his car between lectures.

**So, whatcha waiting for buddy? Those pounds won't lose themselves, so stop reading your textbook and start using it for weight practice stat!**

## OCD olympic compulsive disorder

Thankfully, with the Olympics on TV, we have many fine examples to view what a fine body should look like; it's time to emulate. While you may not have the time, endurance or dedication to copy their regimes, an old neighbour once told me that if you watch sport and imagine yourself doing it, it's almost as good for your body as actually doing it. In the end, it was diabetes that got him. According to fifth year Med student Sianne Toemoe, this is medically inaccurate. But I say, hey, it's gotta be worth a try... At least you get to check out those fine beach volleyball bodies.

## veggiesoc vindication

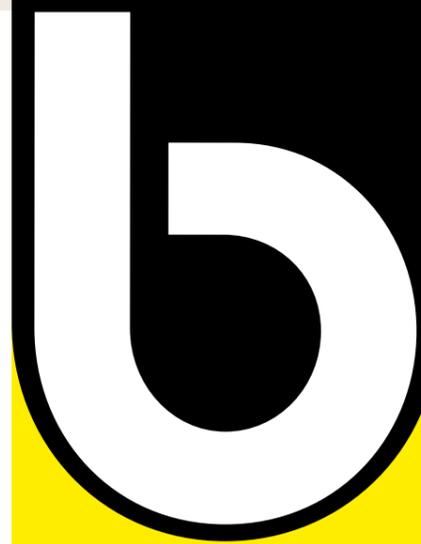
They're delicious, nutritious, and the best value for money you can get for a meal on campus hands down, while vegetarian meals are also known for the power to fill you up without breaking the scales. Since the glory days of the '80s, when there was a popular vegetarian café on Level 1 of the Blockhouse, the UNSW cheap vegetarian option has been reduced to a lone cauldron of curry provided by the Hare Krishnas of Newtown. You'll find it attended by the good people of VeggieSoc (you can join at [facebook.com/unswVeggieSoc](http://facebook.com/unswVeggieSoc)), sitting by the Blockhouse from 12pm every Wednesday during session. But get in quick - it's usually gone within an hour (tip: you can also pre-order online).

## party people

Uni parties are the best way to maintain a healthy social life and a healthy body. Now it's well known that drinking alcoholic beverages will make you put on weight, but I figure if you dance all night, the weight gain is probably actually negative. Med student James also points out that the act of raising a glass to your shoulder is a great exercise for toning and strengthening the muscles in your shoulder.

Got some pro tips on battling the bulge on a budget whilst maintaining badass grades? Share the endorphin rush by emailing them in to [blitz@arc.unsw.edu.au](mailto:blitz@arc.unsw.edu.au) or posting them on [Facebook.com/Blitzmag](http://Facebook.com/Blitzmag).

comedy gala ad



WHAT'S ON UNSW  
6TH AUG - 12TH AUG

UNIBAR SPECIAL WK 4



\$4 EA



The Roundhouse encourages the Responsible Service of Alcohol

LIKE FRIENDS WITH  
**b**ENEFITS?



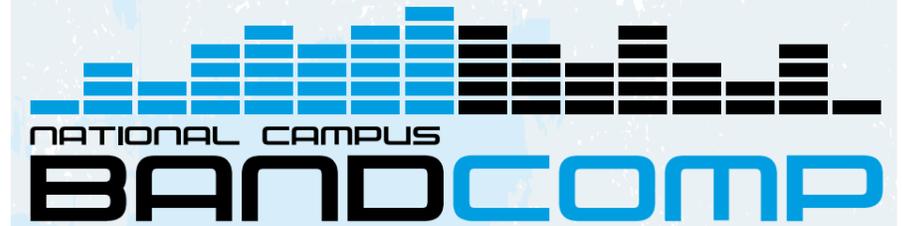
Find Us On FB for Festivals, Movies, Gig Passes and heaps more freebies.

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blitzmag.tumblr.com

BETTER THAN STUDYING: WHAT'S ON UNSW

Australian Association of Campus Activities presents



UNSW BAND COMP

You've got the music in you.

• Jacob Burkett

Blitz knows you better than you know yourself. You totally want to be the person who can say you saw "that band" when they were still totes underground, and now that they're commercial you don't really care.

That person may sound like your ideal egotistical hipster, but that hipster actually knows where to look for new music - the UNSW Band Comp. Come see bands move from the comforts of their garage to centre stage at the exclusive Roundhouse event that has hosted some of the biggest live acts the world has to offer.

The UNSW band comp division of the National Campus Band Comp features badass industry judges and awesome prizes - as well as scoring entrants major Main Walkway street cred. The question is: Who will rise to the occasion and land some Triple J airtime? And who will impress no one but his or her own mother, who took the day off work to come support her baby's band? You'll have to come down to determine that

yourself, with crowd appreciation always having an effect on the final decision.

Here's the lineup for this Wednesday's comp:  
Flute Lab  
Deadbeat Decision  
The Commune  
Burn Antares  
Dutch Indians  
Brotherfunk

Know anyone in one of those bands? Want to? Come along and show your support! These guys each play a 20 minute set - roughly enough time to sing three songs then spend 10 minutes trashing the stage. The top three bands from this week's comp and last Wednesday's comp will go into the epic final next Wednesday August 15th.

WHEN:

6pm  
Wednesdays

WHERE:

Roundhouse

PRICE:

It's free to come  
be a groupie!

VERDICT:

Is UNSW home  
to the next  
Nirvana? One  
Direction? Or  
that chick who  
won The Voice?  
Come find out!

www Head online for set times and more deets: facebook.com/events/367858919935130





### Roundhouse Happy Hour

5-6pm  
All week  
@ Roundhouse  
Get happy, responsibly.  
On Wednesdays Happy Hour is twice as happy running from 5-7!



### Student Development Committee Elections

Monday 6th August – Friday 17 August  
Nominate someone you think will represent and manage your club or society, program or grant to the best of their ability and make this uni a better place.



### Prints Charming

Tuesday – Saturday  
@ Kudos Gallery  
Check out art presented by your talented friends from the COFA Print Collective.



