

Blitz

WHAT'S ON UNSW

S2W9 2016



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Stress Less Week



WEEK 10
TUES-THUR 11AM-3PM

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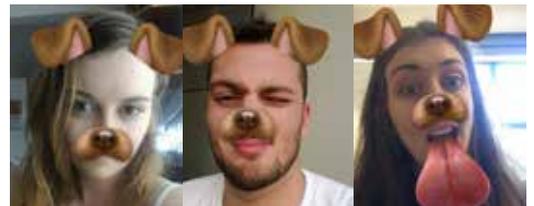


Tina Zhou
Chair of the Arc Board

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We've reached the time of semester that's started to ramp up with assignments and exams, with the to-do list getting longer. Stress Less Week has come around, a pertinent reminder that no matter how hard life gets, you don't have to face it alone! Re-energise by exercising, or alternatively, sit back and relax. Like Dr Robert Eliot says, "Rule number one is, don't sweat the small stuff. Rule number two is, it's all small stuff."

Tina



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In all seriousness, the only times I run is when I'm a) running late, b) running for the bus, or c) listening to Missy Elliot's 'We Run This'.

With Stress Less Week around the corner, I thought it'd be a good idea to stop comfort eating and use my yoga pants for, well, actual yoga instead of pyjamas.

But unfortunately no kale is going in my smoothie, thanks – and I still haven't gone to the gym since July.

Old habits die hard.

Eden



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CONTRIBUTOR SPOTLIGHT

MONICA BAYAS // CRIMINOLOGY

How do you deal with stress?
One shot at a time.

What's the most stressful thing about uni?
Deciding whether to go to that 9am lecture.

How do you stay healthy?
Avoid the bake sales outside the Library.

Your plans for mid-sem break?
Skydiving and heading up north for a few days.

The most bizarre diet you've heard of?
The Colour Diet, where you wear blue glasses because the colour blue makes you lose your appetite.



LAWRENCE MENZ // BIOTECHNOLOGY (HONOURS)

How do you deal with stress?
Go for a beach run (if you're lucky enough to live near one).

What's the most stressful thing about uni?
Trying to get the most out of it. Wanting good grades and starting assignments early always falls to the wayside as more social events pop up.

How do you stay healthy?
Eat well. Don't buy junk food when at Aldi and try to make your own food from scratch.

Your plans for mid-sem break?
Probably go on a trip somewhere, a hike through the Royal National Park over a day or two never hurts.

The most bizarre diet you've heard of?
The Tapeworm Diet.

JOSH HAVVILLE // LAW/ MEDIA (SCREEN AND SOUND)

How do you deal with stress?
Take off all my clothes, wrap myself in a rug, lie on the ground and live out the rest of my day as a worm.

What's the most stressful thing about uni?
Other students slowly dawdling along pathways. This is a uni not a retirement village.

How do you stay healthy?
A hearty dose of self-loathing.

The most bizarre diet you've heard of?
Diet Coke. That stuff is poison.

Your opinion of activewear?
Activewear is comfortable, stylish and aerodynamic. I don't endorse lazy people attempting to give an impression of athletic ability by sporting fashionable Nike gear. Give it up, you're not fooling anyone.



GARRY LU // CRIMINOLOGY & CRIMINAL JUSTICE

What's the most stressful thing about uni?
The sneaker-jeans combo is barf.

How do you stay healthy?
Xanax.

Your plans for mid-sem break?
To eat a gross amount of beef jerky until it all starts to make sense.

The most bizarre diet you've heard of?
The one where you eat a balanced amount of each food group.

Your opinion of activewear?
It makes you a better person.

RYAN BAUTISTA // ARTS

How do you deal with stress?
Blast Demi Lovato's 'This is Me', which is then closely followed by the *High School Musical* soundtrack.

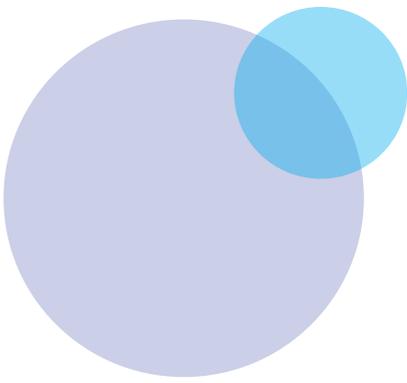
What's the most stressful thing about uni?
Scrolling down UNSW Love Letters and not finding your name. Boo!

Your plans for mid-sem break?
I've actually got an essay due during the mid-sem break. R.I.P to the plans I never got to make.

The most bizarre diet you've heard of?
The one with two fruits and three vegetables.

Your opinion of activewear?
If you want to be a basic b*tch, then sure, why not. Otherwise, it's a no from me.





BITZ & PIECES

BY CLAUDIA PORRECA

PLAYLIST



MEG MAC | *Roll Up Your Sleeves*

It's time to rise and grind before mid-sem hits and you get a well-deserved break.



KANYE WEST | *Stronger*

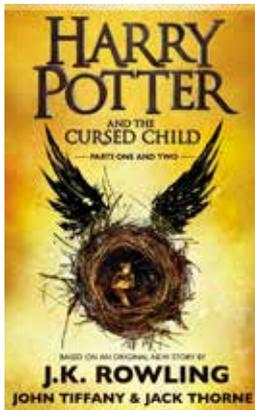
Kanye sums up how you'll be feeling once you smash out this sem's assignments.



TWENTY ONE PILOTS | *Stressed Out*

Stress Less Week will have you laughing at this track.

BOOKNOOK



HARRY POTTER AND THE CURSED CHILD
by J.K. Rowling, John Tiffany and Jack Thorne

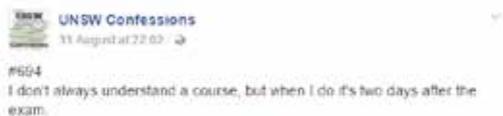
The eighth story in the *Harry Potter* series explores the challenges Harry faces after marrying and having children. Feel old yet?

FUNFACTS

When a male penguin falls in love with a female penguin, he searches the entire beach to find the perfect pebble to present to her.

When a person cries, if the first tear drop comes from the right eye, it's from happiness. If it's from the left eye, it's from pain.

Your nose can remember 50,000 different scents.



UNSW CONFESSIONS



UNSW LOVE LETTERS

SOCIAL STALKER



LIKES

Stress Less Week is here, Week 10, to help us achieve Zen.

Roundy provides the goods with a Mid-session Beach Party at Coogee Bay Hotel, Sept 22.