### Stationery Reuse Centre

10am – 4pm  
Monday – Friday  
@ L1 of the Quad building, East Wing next to Quad 1001.  
Spent all your money on textbooks and can't even afford a pen and paper to take notes with? Come grab some free stationery from these champs!



### Arc Store Happy Hour – 10% Off

4-5pm  
All week  
@ Arc Stores  
It's like a sale!



### The White House Happy Hour

4-5pm  
All week  
@ The White House  
US President Thomas Jefferson once said that "Happiness is not being pained in body or troubled in mind." We think he was probably talking about happy hour at The White House.



### \$8.50 Bistro Specials

From 12pm  
All week  
@ Roundhouse Bistro  
Sometimes the only thing that'll get you through the day is a cheap lunch.

## ALL WEEK

UNSW – THERE'S ALWAYS SOMETHING GOOD GOING DOWN

## MON AUG 6

### Bingo

1pm  
@ Roundhouse  
Held every Monday for kids who incorporated lunch breaks into their timetables.

### QueerSoc

2-4pm  
@ Queerspace, Rm 9.20 Chemical Science Building

### Poker

6pm  
@ Roundhouse

### Justice Talks: Detaining the Dangerous

6-7.30pm  
@ Tyree Room, Scientia

### MuSoc Open Mic Night

6.30pm  
@ Club Bar  
Imagine that Delta and Seal are in the audience and raise your voice!

### Free pool

12-2pm  
@ Roundhouse  
The kind-hearted souls at the Roundhouse know you're saving all your mullah for Happy Hour, so enjoy a few games on them.

### UNSW Bike Club Workshop

12-2pm  
@ Quad Lawn  
COST: FREE FOR Arc MEMBERS, DONATION FOR OTHERS

### Pottery Studio Induction

12.30pm  
@ L2, Blockhouse  
COST: FREE FOR Arc MEMBERS

### Trivia

5pm  
@ Roundhouse

### Kudos Gallery Exhibition Opening: Prints Charming

5-7pm  
@ Kudos Gallery

### COFA Talks: Masculinity in the 21st Century

6-8pm  
@ EG02, E Block, COFA

## TUE AUG 7

### Soccer Training

11am-1pm  
@ Moore Park  
Meet in Moore Park and train up for the Art School Cup against the jokers from NAS and SCA later this semester.

## WED AUG 8

### Free Breakfast

9-10am  
@ Outside the Library

### Veggie Soc

12-2pm  
@ Arc Precinct  
Come sample the cheapest and most delicious food on campus.

### Women's Collective Meeting

12-2pm  
@ Womyn's Room, L1 Blockhouse

### Pottery Studio Induction

12.30pm  
@ L2, Blockhouse  
COST: FREE FOR Arc MEMBERS

### COFA Film Screening: Apocalypse Now

1pm  
@ EG02, COFA  
I love the smell of napalm in the morning.

### Where's Wally Wednesday

2-4pm  
@ The White House  
Find Wally for a secret prize. Limit one per person.

### Stitch 'n' Bitch

3-4pm  
@ COFA Common Room  
Bring your needles and your gossip!

### Nintendo 64 Weekly Comps

4-5pm  
@ COFA Common Room

### Mid Week Social

4-7pm  
@ COFA Common Room  
Pizza and cider and people and games.

### UNSW Band Comp

6pm  
@ Roundhouse  
The battle is on.

### Brien Holden Lecture Series

6-9.30pm  
@ Scientia

### Warrane College Wednesday Night Guest

7.10-8pm  
@ Warrane College  
This week a Member of the Upper House of NSW is coming to visit.

## THU AUG 9

### R.O.C.K.E.T & COFA SRC present: Healthy Breakfasts!

9-9.45am  
@ COFA Common Room  
Come and get free green smoothies and raw breakfast treats.

### Art Wars

10am  
@ The White House

## FRI AUG 10

### The perils of being a journalist in apartheid in South Africa

10am-12pm  
@ TBA, UNSW Kensington campus.  
This sounds like an amazing event; we just wish we knew where it was! Check Facebook.com/BlitzMag for updates.

### Friday Card Draw

6pm  
@ The White House  
Win a \$50 voucher to spend at, you guessed it, The White House

### Billy Talent

7.30-9.30pm  
@ Roundhouse  
COST: \$51.70 + Bf  
"Every once in a while, a band comes along that makes your blood pump faster than normal, Billy Talent is that band." – Rolling Stone

## SAT AUG 11

### Hard Attack

4-11.30pm  
@ Roundhouse  
COST: \$71.60 + Bf  
Must be over 18 years old.



## BLITZ PICKS

### MONDAY



### Justice Talks: Detaining the Dangerous

6-7.30pm  
@ Tyree Room, Scientia  
COST: Free  
Justice Talks is a "free lecture series that focuses on the ground breaking research of local and international experts in crime, justice and the law" – badass hey? This week hear from Professor Lucia Zedner of Oxford University on the use of coercive measures by the state in the name of crime prevention and public protection.

### TUESDAY



### COFA Talks: Masculinity in the 21st Century

6-8pm  
@ EG02, E Block COFA  
COST: Free  
Is it raining men? Where is Prince Charming? Join Nick Vickers, Andrew Yip and Andrew Starr as they debate the issue.

### WEDNESDAY



### Free Breakfast

9-10am  
@ Outside the Library  
COST: Free  
The beautiful people at the SRC care about you having a balanced diet and being alert in class. Come partake in a deliciously free breakfast for students - because everything tastes better when it's free.

### THURSDAY



### The Culture Club's First Birthday Party – Cocktails and The Sapphires

6-11.30pm  
@ Randwick Ritz  
COST: \$12 Arc / \$15 GA  
Once again we are dazzled by The Culture Club's awesomeness. Your ticket includes entry to the opening night of the new and critically acclaimed Australian film *The Sapphires*, a drink voucher for the Ritz Lounge, and access to the party including a delicious bartab!

### SATURDAY



### Hard Attack

4-11.30pm  
@ Roundhouse  
COST: \$71.60 + Bf  
Seen *Step Up 4: Miami Heat* and need to enter a breakdance fight stat? For the very first Hard Attack, come party with four of the best international hardstyle and hardcore acts and 18 of Australia's best local hardstyle/hardcore DJs. This event is for over 18s only - head to [unswroundhouse.com/gigs](http://unswroundhouse.com/gigs) for more info.