Sydney Fringe Festival runs until Sept 30. It's not too late to register for events like the 'Silent Disco' or the 'King Street Crawl'.



DISLIKES

The choker trend is over, guys. Spring is here, so let's move onto something new.

The waiting game begins for Kings of Leon's new album. Oct 14 is just too far away.

Magpies are everywhere because sweeping season is here. Avoid these terrifying creatures.

VIRAL

Instagram
@danceswithcircles



This chick is seriously badass. Let her mesmerise you with her super-cool hula hooping skills.

Facebook
The Bachelor Memes

Get you a man who can do both



If you love the show, you'll love this page. Enough said.

YouTube
Tipsy Bartender



This guy is like the magician of the alcohol world. Check out his videos for how to make some super awesome drinks.



A male cyclist created the illusion of 'shorts' by shaving only the bottom half of his leg hairs, causing the Internet to lose its mind.



Britney Spears' bizarre appearance in James Corden's *Carpool Karaoke* has gone crazy viral. Talk about weird and inappropriate, Britney.



Justin Bieber's new puppy is bloody adorable. We can't stop looking at it.



Fighting an uphill battle with genetics? Craving that #goals summer body that will inspire a parade of meaningless hook-ups to come your way? Say no more. Here are some entirely unapproved diets that will have you dropping kilos fast.

THE CAN-I-SPEAK-TO-YOUR-MANAGER DIET

For this to work, it requires you to crank up your entitlement to 400% and to never admit when you're at fault. Now just walk into any restaurant and let your unwarranted dissatisfaction run wild. You'll be kicked out without having eaten so much as a bite, and you'll be sure to limit your calorie intake. Purely orgasmic!



THE ALL-YOU-CAN-EAT NIHILIST DIET

Enjoy your meals with everything a nihilist enjoys in this world: nothing! This diet is a new and improved version of the air diet. You won't even need to count calories!



THE SLEEP DINNER DIET

Does the basic science of nutrition boggle your mind? Have some sleep for dinner. Almost unable to make rent after blowing a lifetime of savings on that treadmill that you use as a towel rack? Have some goddamn sleep for dinner.



THE VEGAN DIET

Consume only plants and steer clear of all animal products. Make sure that no human is left uninformed of your fascinating and morally superior lifestyle. You might even shed a few friends while you're at it!



THE VODKA DIET

I defy you to find a carb in vodka. Enough said.



FUCOID// SNAPCHAT

BY CHARLOTTE GOODSIR

There are several important elements to sending a successful snap. No longer is this fleeting method of communication just for nudes and drunk 'I love you' messages. Which is why I bring you, the gospel for this generation: how to send a successful snap.

FIRST, COME WITH US ON A JOURNEY THROUGH TIME AND SPACE

Find your inner Salvador Dali as you contemplate time. How long is the appropriate time to leave a snap visible for? If your snaps are a gift, 10 seconds. It takes me forever to get the lighting and angle right, so you gotta look at it for the whole 10 seconds – and find the genius pun I've probably left.

FILTERS

Why does everyone hate the dog filter? Why is it always in the "basic" white girl starter pack? Dogs are great, therefore, anything dog-related is automatically great. The Internet has brought slut-shaming to a whole new level with these filters claiming that the dog and flower crown filter are for "hoes". Stop. Dogs are great. Dogs.



SOUND AND VIDEOS

95% of my time is spent watching Netflix, so if you've sent me a snap with some hilarious commentary, please have a visual caption of "omg un-mute this". Cheers.

THAT ANGLE

It is a rule that you should only date people who are tall enough to look at you from the same angle that you take selfies from. High rollers take high-angle selfies, it's just the laws of physics.



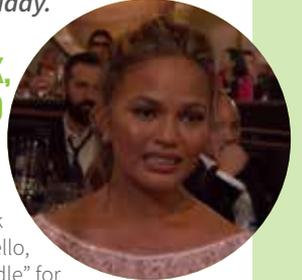
YOU KNOW WHAT SUCKS... THE CONUNDRUM OF MID-SEM BREAK

By Ryan Bautista

Have a break, have a Kit – no, I'm not going to have a bloody Kit Kat. The only break I'm looking forward to is mid-sem break (and, more importantly, the summer break) – but it is so damn close, yet so far away. You know the feeling, right? Here are some pains for anyone who has the week-long holiday.

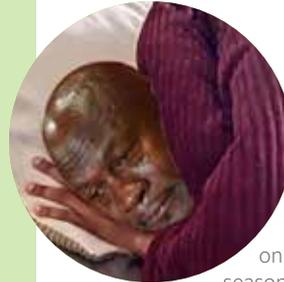
IF IT'S CALLED MID-SEM BREAK, THEN WHY ISN'T IT SCHEDULED IN THE MIDDLE OF SEMESTER?

It would make sense for the week-long sabbatical to be placed smack bang in the middle, right? I mean, hello, they don't put the "mid" in the "middle" for nothing. Please explain.



WHEN YOU WANT TO MAKE IT A PRODUCTIVE ONE

"Ok, I'm going to catch up on my readings and study for that end-of-semester exam," you promise yourself, just before the break.



AND BY PRODUCTIVE, I MEAN A WEEK OF FEELING LIKE A BURRITO FROM GUZMAN Y GOMEZ

Promises? What are promises? The only thing I'm doing is bingeing all seven seasons of *Gilmore Girls* in one sitting. Might even throw in a couple of catch-up sessions with the faves over brunch too.

BUT WAIT, YOU'VE GOT AN ASSESSMENT DUE ON THE BREAK

Well, there goes my 30-day-free Netflix trial, plus those catch-ups would've made great photo opps for my Instagram, which hasn't been updated in months. Thanks lecturer. Appreciate it.

AND WHEN YOU GET BACK, THERE'S EVEN THAT ONE PERSON WHO ACTUALLY CAUGHT UP ON THE READINGS

Wow, have a clap. Thank you for making us feel like complete shit. But hey, at least you're in the same boat as everyone else. Except for the fella who actually got on top of everything. Loser.



6 AUTOBIOGRAPHIES EVERY UNI STUDENT CAN RELATE TO

By Ryan Bautista

You, young person, have a thrilling story to tell? What's missing is a snappy title. Well, what do you know, you've got me to thank, as I've done the hard yards for ya. Include me in your thank you speech when your potentially best-selling New York Times book scores a Pulitzer Prize, please and thank you.

ASOS SAYS YES, BUT MY BANK ACCOUNT SAYS NO



Ever attended a lecture and checked what the person in front of you is doing? Chances are, they're messaging their BFF next to them on Facey and at the same time, scrolling through their one stop shop for the latest fashion.

WILL ANYONE LOVE ME AS MUCH AS I LOVE MOODLE GIRL?



Okay, your standard is a tad too high, but you do you. This is great if you're still waiting to lock eyes with boo, preferably when you hike up the Basser Steps like a sweaty pig, while said boo heads down the stairs to lower campus.

IS IT OKAY TO WEAR THIS OUTFIT FOR THE THIRD DAY IN A ROW OR DO I SMELL TERRIBLE?



Outfit repeaters, this one's for you! You've got one skill that sets you apart. That skill is successfully predicting that the friends you see on Monday won't be on campus on Tuesday.

AM I OVERTHINKING TOO MUCH OR AM I JUST JUMPING TO CONCLUSIONS?



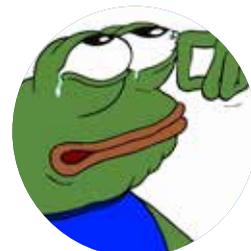
Your go-to autobiography for when you place low expectations on your grades so that you feel completely over the moon when you DO see your results. Read this one when your tutor tells you that the grades for that whopping 45% research essay have been released – and when end-of-semester marks are finally up.

SHOULD I EAT MY THREE-DAY-OLD BURRITO IN A BOWL FOR DINNER OR SHOULD I HAVE MACCA'S?



Add this to your must-read list for when your stash of Mi Goreng didn't last you the week, plus you're dirt broke. Fans will also love the spin-off: *Should I Travel All The Way To Uni For Free Food Or Should I Continue Feeling Like A Burrito In Bed?*

WHY PANIC NOW WHEN I CAN CRY LATER?



This is your bible, people. Tissues? A must! If you need another book to throw in your shopping cart, then get your mitts on *How To Run Away From Responsibilities*. Release date? Probably never.

ULTIMATE FRISBEE // TEAM INTERVIEW

BY NANDA LAKHWANI



UNSW'S Ultimate Frisbee Club has come a long way since their genesis, expanding to become one of the biggest university Frisbee clubs in Australia! Last week Blitz chatted with a couple of Ultimate throwers about their recent victories abroad and their adventures in Asia.

So tell us about your recent victory in Malaysia!

The tournament we entered is called the Malaysian Open. We went to Langkawi two days before the tournament and played a little – that was all the practice some of us had. We had this coach from Malaysia who's quite famous in the Ultimate community. He won an award for being the best coach last year in Australia. And we won!

What was your secret to success?

Our team name was 'Shapes', and that's because our coach was a big fan of this particular kind of throw called a "shape", where instead of throwing a Frisbee flat you throw it at an angle and it makes the Frisbee spin in a certain way. So it gives you a faster and better attack in some situations. But it wasn't the throws that won us the tournament, it was probably just good execution and the fact that we had a lot of tall Australians in our team.

Was it challenging to pick up Frisbee?

The thing about Frisbee is that throwing is quite technical. And you often see people who pick it up really easily, but also people who struggle a lot. Guidance is important but there's also a certain degree of natural ability.

What's so special about the club?

A lot of our club is built from players who play socially and recreationally, and just throw sometimes. And we have a really big emphasis on the social aspect of the sport, whereas other clubs are much more catered towards the elite people of the sport.

We're also one of the biggest uni Frisbee clubs in Australia. We have social training that happens on Thursday and social leagues, but we also have a competitive focus.

What has been a highlight of being in Ultimate?

I would say it's the culture and the people in the club. When you're a rookie, it's so great to have so many people to learn from. Later when you grow up and become a senior, passing that on to the younger generation and spreading the passion for Ultimate: for me that's what it's all about.

//RAPID FIRE

What celebrity would you love to join your team?

Taylor Swift.

A useful tip for non-Frisbee players?

If you try hard, you'll get there.

Finish this sentence: I'm afraid of..

Being Catdog.

Where would you play Ultimate, if you could play it anywhere?

In space. Although, it'd probably be the same since frisbees don't obey the laws of gravity.



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JUST IN

BY CHARLOTTE GOODSIR

NATURAL SELECTION HAS NOT WORKED ON PEOPLE THAT WALK THE WRONG WAY UP BASSER STEPS

A team of UNSW biology professors has found, in their decade-long study of the traffic flow on Basser Steps, that the introduction of smartphones and Pokémon Go has led to more people dawdling and ruining other people's lives.

STUDENT DOES NOT GET HIGH DISTINCTION EVEN WHEN THEY INSTAGRAMMED THEIR NOTES WITH THE HASHTAG #STUDY

A recent study has shown that spending study time posting on social media about study time does not increase test results. The study looked at students who were studying law, medicine and the social sciences, and found that complaining about your workload does not make you a better person. Students studying law and medicine were often found to have an alarming compulsion to mention their ATAR scores whenever possible.

EXTRA-HOT ALMOND MILK CAPPUCCINO WITH COCONUT FLAKES WAS UNDER \$4.50, PROVING INFLATION IS A LIE

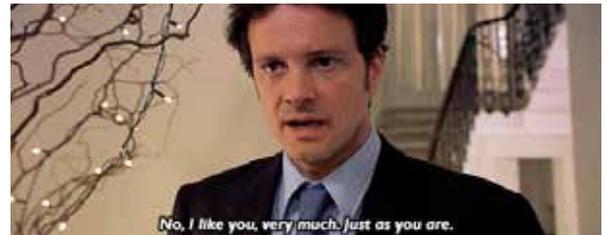
After a quick spin around Sydney Harbour on the family yacht, Roger* (*student's real name omitted), was amazed by the savings found at The Whitehouse, when forced to attend the establishment for a group assignment. Although he found the hipster bearded service quaint, the overall aesthetic was quite baffling to young Roger, who doesn't quite understand the idea of shabby-chic.

HOW TO SURVIVE BEING SINGLE (INSPIRED BY MY CURRENT SITCH)

BY MADELAINE DE LEON

Single peeps are absolutely everywhere on campus. Some are on the prowl and some – like me – are all IDGAF about it. Oh it's a jungle out there, and it's a real struggle to observe PDA on campus without feeling the need to vom. Here's a shout out to all the Eleanor Rigbys out there.

PRETEND YOUR LIFE IS A ROM COM



Use infatuation to guide your love life. We're talking Tinder. Pick a bae and interweave them into romantic storylines. Turn on the shower and re-enact that passionate scene from *The Notebook*. Cry later.