## SAVE THE DATE

### Week 5

### Artsweek

13-17 Aug  
Next week every UNSW student will embrace their inner artist during a series of workshops, performances and exhibitions. Get excited for a crazy week of "Coming Together".

### Artsweek Flea Markets

Wed 15 Aug, 11am-5pm  
@ Arc Precinct

### UNSweetened Literary Journal Launch

Thurs 16 Aug  
@ UNSW Bookshop

### 2nd Annual UNSW Comedy Gala

Thurs 16 Aug 7pm  
@ Roundhouse  
COST: Arc members free\* (T&C Apply) / UNSW students \$10 / GA \$15

### Week 6

### SRC Elections Open

Mon Aug 20  
Go to [arc.unsw.edu.au/src](http://arc.unsw.edu.au/src)

### Travel Expo

Wed Aug 22 10am-4pm  
@ Roundhouse

### Arc Flea Markets

Weds 22 Aug  
@ Arc Precinct  
Want to get a stand? Email [markets@arc.unsw.edu.au](mailto:markets@arc.unsw.edu.au) [we recommend getting one near the Gozleme stand.

### Walama Muru Annual Trivia Night Fundraiser

Thurs Aug 23 6pm  
@ Roundhouse  
Tix are \$15 or \$12 for Arc Members (yeeeee baby) and each table seats 8-10 peeps. Send your team's details to [walamamuru@arc.unsw.edu.au](mailto:walamamuru@arc.unsw.edu.au).

### Week 7

### Mid Session Party: Full Moon Party

Thurs 30 Aug  
@ Roundhouse

### DUD PARTY?

Promote your event with What's On!  
Go to [arc.unsw.edu.au](http://arc.unsw.edu.au), or email [blitz@arc.unsw.edu.au](mailto:blitz@arc.unsw.edu.au)  
Deadline 12 days before Mon of relevant week

Give Blitz the thumbs up  
[facebook.com/blitzmag](https://facebook.com/blitzmag)



## TAKE A WALK ON THE WILD SIDE

• Henry Cornwell

Too poor for a uni gym membership or new in town? Sydney's a beautiful city and the best way to see it's on foot. After years of wandering, *Blitz* has come back with the five best walks to - don't forget to pack your water bottle and some sandwiches.

### The Spit to Manly

Best way to get to The Spit from the City: Catch a 229, 184 or 173 from Wynyard.  
Bring: Swimmers.  
Great place to: Swim with super rich people.  
Eat: A pie at Hamlet's Pies on the Corso. Or, if you want to sit down for a good meal and a drink, try Hemingway's (facing the beach at North Steyne).

It's a long walk, but highly rewarding. There are a stack of beaches to swim in along the way and you can watch the sun set on Shelley Beach - the only westward facing beach in New South Wales.

### West Head to Resolute Beach

Best way to get to West Head from the City: Your best bet's driving - even that could take about an hour, depending on when you go.  
Bring: Picnic goods.  
Great place to: Indulge in sex outdoors without too great a risk of being caught.  
Eat: Food you've brought yourself - good luck trying to find a shop out there!

Here's one of Sydney's least known and most beautiful walks. It's a real bushwalking experience - you'd be unlucky not to come across a lyrebird or wallaby. There are also great little beaches and ponds for swimming.

Don't limit your walks to trips from the Anzac Pde bus stops to Matthews; you're better than that. Get out there and see Sydney!



Step by step

### Vaucluse to Rose Bay

Best way to get to Vaucluse from the City: Catch the 324, 325 or 326 from Circular Quay.  
Bring: Swimmers.  
Great place for a: Snorkel - if you remember to bring your kit.  
Eat: The best is the café at Nielson Park or the restaurant on the beach at Vaucluse.

Instead of walking along New South Head Road, stick to the coast. It's little-known, so it should be just about all yours. You get crazy views of Sydney Harbour plus if you jump in the water at Neilson Park there's a shark net.

### Coogee to Bondi

Best way to get to Coogee from the City or UNSW: Catch a 373, 374 or X74 from Circular Quay.  
Bring: Swimmers.  
Great place to: Swim with local sports stars.  
Eat: At the Beach Burritos - there's one in Coogee and Bondi. See which is better!

The latter end will even incorporate Sculptures by the Sea if you wait a couple of months. Great salt air and beautiful views! There are also a stack of cafés along the way.

### Circular Quay to Botanic Gardens

Bring: A camera.  
Great place to: Propose.  
Eat: At home - everything around there is way overpriced. Then again, there are some cool places near the Opera Bar if you're willing to fork out.

It's just about the most popular walk in Sydney, but it's that way for a reason. Check out the views, soak up the atmosphere and bask in the reflected joy of tourists loving our epic city.

# B

## CHEAP A\$\$ SYDNEY

### QUE SERA SERA

#### Tarot Card Readings

Tuesdays 6-8.30pm  
@ Verge Bar, The Art House Hotel

Worried about your final exams this semester, or that trip to Barbados you're planning for the summer break? Come find out from Tarot reader Frankie Starr whether death or fortune is coming your way. With your drink purchase you also grab a complimentary Tarot Card reading so bring an open mind and a clear heart.

### ART ATTACK

#### FBI Presents: Secret Walls Round 3

Wednesday 8 August 6.30pm  
@ Oxford Art Factory  
COST: Free

Secret Walls, the world's premier live art battle, is back in town and ready to paint it read. Come along to watch an epic battle involving two artists, 90 minutes and black and white only. This is a key round in the lead up to the finals in December - for more info head to [secretwalls.com.au](http://secretwalls.com.au).