SLOB IT OUT



It's a Friday night, and you've last-minute cancelled all your plans because you ceebs. Watch all your guilty pleasures TV shows without anybody's judgement. There's a re-run of the *Mean Girls* on that you're not going to miss for no man/woman.

YOU DO YOU

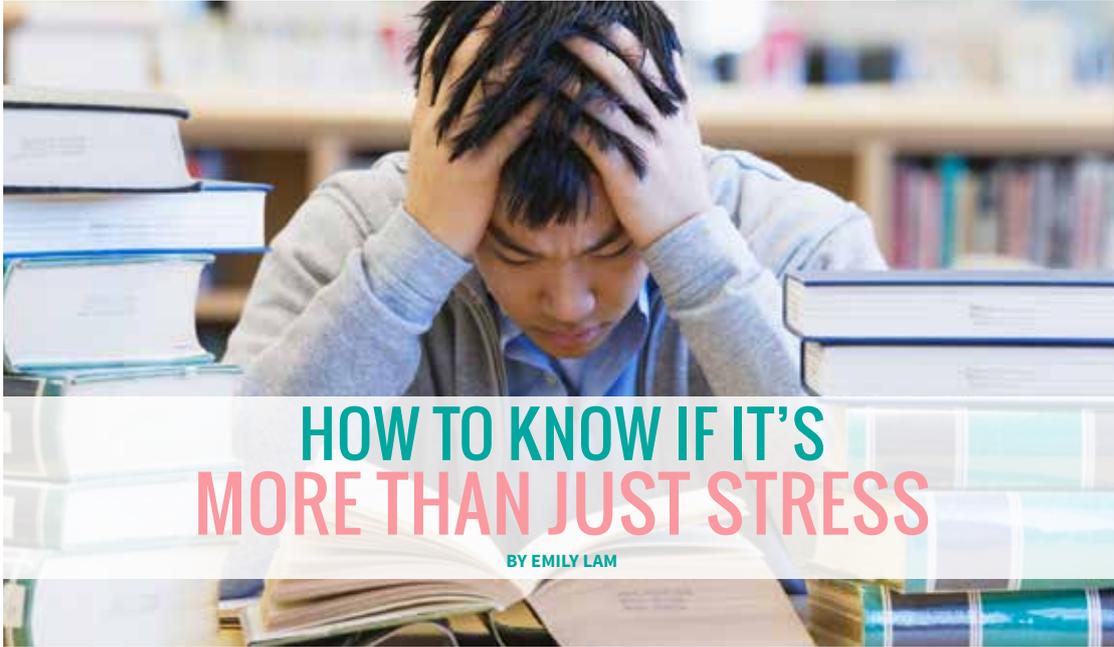


Give yourself a little self-love. Narcissus knew what was up. The story goes:

"Narcissus was once walking by a lake and decided to drink some water. He saw his reflection in the water and was surprised by the beauty he saw. He became captivated by his reflection. However, because he could not obtain the object of his desire, he died at the banks of the lake from sorrow."

If nobody's going to love you, you've just gotta do it yourself – minus the dying part.





HOW TO KNOW IF IT'S MORE THAN JUST STRESS

BY EMILY LAM

Cram sessions and a super high caffeine intake both fit into the territory of being a university student. We all know that a little bit of stress can be good for us, but could your routine Monday meltdown be something more serious? Here's how to tell if your uni blues are more than stress.

OVER-PROCRASTINATION (REALLY, IT'S A THING)

Most of us are getting our Masters in Procrastination to match our degree. As the deadline towards assignments or exams gets closer, we stress ourselves out and do anything except study.

But is there a point where it's not just stress anymore? Yes, there becomes a point when procrastination isn't just a pesky habit or an endearing character flaw. If you're asking yourself what the point is, it's time to step back and consider whether your degree is right for you.

WHEN SLEEPLESS NIGHTS BECOME THE NORM

You know those nights when your mind can't shut off because of the 100 things you're trying to remember and plan? It's probably normal, seeing as we spend so much time trying to secure internships and new jobs, while trying to cling at any hint of a social life.

But stress shouldn't derail your life. If you're constantly feeling tired, it's time to think about whether you need to talk it out or make a change.

EMPTINESS & LOW MOTIVATION

Let's be real: uni can be a bitch sometimes. It can feel like the world is against you, especially when you're trekking up Basser Steps, trying to get to back-to-back tutes on time. But if you're full of bad vibes, that's a red flag.

Feeling empty instead of accomplished after hard work might warrant something a bit more serious than your average uni struggles.

MAKE LIKE GHOSTBUSTERS AND THINK ABOUT WHO YOU GONNA CALL

Whether it's just stress or something else – always know there are resources out there. It's important to make a plan, take care of yourself and never suffer in silence. But first and foremost, be aware of the signs if it's more than just stress.

And don't ask Google what's up and leave it at that. Instead check out the awesome counselling services on campus, Hear To Hear at arc.unsw.edu.au or BeyondBlue.



EVENT HORIZON

//AN INTERVIEW WITH CLAIRE GUIVER

BY VICTORIA TICHA

We chatted with Claire Guiver, the Event Horizon Coordinator at Arc. With Stress Less Week around the corner, we spoke about how she tackles stress and uni-life in general.

What is Event Horizon about?

It's really a continuation of Arc's message about making campus life as vibrant as possible. By having these big campus-wide events, it attracts students from all different faculties to come together for one particular event.

What can we expect for this sem's Stress Less Week?

It's going to be even bigger than Stress Less Week was in semester one! We'll be running more activations that have a greater alignment with the pillars of wellness; physical, spiritual, emotional, intellectual and social wellness. There will be Zumba, wellness care packs, bubble soccer, yoga, jumping castles, random acts of kindness, free fruit, wellness talks, Pat A Pooch, and so much more. We're placing a greater emphasis on a holistic approach to wellness, and ensuring our activations all align with this vision.

What's the best way to combat stress?

If I get to the point that I'm really stressed, I tend to take a night off and turn off all my social media and emails. But I never go MIA for more than one day - that's my rule. So if I need to take a step back because I'm so overwhelmed, that gives me time to reflect on why I'm so stressed. I try to divide everything into small manageable tasks.

What has been your highlight this year as Event Horizon Coordinator?

I think event-wise, it would have to be Stress Less Week. Even though behind the scenes, on an organisational level, there are always things that go wrong, it really paid off because the students had a great time. My organising team were just so supportive and we really bounced off each other well. After the event, when it was really successful, we celebrated together.

When you're at uni you only ever meet people within your courses. I call them semester friends, because it takes a lot to make a strong connection with somebody in one course that you only see for a few hours per week. Arc is really cool because it provides students with a platform to meet students which they otherwise wouldn't have the opportunity to meet.