### RUN FOR YOUR LIFE

#### City2Surf 2012

Sunday August 12  
@ Hyde Park - Bondi

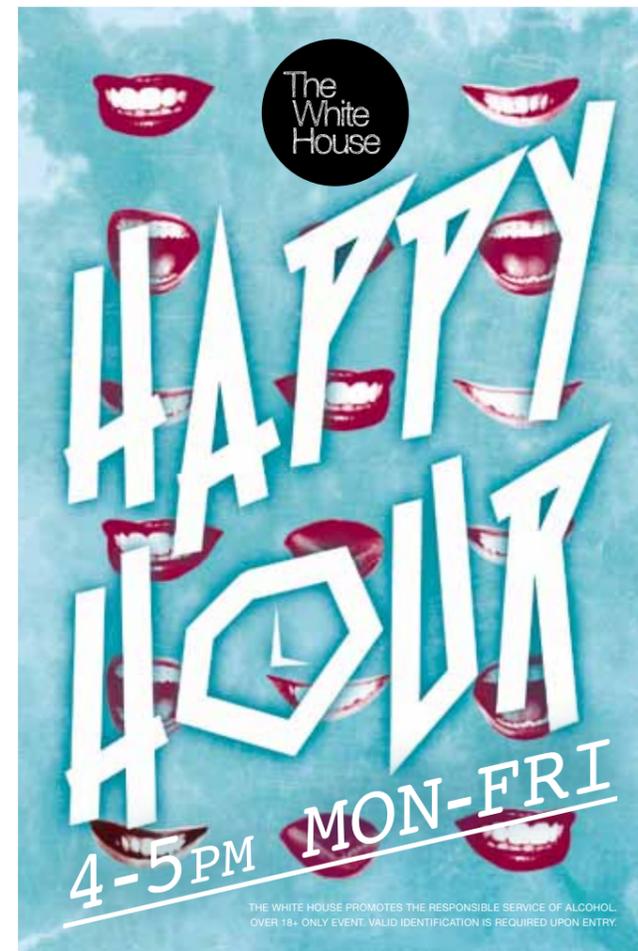
The key to getting a good time is to pretend it's a zombie attack and see if you have a chance of surviving. Plus, this year the Cancer Survivors Centre at UNSW is featured as a Gold Charity, so you can run for your life while raising money to save others. For more information on the CSC visit [city2surf.com.au](http://city2surf.com.au) or contact Roshana Sultan on 02 9385 1390 or by email [roshana@unsw.edu.au](mailto:roshana@unsw.edu.au).

### YOU LIKE TO WATCH?

#### London Games 2012 Live Site

Saturday 28 July until Monday 13 August 6am-6pm  
@ Customs House  
Cost: Free

Getting cabin fever because you're trapped at home dealing with Olympic fever? Head to the city over the next two weeks as Customs House Square has a big screen up showing live games and highlights. Plus various sporting activities will also be set up on the square during the games for added fun times.

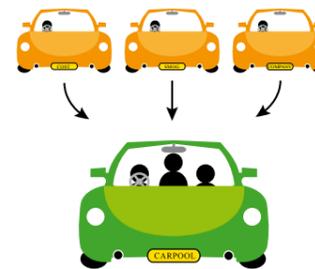


## Jump in! UNSW MyCarpools is going your way!

Never Stand Still
Facilities Management

Carpool with family, friends and colleagues or meet new people on the way!

Visit [unsw.mycarpools.com.au](http://unsw.mycarpools.com.au) to sign up today.



Open to all UNSW students, staff and community

# COLLEGE CONFIDENTIAL

## HEALTHY HIC

Studies show that the health of college students is inversely proportional to the amount of fun they have. Luckily, Hic's here to show you how to stay fit and healthy while embracing all that college life has to offer!

- Eat More Maccas. Normally fitness gurus would recommend that you avoid fast food in order to get fit and healthy, but when the other option is dino food, Maccas starts to look nutritious and delicious! I'm pretty sure a Big Mac as you stagger home from the Rege has more nutritional value than the week-old refried ibis the dino served you for dinner, so you'd better upgrade that to a large meal deal.

- Keep well-hydrated. College drinking is a serious sport - make sure you're well-hydrated for optimum results.

- Maintain a balanced diet. It's hard to incorporate all the important food groups when you're on a student budget; luckily Uncle Hic has a cheat's guide to help you out:

- Fruit: Vodka orange juice, vodka raspberry, goon - it was made of grapes once upon a time, right?

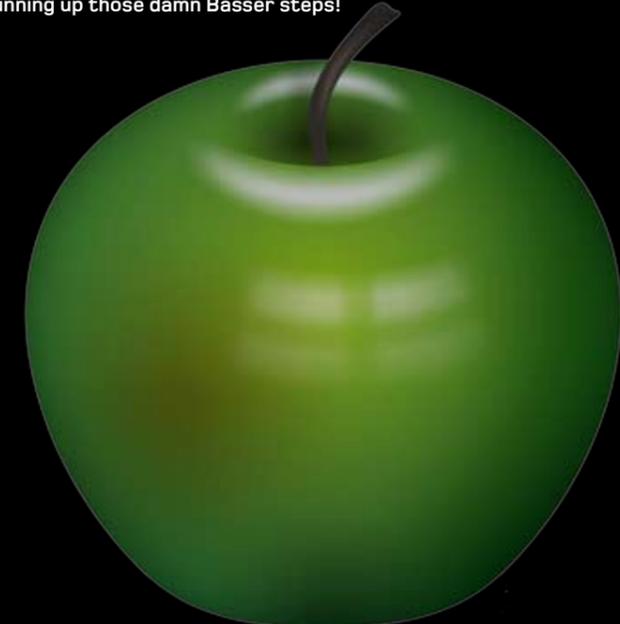
- Vegetables: Fries, pickles on burgers, those fancy bits of lettuce on The White House pizzas.

- Carbohydrates: Beer... More beer!

- Protein: McNuggets, burgers, mayyyyybe the brown sh-t and rice the dino serves. For an extra protein hit, try a pounder from Maccas, you'll definitely regret it.

- Dairy: Double shot lattes, they may fail to keep you awake in lectures, but at least you won't get osteoporosis!

- Exercise: The gym is for chumps; I find that the best exercise is running away from campus security. Bonus points if it involves running up those damn Basser steps!



## FACEBOOK FREAKOUTS

So you've just been burned by an ex and the traditional voodoo doll just isn't cutting it? Or maybe work's messed up and hasn't paid you for a few weeks? For many people, this is an invitation to make a status or post a picture online to vent frustrations, but that kind of response is a recipe for disaster.