//RAPID FIRE

What do you want to do when you graduate and what's your plan B?

At the moment, I really want to go into brand management, but there's also a part of me that wants to get into Development Studies, either as an academic or working for an NGO.

Your dream event to plan?

Coachella.

Favourite Facebook chat emoji?

The 'smirking face' emoji because whatever context you use it in, it makes the conversation dirty.

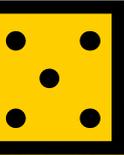
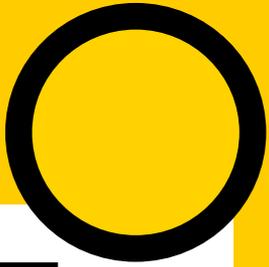
Do you have a phobia? Or a strange habit?

I don't like snakes, and my odd habit would be that every morning when I wake up, I check my social media in a particular order. I always check my email first, then Snapchat, Instagram and then Facebook.





GOOD LUCK #teamUNSW

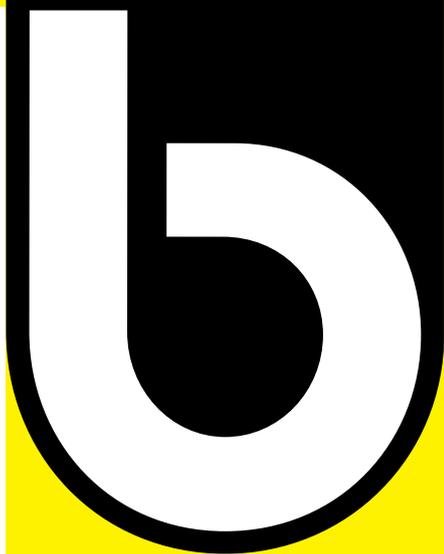


**AUSTRALIAN
UNIGAMES**

25 SEPT - 30 SEPT

2016

PERTH WA



WHAT'S ON UNSW

05 SEP – 16 SEP



CIDER GARDEN



22 – 23 SEPT
WK9

LIVE MUSIC
FUN GAMES & PRIZES



thewhitehouseunsw.com

BETTER THAN STUDYING

WHAT'S ON UNSW

STRESS LESS WEEK



BY GRACE MINER

WHEN:
Tues 4 Oct-Thurs 6 Oct, 11am-4pm

WHERE:
Quad Lawn

COST:
FREE!

VERDICT:
Stress be gone!

MORE INFO:
arc.unsw.edu.au

The end of semester sucks. Let's admit it. The growing pile of assignments and the diminishing timespan to do them, turns us all into stressed-out, teary, caffeinated messes. But don't sweat it, in week 10 Event Horizon has got your back with Stress Less Week!

Stress Less Week is a chance for you to get your stress into perspective with free fruit, Zumba classes, a bunch of chilled-out mental health workshops and club activations. They even have a Pat A Pooch event (we are so there).

This event will make you feel more motivated than you do after watching a TED talk.

It's a chance to clear your head and relax, so you'll be cucumber cool when the assignments start to roll in after mid-semester break.

MID-SESSION PARTY: BEACH HOUSE



BY LIAM LUANGRATHRAJASOMBAT

WHERE:
Coogee Bay Hotel (18+ only)

WHEN:
Thurs Sept 22, 8pm

COST:
\$10 Arc members, \$15 UNSW students, \$20 general admission

MORE INFO:
unswroundhouse.com

VERDICT:
Totally beach-in.

Wax down your surfboards and fake that tan, winter is over, and so to celebrate, we've got your party needs covered come Week 9.

The Coogee Bay Hotel is hosting us again, with an incredibly fun, wild and super wet beach party to get you surfie types on board.

Think surfboards, palm trees and daisy dukes – you'll be on a 'Surfing Safari' in no time.

The stellar line-up includes the likes of Ribongja (DJ Set), LOLO BX, Fingers and Mowgli May.

Be sure to stay between the flags.

WHAT'S ON WK 9

MON

SEP 19

Cocktail Happy Hour

11am 'til close @ The Whitehouse

Shaken not stirred.

Judo class

6-7pm @ Martial Arts Room, Lvl 1

Did you know that judo is the second most popular sport in the world after soccer?

Debating Society: Debate night

6pm @ Tyree Building

Debate night debates the important stuff. That means more prickly arguments than whether Alex in *The Bachelor* should use the white rose.

Volleyball Social Comp

7-10pm @ YMCA Sports Hall

Throw yourself into this awesome sport.

Volleyball: Dig, Spike and Set Course

Beginners 5-6pm, Intermediate 6-7pm @ YMCA Sports Hall

Serve up your best competition.

TUE

SEP 20

Bike-ology

12-2pm @ Arc Precinct off Basser Steps

The bike addiction cycle will begin if you hang out with the coolest bikie peeps on campus.

Trivia

6pm @ The Whitehouse

How many days does it take to replace half of your red blood cells?

WED

SEP 21

UNSW Campus Runners: morning run

7.30am @ In front of Unigym

You'll be 'Running' like Evermore in 2006.

Falun Dafa FREE meditation class

12pm @ Alumni Lawn

With Stress Less Week coming up, it's time to get in the right headspace.

FREE How To Adult class: Save the \$ with Lidia

2pm @ Arc Clubs Office

Need help budgeting? We've got you covered

Bingo @ Roundhouse Pop Up Bar

4-5pm

You should totally GO.

Open Mic Night

7-9pm @ The Whitehouse

At this STAGE in the sem this should be on your uni bucket list.

THU

SEP 22

FREE How To Adult class: A guide to Centrelink with David & David

12pm @ Arc Clubs Office

Once you get off hold... here's how to do Centrelink

Bike-ology

12-2pm @ Michael Crouch Innovation Centre

Learn the science of how to pump up a tire.

How To Make: Screen-printed totes with Scarlett

2pm @ Arc Club Office, \$6

Take your book bag game to the next level.

Trivia @ Roundhouse Pop Up Bar

4-5pm

How many teams play in the AFL?

Mid-session party: BEACH HOUSE (18+)

8pm @ Coogee Bay Hotel

\$10 Arc member, \$15 UNSW student, \$20 general admission

Slap on that sunscreen because UNSW's mid-sem party is here! The Roundy is putting together a beach bonanza at Coogee Bay Hotel. Think surfboards, palm trees and daisy dukes, all we need is you to boogie on down to the beats of the summer. The line-up is a cracker with Ribongia (DJ Set), LOLO BX, Fingers and Mowgli May. Grab your tickets at eventopia.co/event/Mid-Session-Beach-House-Party/334005

FRI

SEP 23

\$17 Jugs

11am 'til close @ The Whitehouse

Feel like chugging a jug?