Many students don't realize that their online behavior is as vulnerable to legal scrutiny as their real world actions - and usually much more public. Posting that drunken picture of your ex might sound like a good idea at the time, but it might be defamatory. If your actions ridicule a person and would be reasonably likely to cause the person to be avoided, then you could be sued as well as forced to issue a public apology.

In a recent case, a man didn't get paid on time by his workplace, so posted on Facebook: "How the f- can work be so f-ing useless and mess up my pay again. C-ts are going down tomorrow." He was fired because it was ruled that the fact the status could be seen by employees, supervisors and the public meant the man had breached a professional behavior clause of his contract.

To avoid trouble, try to keep your social media relatively professional, and turn up all of your privacy settings. And if you must bitch and moan, at least do it in person so you know exactly who can hear it.

• Matthew Cooper  
Student Support and Advocacy Intern  
You can drop us a line at [advice@arc.unsw.edu.au](mailto:advice@arc.unsw.edu.au) or ring (02) 9385 7700.



## UNSWeetened 2012



### Dead Poet's Society eat your heart out, get excited for the UNSW eened Literary Journal launch next Thursday August 16.

UNSWeened is UNSW's annual creative writing journal. Each year it publishes poetry and stories that manage to avoid that last dip of the rollercoaster, because they're pretty fantastic! This isn't some hipster, esoteric English / Creative Writing orgy. Students from across a range of faculties enter the comp each year seeking glory and badass prizes.

This year's students whose work was selected are celebrating the publication's launch next Thursday, August 16 from 5-7pm at the UNSW Bookshop. Now we know that it's almost unheard of to head to the Bookshop outside of Weeks 1-3 to blow all your hard earned cash buying required materials, but this event's full of freebies and fun. You're invited to drop in and grab your free copy to cherish forever! There'll also be wine on the house, canapés, live music, readings and door prizes - the whole shebangabang!

As UNSW eened is one of the few avenues on campus directly fostering student literature and creativity, it'd be sweet to have you come support all the wonderful people who put their time and effort into producing the journal. Also, did I mention free wine? The talented acoustic duo playing? Rockin' artwork from the illustrator up for grabs? See you there!

• Nathan Mifsud

# London Calling

JOHNNO COTTERILL'S TRADING HIS UNSW BLACK AND GOLD SWIMMERS FOR GREEN AND GOLD AT THE 2012 LONDON OLYMPICS.

• Jacob Burkett

**One of Australia's best hopes for gold at the London Olympics will be the superhuman men's Water Polo Team. While many of us will pull an all-nighter and rug up to watch our boys fight for the top prize, UNSW student Johnno Cotterill will actually be in the pool making sure he brings it home for us.**

Our boy's always had big dreams, explaining that "going to the Olympics has been my dream since I began playing sport". That dream is about to come true, with Cotterill in top form having spent his last four competitive seasons playing in the Greek and Spanish water polo leagues, all whilst completing a degree in Commerce through UNSW.

Now in his sixth year of study and despite spending most of his student life on the other side of the planet, Cotterill is still yet to defer a single semester since enrolling in 2006. "Obviously water polo has been a major part of my life, but thankfully UNSW has been extremely supportive", said Cotterill.

"It definitely hasn't been easy at times, and going to a university in Barcelona or the Greek Islands to complete an exam is probably the furthest thing from anyone's mind (when they first enrol at UNSW), but it's something I've had to do and I definitely appreciate the benefits of it now." We hear those benefits loud and clear Cotterill - I know I'd pick having exams in the Greek Islands over a marquee in Randwick Racecourse.

Starting off as a swimmer, Cotterill admits that it wasn't long before he got sick of looking at the black line in the pool: "I never really was the most technical swimmer, so I decided to make the transition when I was 11, and to be honest I've never looked back - it helped that my dad and uncle were fairly involved in water polo".

It's no secret that the change to water polo has paid dividends. This year, Cotterill finished as the top goalscorer and MVP in the Australian National League all while extending his international caps tally to 121. There is one goal, however, that is yet to be fulfilled. Cotterill explained that "I don't think there is a worldwide event that can compare to the status of the Olympics for a sportsperson. The experiences that I have had in recent years, including a home World Championships in Melbourne in '07, and playing overseas in front of massive crowds is something I will never forget nor give up, however going to the Olympics is the icing on the cake - and a medal would be even better."

At the time of print, the Australian Men's team was yet to acquire a medal in the event, but with one of their strongest and youngest squads to date, a gold medal should well and truly be in their sights over the next week in London.

And as for where Cotterill will hang his medal when he's successful? "You'll be lucky to get it off my neck!"