UNSW Tricking Society: FREE Tricking Class

4-5pm @ Material Science Lawn

Learn how to do a backflip!

UNSW Campus Runners: Friday night social run

5pm @ In front of Roundhouse

Explore the city at night at a faster pace.

Free Live Music

4-6pm @ The Whitehouse

Relax on Friday arvo with some sweet tunes in the Beer Garden.

ALL WEEK

Cider Garden @ The Whitehouse

22-23 Sept, 12-3pm

Two days of dedicated backyard cider heaven. Sit in the sunshine and sip on a variety of hand crafted local and international ciders. Much apple goodness to be had.

Roundhouse Food Truck

Wed-Fri, 12-8pm @ Village Green

Roundhouse Pop Up Bar

Wed-Fri, 4-8pm @ Village Green

Music Theatrical Society: Spring Awakening

Tues 20 Sept-Sat 24 Sept

Studio One, UNSW

\$10 MTS, concession \$15, general \$25

Wendla asks her mother to tell her where babies really come from, and is greeted with yet another story about a stork. Moritz reaches out to his friend Melchior to teach him about the sexual stirrings that the adults in his life refuse to discuss. Part 1890s expressionist play, part rock revolution, *Spring Awakening* explores what society leaves unsaid, and the danger of not talking honestly with our children. Grab tickets at bit.ly/MTSSpringAwakening

Australasian Women's Debating Championship

23-26 Sept

Deakin University, Melbourne

Cost: Registration is set at \$290

The showdown of showdowns. This is the Olympics of debating. For more info head to facebook.com/Debating.UNSW

MID-SEM BREAK 24 SEPT-2 OCT

WHAT'S ON WK 10

MON

OCT 03

Cocktail Happy Hour

11am 'til close @ The Whitehouse

Cocktails for \$10, what more could you ask for?

Judo class

6-7pm @ Martial Arts Room, Lvl 1

Just DO it.

Debating Society: Debate night

6pm @ Tyree Building

The Debating Society will turn up the heat with this feisty event.

Volleyball Social Comp

7-10pm @ YMCA Sports Hall

Like beach volleyball – minus the sand.

Volleyball: Dig, Spike and Set Course

Beginners 5-6pm, Intermediate 6-7pm @ YMCA Sports Hall

Can you DIG it?

TUE

OCT 04

Bike-ology

12-2pm @ Arc Precinct off Basser Steps

Totally off-the-chain!

Trivia

6pm @ The Whitehouse

What's the largest island in the world?

WED

OCT 05

UNSW Campus Runners: morning run

7.30am @ In front of Unigym

Get jogging. This 6-7km run will get you fit!

Falun Dafa FREE Meditation Classes

12pm @ Alumni Lawn

Get on the mat. This is not a drill.

Open Mic Night

7-9pm @ The Whitehouse

Open to an awesome night?

Bingo @ Roundhouse Pop Up Bar

4-5pm

B-I-N-G-O and bingo was his name-o.

THU

OCT 06

Bike-ology

12-2pm @ Michael Crouch Innovation Centre

This volunteer project is totally pumpin'.

Trivia @ Roundhouse Pop Up Bar

4-5pm

What's the Spanish word for sport?

Medical Music Society: The Spring Charity Concert

7.30-9pm @ Clancy Auditorium

This charity concert by the UNSW Medical Music Society is supporting the Women's Community Shelter. The Medical Orchestra will be playing music from Pirates of the Caribbean: At World's End and Tchaikovsky's Polonaise. Get your tickets at mmsunsw.weebly.com

FRI

OCT 07

\$17 Jugs

11am 'til close @ The Whitehouse

Jugs, jugs, jugs!

UNSW Tricking Society: FREE Tricking Class

4-5pm @ Material Science Lawn

Break a leg, but not a bone.

UNSW Campus Runners: Friday night social run

5pm @ In front of Roundhouse

Run away from your problems.

Free Live Music

4-6pm @ The Whitehouse

Absorb the chill vibes.

ALL WEEK

Stress Less Week

Tues 4 Oct- Thurs 6 Oct @ Quad Lawn

Stress Less Week is a chance for you to get your stress into perspective with free fruit, Zumba classes, a bunch of chilled-out mental health workshops and club activations. It's a chance to clear your head and relax, so you'll be cucumber cool when the assignments start to roll in.

Roundhouse Food Truck

Wed-Fri, 12-8pm @ Village Green

Roundhouse Pop Up Bar

Wed-Fri, 4-8pm @ Village Green

SYDNEY FRINGE FESTIVAL



BY JOSH HAVILLE

Whilst regrettably, not a festival to celebrate the wonder of side fringes and bangs, the Sydney Fringe Festival is NSW's largest independent arts festival, recognising the alternative, queer and irreverent wonder of some of Sydney's finest artists.

For its seventh year, Sydney's Inner West and alternative hubs will be bursting with culture (and truck loads of glitter) all month long.

The festival aims to promote the revitalisation of Sydney's nightlife as well as the bold endeavors of underground artists.

The variety of events on offer showcases the talents of all facets of independent art, ranging from comedy, music, theatre, film, visual arts and most importantly, a whole lot of DISCOS (of both the silent and drag variety).

Support our independent artists and help Sydney's nightlife thrive again for the mere price of a fab time.

WHERE:
Sydney suburbs including Newtown, Enmore and Marrickville

WHEN:
Thurs Sept 1- Fri Sept 30

MORE INFO:
sydneyfringe.com

VERDICT:
Go get some culture.

CHEAP \$\$\$ SYDNEY

BY GENEVIEVE GAO

RAVE

Sydney Fringe Festival: Disco Pigs

WHEN: 20-24 Sept, 9.30-10.15pm

WHERE: PACT, 107 Railway Parade, Erskineville

COST: \$15 concession

MORE INFO: sydneyfringe.com

Two friends with 17th birthdays lost in dance and thumping rave rhythms. *Disco Pigs* returns as part of the Fringe festivities, bringing heaps of energy and raw emotion.

ENJOY

Live @ St Leonards Park

WHEN: 25 Sept, 10am-4pm

WHERE: St Leonards Park, North Sydney

COST: Free!

MORE info: northsydney.nsw.gov.au

Indie pop, jazz, blues, rock, roots and reggae – the park's got it all. Enjoy the likes of local talents, That Red Head and Suite Az, while munching on some quality street food.