## UNSW FOR THE WIN:

### Olympic Representatives

**Colin Cheng** (Science - Nanotechnology)  
Sailing

**Richie Campbell**  
Water Polo

**Joel Dennerley**  
Water Polo

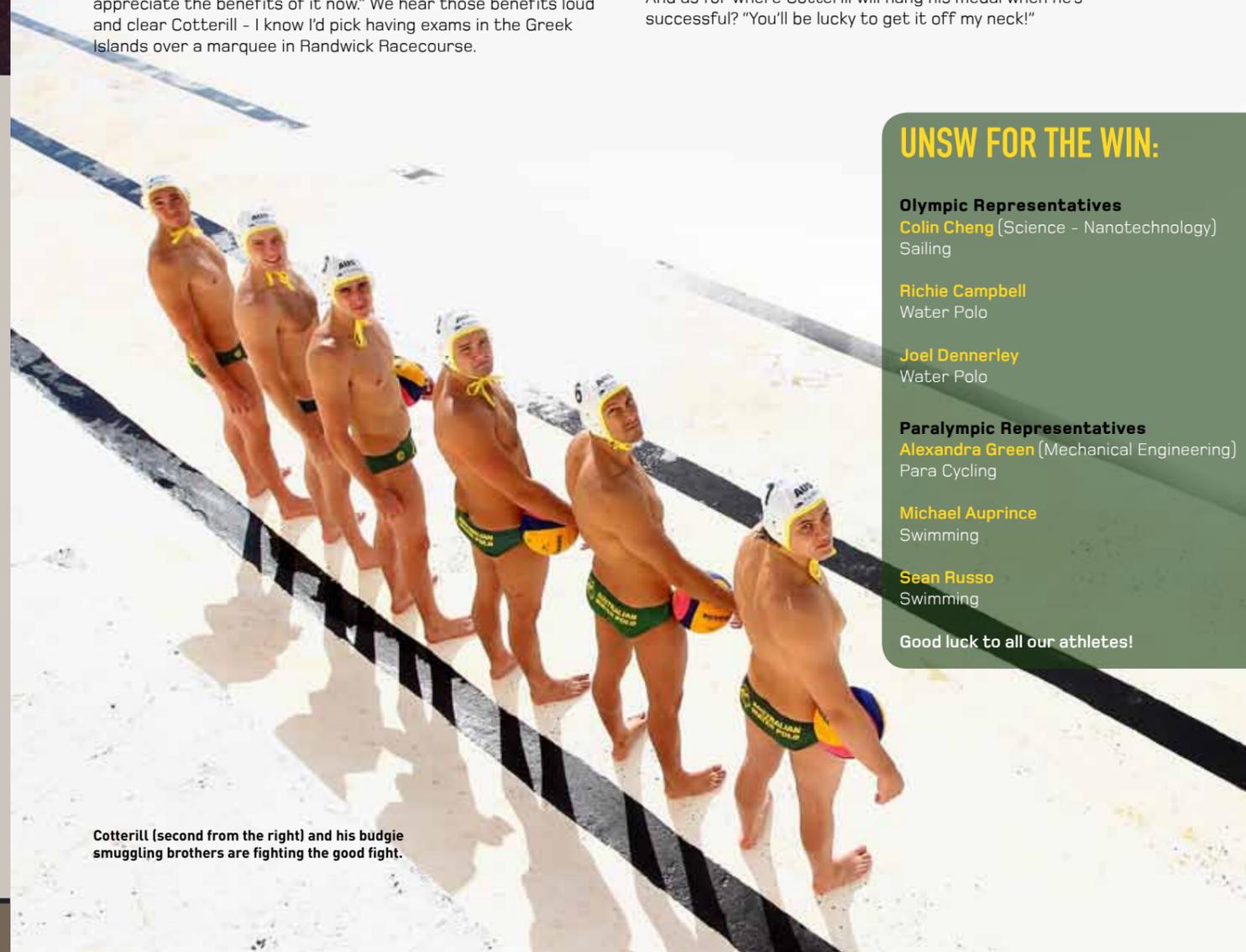
### Paralympic Representatives

**Alexandra Green** (Mechanical Engineering)  
Para Cycling

**Michael Auprince**  
Swimming

**Sean Russo**  
Swimming

Good luck to all our athletes!



Cotterill (second from the right) and his budgie smuggling brothers are fighting the good fight.

# REVIEWS

His relaxed playing style and laidback vocals working hand in hand to construct the ideal, chilled out soundtrack to accompany those frenetic study sessions.

*Spirit Bird, Xavier Rudd*

**GO BLITZ YOURSELF**  
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# student SOUNDS



## STUDENTS BY DAY, MUSOS BY MOONLIGHT

• Henry Cornwell

• BLOG

DISTINCTION

• FILM

PASS

• ALBUM

HIGH DISTINCTION

• FESTIVAL

HIGH DISTINCTION



### THIS IS WHY I AM ALONE

[thisiswhyiamalone.blogspot.com.au](http://thisiswhyiamalone.blogspot.com.au)

In my experience, about 0.1% of new blogs last more than one month. Generally it takes about that long for bloggers to get bored and disillusioned by devoting themselves to a self-expressive task that nobody else is interested in (mine lasted about a day). So maybe it's a bad idea to review one that's only been going since early July.

But *this is why i am alone* is pretty good, and there are enough posts already to suggest that between completing a Ph.D and seeking love, this guy also has plenty of time to think about why he's failing at the latter.

Although this UNSW student entertains a healthy misanthropy, it doesn't give you the awkward feeling of having stumbled into a therapist's office that so many word blogs do. And while the topic is love failures, it rarely delves into that, focusing instead on his entertainingly misanthropic antics. It may be too early to call, but with a bit more time, this blog will be excellent.

• Henry Cornwell



### MAGIC MIKE

Director: Steven Soderbergh

Against a backdrop of small dreams, summer sun and post GFC socio-economic struggles, a collection of emotionally isolated characters connect with each other through dance, drugs and dollar bills at the Xquisite strip club in Florida.

*Magic Mike* is not your average Channing Tatum candy-coated rom-com. Tatum's dance skills and surprisingly dramatic presence add tension and magic, but the film relies too heavily on viewers delighting in gratuitous pelvic thrusts, which eventually become more exhausting than exciting. Strange pacing and the serious subject create a film that's surprisingly thoughtful at times, often sad and increasingly boring.

Overall *Magic Mike* is not an enjoyable experience; a lot like attending a seedy strip show: while you're initially amused and dazzled by the performances, after being there long enough the stage lights start to burn your eyes and you see the sweat and strain the performers are under too clearly. If that element of realism is what Soderbergh was going for then kudos to him, but it will cost him audiences.

• Alexandra Havas



### XAVIER RUDD

Spirit Bird

Quintessential Aussie muso Xavier Rudd is back, the talented multi-instrumentalist providing a near-perfect album with his latest offering *Spirit Bird*. Rudd's unique approach is stamped all over, his relaxed playing style and laidback vocals working hand in hand to construct the ideal chilled out soundtrack to accompany those frenetic study sessions. Or perhaps it would be better matched with a cheeky Sunday sesh - your choice.

As always, the lyrics are laced with idealised political messages, particularly closing track 'Creating a Dream', which features Rudd singing, "Imagine if true activists controlled TV/Imagine Captain Watson had the final say/Imagine if industry just had to obey/please patience please patience please I'm creating a dream". With most musicians, such blatant activism could prove annoying, however this is not the case when delivered in Rudd's dulcet tones.