PERFORM

The Big Foozle Open Mic

WHEN: 25 Sept, 5-8pm

WHERE: Epping Hotel

COST: Free!

MORE INFO: thebigfoozle.com

Want to hone in on your guitar skills while networking with like-minded musos? Trying to figure out how to add the perfect hook to your song? Then grab a mate, tone-deaf or otherwise, for a fantastic night in a great venue.

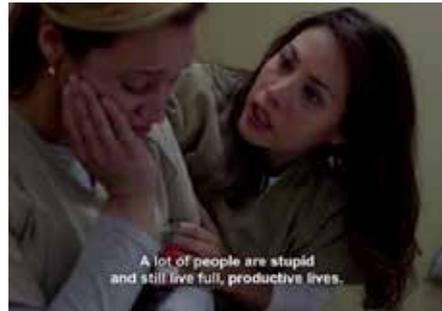
SIX TIMES THAT **OITNB** CAPTURED YOUR MID-SEM CRISIS

BY MONICA BAYAS

You could've sworn July was yesterday but now mid-sem break is just around the corner and all your subjects have an assessment notification from Turnitin. So you start hating on yourself because you remember all those times that your tutor asked the class if anyone had questions about the assignment and you stared intently at the wall, your silence helping you dig your own grave.



You decide not to panic and wait for that moment of inspiration to come to you.



You start to accept that you're going to fail, but luckily your friends are always there for support.



Time's ticking and so you decide not to go to that group meeting, so you that can 'finish' your part of the group assignment. But you're met with sass from that one person who's been carrying your group from day one. They become the first suspect in the circumstances that you are reported missing.



So you decide to just smash it out, and it might be that third energy drink that you had, but at 2am you decide it could be one of the greatest papers you've ever written.



You start to seriously rethink your life choices when the person next to you who's always on FB during the tute tells you that they've finished the assignment.



Finally, you've hit submit, hoping the marks never come out, and thank God that it's still Happy Hour at The Whitehouse.



Take yourself for a casual wander around Chinatown and gleaming neon signs will not only promise you cheap food, but also a ton of MSG. But if you turn on any Aussie breakfast show, you'll probably hear the words 'MSG', 'death' and 'neurotoxicity' pop up. And before you know it, you're creating trolley jams at the supermarket by reading every label on your groceries to ensure that they don't have any added MSG.

WHAT IS MSG?

MSG stands for Monosodium Glutamate. This salty substance isn't some kind of food terrorist and you shouldn't be afraid of it. Tbh, you've probably consumed a shit ton of it in your lifetime without even realising it!

MSG is commonly found in many foods for example; mushrooms, tomatoes, wheat and kelp. It was first isolated by Japanese biochemist Kikunae Ikeda from a kelp called kombu! He poetically named it Ajinomoto meaning 'the essence of flavour'.

The salt also cranks up the savoury taste of foods, known as umami.

HOW DOES IT ENHANCE FLAVOUR?

The salt enhances flavour by activating various amino acid and glutamate receptors on the tongue that correspond to the umami taste (two of them are T1R1 and mGluR4 if you want to impress your mates).

MSG was previously produced by either isolation from wheat and plants or from direct chemical synthesis. It is now produced by bacteria (in the natural L-configuration) in a process similar to yoghurt production.

MSG might sound like the name of a thug rapper, but it's only intention is to add some flavour to your life. So don't hate.

TECH GEEK

BY LYDIA MORGAN

DUOSKIN

IN DEVELOPMENT

Tech Geek meets festival chic with this range of temporary tattoos that double as 'on-skin interfaces'. These funky tats can turn your arm into a trackpad, communicate wirelessly and even change colour. This look is bound to take off by next year's Splendour.



SOPHIA (AI)

IN DEVELOPMENT

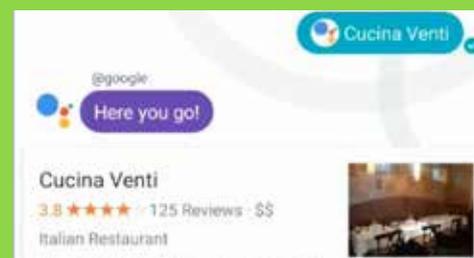
Another day, another terrifying glimpse into humanity's future. Sophia is the latest development in Artificial Intelligence and is creepily realistic, with more than 62 facial expressions, the ability to recognise faces and get smarter over time. Creator David Hanson envisions androids evolving to become 'our friends'. Soz girl, but you've got some work to do before becoming my BFF.



ALLO BY GOOGLE

RELEASE DATE TBC

Tired of thinking up your own witty responses in group chats? Google's new messaging app Allo can slide into any conversation with recommendations, info and zesty banter. He'll even play games with you solo while you're waiting for the squad to reply. What a trooper.





Kristen just returned from Canada where our favourite (and coincidentally the most attractive) Prime Minister, Justin Trudeau, is based. From maple syrup to snow storms, we found out a little more about what a few months exchange looks like in Ontario.

What surprised you the most about exchange?

How quickly time flew by. One minute I was stepping off the plane into the snow and the next I was saying bittersweet goodbyes as my floor mates moved out of residence to go on summer holidays. Before you depart for exchange, a million things run through your head and you suddenly think four months overseas is too much. However, when you arrive and begin meeting new people you suddenly realise how fast that time is going. If I could go back and do it all over again I would definitely have chosen a one-year exchange.

What was the most touristy thing you did there?

I went on a Sugarbush trip to watch how maple syrup is extracted. It was really interesting to watch how they have developed different techniques to extract maple sugar over the years and we ended the trip by trying some of the maple syrup made on the farm.

One experience you'll never forget?

I will never forget the night a group of friends and I went to a paint party on campus near the end of semester. During the time we spent indoors getting covered in wet paint, it snowed outside and the temperature dropped significantly. By the time we were leaving it was around -13 degrees Celsius and it was snowing. In the 10-minute run back to our residence, the paint froze onto our skin.

Did it snow a lot in Canada when you were there?

I left Sydney in the middle of a hot summer day and landed in Canada in around -3 degrees Celsius. It was snowing heavily and I was definitely not ready for the temperature change. Even though it was cold, I was completely mesmerised by the snow and couldn't stop taking photos. The coldest day I experienced was during a trip to Québec in mid-term break with some other exchange students. There was an extreme cold warning and lots of snow fell during that week. The wind chill values predicted were between -38 and -49 degrees Celsius. It was exceptionally cold and I remember wearing every layer of clothing I had packed for the trip, yet still not being adequately dressed.