Personally, I feel that this is one of the better Australian releases of 2012, a feast for the ears and a journey for the soul, led blissfully by Xavier Rudd and his Spirit Bird.



For your chance to score a copy of the album email [blitz@arc.unsw.edu.au](mailto:blitz@arc.unsw.edu.au) with 'X-Man' as the subject and tell us what state Xavier is from.

• Simon Anicich



### SPLENDOUR IN THE GRASS

With a slightly less star-studded line up than the last few years and a return from the Gold Coast to Byron Bay, you'd have been forgiven for expecting Splendour in the Grass 2012 to be more chilled. However, you'd still be wrong. With gumboots for the mud, helmets for the hail and a group of friends all looking to ignore the prospect of having to return to university and other such real life pursuits, thousands of young revellers hit Belongil Fields for one of the most memorable weekends of their lives.

The best thing about having a festival with such a solid reputation pare down its budget was the amount of attention it brought great new music. Youth Lagoon, Ball Park Music and Husky are just a few small bands who pulled a bigger audience than ever before - not to mention *Blitz* favourites San Cisco, who played like their dreams had come true. Less subtle in his joy was The Rubens' Sam Margins - I've never heard the word 'stoked' so many times in my life. Likewise, when the organisers blasted cannons of confetti towards the end of the Jinja Safari set, the apparently unsuspecting frontman (Marcus Azon) smiled so wide you could have fit a tent inside his lyrical mouth.

Meanwhile, the bigger acts each gave the crowds more or less exactly what they wanted. The standard response of those in the audience to The Shins, The Smashing Pumpkins, Bloc Party and The Kooks was to lose one's shit. Gimmicks like Angus Stone's on-stage campfire and Jack White's change of band half way through his set only added to the fun.

Splendour 2013, here we come.

To check out the rest of our amazing Splendour snaps, head to [facebook.com/blitzmag](http://facebook.com/blitzmag).

• Henry Cornwell

**MEET: Guerre**  
(Studying Fine Arts at COFA)

**HAILING FROM:** Sydney via Toronto

**RELEASES:**  
Darker My Love; Interpret (with Oliver Tank & The Townhouses); Intercess #1 (with Scissor Lock)

**WEB:**  
[guerreguerre.tumblr.com](http://guerreguerre.tumblr.com); [Yespleaserecords.bandcamp.com](http://Yespleaserecords.bandcamp.com); [facebook.com/pages/GUERRE/14817310323](http://facebook.com/pages/GUERRE/14817310323).

**DIARY:**  
Keep an eye on his Facebook!



## Q&A

**The violence of the word 'Guerre' (which means 'war' in French) seems a world apart from the sensitivity of your music - how did you choose that name?**

Initially, it was typographically pleasing - Guerre implies two or more opposing sides, which is essentially how change can happen; there should be a roughness, an edge to each soft stroke, an anger to each sadness. I think Guerre most fittingly describes the way I want my sounds to appear.

**Your music's lush and electric, but I find it hard to pigeonhole; you've remixed a number of local and international contemporary artists, who sound nothing like you - you've even covered Beyonce! Who are your influences?**

It's difficult to answer, because it's always changing; there are no parameters to where you can find inspiration. One peculiar artist that has really seeped into my music is Curtis Mayfield; I mostly draw from the way he sings. He doesn't seem like he's trying hard to put his voice out there for everyone to hear, yet it still stands out; his voice is his own.

**How would you describe your sound to someone who hasn't heard you before?**

I've been asked this before and after a while all the genre tagging and colourful adjectives seem to only deter people from listening. I'd rather not try and hold someone to the way I perceive my music; I hope they can find that the songs contain emotion, that's all. But even if they don't find that, it doesn't matter, it's just sound.

**What would you be doing if music wasn't part of your life?**

I would probably be much more involved in the world and not as self-indulgent; doing something productive, something that would actually make a change.



Head along to Band Comp in the Roundhouse on Wed @ 6pm to hear what UNSW students have to offer your ears.

# PUZZLED?

## WORD SEARCH

T	B	A
N	E	A
C	R	O

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

Email your words to [blitz@arc.unsw.edu.au](mailto:blitz@arc.unsw.edu.au) by 5pm 10th August to win a \$20 UNSW Bookshop Voucher. Congrats to the Week 2 winner Nabila Fariha!



## SUDOKU

Sudoku 9x9 - Medium (133666931)

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

For solutions visit [www.sudoku-puzzles.net](http://www.sudoku-puzzles.net)



## TRIVIA by CONTACT

- What is the most dangerous sport based on the amount of people who die while playing?
- What's the only Olympic sport where you're not allowed a beard?
- Where in Australia is the Big Banana?
- What is the capital of Jamaica?
- Where can you get free condoms and tampons at UNSW?

GO TO PAGE 23 TO SEE IF YOU ARE AS SMART AS YOUR PARENTS TELL YOU.

Provided by the good looking staff at CONTACT, the go to place at UNSW for information and referrals. Go visit them - L2, Quad East Wing 9385 5880, or email [contact@unsw.edu.au](mailto:contact@unsw.edu.au)

# go clubbing at UNSW

## Q&A

### CHRIS ANTONINI Student Development Committee Convenor

With super important SDC Elections opening this Monday, August 6 (open until August 17), we thought you might like to come meet the SDC's host with the most, Mr Chris Antonini.

Some people are unfamiliar with the SDC, so how would you describe your actual role as SDC Convenor?

I handle a lot of the Club and Society admin, as well as chairing the SDC which is tasked with setting the 'strategic direction' for Student Development at Arc. On top of that, the SDC also awards the Student Community and Development Grants, so a lot of my time goes into ensuring that that process runs smoothly. In a nutshell, I do a lot of paperwork and attend a lot of meetings.

So between paperwork and meetings, is it hard balancing SD commitments and study?

It's not always the easiest thing, but fortunately I'm a bit of a workaholic and can function well on minimal sleep. That being said, I find that when you explain to tutors and lecturers what the situation is, they are generally pretty understanding.

And looking back, what have been the highlights of your time at SD?

Spending time in the SD office with the other student staff is definitely the highlight. The office (conveniently located upstairs at the Roundhouse) has this infectious vibe and you can't help but enjoy yourself with all these different things for Clubs and Volunteering programs hanging in the background.

In a nutshell, why is it important to vote in SDC elections?

SDC elections determine the committee in charge of the majority of the grant allocations, so if you are in a Club or Volunteering program it's important to ensure that anyone you elect is representative of your views.

• Lauren Schipp



Chris traded in his O-Week Yellow Shirt for a fancy suit when he became SD Convenor.



Elections run from August 6 to 17 so head online to have your say at [arc.unsw.edu.au/about-us/arc-board/elections](http://arc.unsw.edu.au/about-us/arc-board/elections).

### SD DEVOTEE: ALYSE BEHRINGER (DESIGN) Artsweek Postsecret Exhibition Convener



Why did you get involved with Arts Week 2012?

I became aware of the Postsecret movement back in 2010 and I'd always thought that a UNSW Postsecret event would be awesome. This year's theme is 'Coming Together' and fits perfectly with the aims of Postsecret.

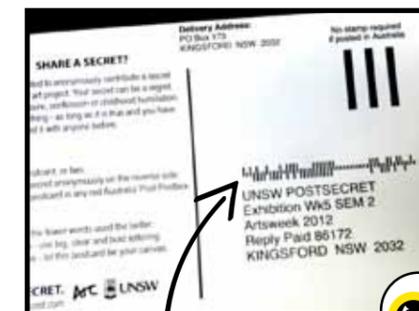
So how can students submit their darkest secrets before next week's Artsweek exhibition?

There are Postsecret postboxes scattered across campus where you can collect a blank Postsecret postcard and submit your secrets. Locations are listed at [facebook.com/UNSWPostsecretExhibition2012](http://facebook.com/UNSWPostsecretExhibition2012).

How does it feel collecting all these student secrets?

The Postsecret Exhibition has made me realise that we're a lot more connected to one another than we might otherwise pretend. Some of the secrets I've received have been really touching while others speak of a lot of inner pain. I look around and realise that there are a lot of people that are hurting, but they still get up each morning and go to work or uni and I think that's a demonstration of hope and tenacity, and I find that really inspiring.

• Jacob Burkett



## UNSW POST SECRET

Got a juicy little secret? Submit it anonymously for the Post Secret Exhibition during Arts Week in Week 5 and live your life guilt free.

## jobs & ops of the week

### ONLINE SURVEY OPPORTUNITY

Students are required for a 10-minute online Honours survey on opinions about sexual assault.

Participants can choose to enter into a draw to win a 8GB iPod Nano.

All responses are anonymous and confidential. If you're interested please contact [e.cama@unsw.edu.au](mailto:e.cama@unsw.edu.au).

### DRIVE ME CRAZY

The School of Aviation are looking for participants for their research into tiredness while driving.

Your mission? If you drive to UNSW daily you might be eligible to take part in this simulation, which involves wearing a wristwatch and sleeping a lot. Your reward? A delicious \$50 Coles Group & Myer gift card. Send your deets to Catherine Innis [c.innis@unsw.edu.au](mailto:c.innis@unsw.edu.au) or Dr. Carlo Caponecchia [carloc@unsw.edu.au](mailto:carloc@unsw.edu.au).

### CASUAL MARKET RESEARCH INTERVIEWER

Like talking to people? Love money? Enjoy hanging in the city? This one's for you. Newpoll Market Research are looking for people who have excellent verbal and written communication skills, as well as a highly professional manner to conduct market research surveys. The pay is \$23/hr and it's located in Surry Hills.

Applicants must be available for either 3 shifts Mon - Thur or 2 shifts Fri - Sun.

## WWW

For more Jobs and Opportunities head to: [jobs.arc.unsw.edu.au](http://jobs.arc.unsw.edu.au)

## MEMBERSHIP

**INDIA**  
Bachelor of Music

**What's the one sport in the Olympics that you will be watching?**  
Probably the running.

**If you could introduce a sport into the Olympics what would it be?**  
Is Dodgeball in the Olympics? If not get it in there!

**What's the best way to stay fit whilst at uni?**  
Avoid junk food at all costs.



**KO**  
Digital Media

**If you could introduce one sport into the Olympics what would it be?**  
Ice Hockey should be at the Summer Olympics as well as the winter ones.

**The best way for a student to keep fit is...**  
Don't eat bad food - it's tempting, but push through those temptations and you'll come out looking fine.

**What are the best and worst sports included in the Olympics?**  
Basketball is the most exciting and Ping Pong is the most ridiculous.



**EFFA**  
Chemical Engineering

**If you could ban a sport from the Olympics what would it be?**  
Equestrian - because the horses do all of the work.

**What's the worst sport ever invented?**  
Golf, and they're bringing it into the 2016 Olympics! What a joke...

**And what's the best sport at the Olympics?**  
European Handball - those guys are crazy.



**LUKE**  
Chemical Engineering

**What's the worst sport ever invented?**  
Quidditch, and if it is ever included in the Olympics I'll lose my faith in mankind.

**If you could introduce one sport into the Olympics what would it be?**  
Tiddlywinks - you have to bounce your winks into a pot using your squibber whilst making sure that your opponent doesn't.

**The best way for a student to keep fit is...**  
Eat the KFC around the corner from uni, and then if you walk back to uni after you have finished, you would have burnt off what you ate.



**CAITLIN**  
Social work

**The best sport at the Olympics is...**  
Track running will be the only event I'll watch.

**If you could ban a sport from the Olympics what would it be?**  
That gymnastics event where they dance and twirl ribbons.

**If you could introduce one sport into the Olympics what would it be?**  
Goon of Fortune!



**PHILLIP**  
Chemical Engineering

**What are the best and worst sports included in the Olympics?**  
Soccer is the best, weightlifting is the worst - whoever is strongest wins... boring.

**If you could introduce one sport into the Olympics what would it be?**  
Drinking - surely we'd win!

**The best way for a student to keep fit is...**  
Drinking again! If not, you can always try riding your bike to and from uni.



TRIVIA ANSWERS: 1. Lawn Bowls. 2. Boxing. 3. Coffs Harbour. 4. Kingston. 5. CONTACT.



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