What's your opinion of Canadian food?

There are a couple of food items that are a must if you are ever in Canada. Beaver tails, maple lollies and poutine! Beaver tails are delicious pastries, maple lollies are lollipops made of maple syrup and poutine is a combination of chips and gravy topped with cheese curds (doesn't sound appetising but tastes heavenly). Also a trip to Tim Hortons (Canda's go-to coffee place) to get a coffee and a bagel is a must.

RAPID FIRE

Justin Bieber or Justin Trudeau?

Justin Trudeau for sure.

Three things that remind you of Ontario:

Squirrels, Tim Hortons and Birkenstocks.

Finish this sentence: Canadians are...

Lit.

Where do you want to go next?

South America.





BLITZ RADIO

presents BEC & JOSH: BJ IN THE MORNING

BY AMY KIMBALL

We're well into the semester now, and oh-so-close to mid-sem break! If you haven't made *Blitz* radio a listening habit by now, here's an awesome show to consider tuning into next semester.

Bec and Josh have been self-proclaimed “comrades in savagery” since 2014, and knew that they had untapped, unique voices that they felt needed to be shared with a wider audience. But in all seriousness, they joined *Blitz* after admiring us from afar, and then the love affair began when they signed up to be radio vullies this sem.

The pair hit the airwaves every Friday morning from 10-11am with their show *BJ In The Morning*. Tune in for some killer love and life advice from the duo. Bec and Josh will answer any quandaries sent to them via their Facebook page. When they're not playing Dr Phil, they get deep, discussing the hot topics of the day, in the past having covered controversial topics such as Kimye vs T-Swizzle.

RADIO SPOTLIGHT // BEC & JOSH

Who is your favourite radio personality?

Hamish and Andy.

Your go-to radio jam?

'Murder on the Dancefloor' by Sophie Ellis-Bextor or 'Linger' by The Cranberries.

Interview highlight?

Interviewing each other is really difficult to top. Tbh it can't get any better than that.

Your show in three words:

Savage, irresponsible and egocentric.

Who is your dream radio guest?

Abbi and Ilana from *Broad City* (the characters, not the actors that play them), because hilarity would ensue.

What are you afraid of?

Josh: Winning too much and Bec.

Your secret talent?

We don't keep any of our talents a secret.

Bec & Josh are on-air **10-11AM ON FRIDAYS**. Tune in at blitz.arc.unsw.edu.au

EXERCISE: SOLO VS TEAM SPORTS

SOLO SAYS ANNIE DAVIDSON

Let's be real, who wants to feel the pressure of exercising with other people, when you can do your own thing in your own time?

It's the perfect excuse to make that solid workout playlist, and no one will tell you to skip a song. This is your chance to have a Spice Girls jam session with no judgement.

Being alone removes the burden of other people's expectations – it means you also get to pick an exercise regime that suits you. There's no point doing those push ups with your team when your primary first world struggle is trekking from one tube to another without losing your breath.

And if you're with people who would lap you in a second, or judge you for breathing heavily after a few star jumps, it may put you off reaching that full motivation potential.

So grab those earphones and your best pair of runners and do your own thing. And feel free to exaggerate how much you did in the day, because no one has proof that your 15km run was only a light 5km jog.

TEAM SPORTS SAYS MEGAN BAEHNISCH

There's no question that team sports are the way to go. I'm sure I'm not the only one who always intends to go to the gym, but ends up making excuses and never actually doing it. The solution? Team sports.

With team sports you're booked into a regular commitment for games and training sessions, meaning you have to get off your butt and be active. Think you can skip a week to watch that Netflix series or work on that essay? Nope, you have a whole team of friends to encourage you... and to keep you accountable.

Instead of running around the block every week, going up and down the same pool or endlessly going nowhere on the exercise bike, team sports offer so much more interest and variety. Every game is different and there is no other high like the euphoric joy of winning.

The way I see it, struggling in the gym like a loner could never compete with the solidarity of team sport.



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FILM

DON'T BREATHE

BY VICTORIA TICHA

Don't Breathe is an intense, lean-off-the-edge-of-your-seat kind of thriller. The story is pretty simple: three young burglars are hungry for their final score, so when they hear of an old blind veteran's alleged cash settlement, they decide to break into his Detroit home.

Director, Fede Alvarez, treats his deaths the way fine dining restaurants dole out their portions... less is more. Despite the genuinely creepy old man (who you can't help but feel a little sorry for), and a leading lady that at times resembles a female Bruce Willis, the cinematography is the film's main triumph. The pans are long, the cuts smooth and every scene is unrelenting.

The film fails to break most horror flick stereotypes, but provides a cinematic experience well worth a trip to the movies. Suffice to say you'll never see the twist coming, and anyone who spoils the ending for you should be locked in a house with a pissed-off old man trained in armed combat.

GRADE: DISTINCTION

STRANGER THINGS

BY CASEY D'SOUZA

Dubbed one of the best TV shows of the season, *Stranger Things* will leave you tossing your textbooks aside and binge-watching all eight episodes in one night. I certainly did.

A fusion of all things 80s – think rotary phones, sinister synths and pilgrim sweaters, this fast-paced series left me feeling nostalgic for an era I've only ever experienced second-hand.

The show follows a group of prepubescent geeky boys navigating a small rural Indiana town on bicycles. The mysterious disappearance of one of the boys turns the basic as vanilla ice cream town into one filled with drama.

Featuring an alternate dimension, an alien-like creature, lurking in the shadows, and secret government agencies, *Stranger Things* is perfect for any Spielberg or King fan.

While the episodes left me on edge and desperate for more, the ending didn't quite live up to my high expectations and left several questions unanswered – perhaps intentionally for a story to follow in a coming season.

Despite the mediocre end after the seven-hour build up, the storytelling and 80s nostalgia was well worth the watch.

GRADE: HIGH DISTINCTION



TV

TA-KU AND WAFIA- (m)EDIAN

BY NADIA YEO

There's no better collaboration than Ta-Ku and WAFIA. Together, they are the king and queen of tediously stylised names and painful pronunciations. However, this is easily forgiven when you listen to their beautiful music.

The pair are the yin and the yang of sultry music, balancing each other's voices perfectly, with WAFIA's voice blending effortlessly into Ta-Ku's smooth vocals.

(m)edian has the perfect mix of hip-hop beats and chill RnB to tune out to on a busy day. It's another album to add to Ta-Ku's résumé, with proof on his repertoire that he's a producer with some killer vocals.

If this is just an EP, we will definitely be waiting for the release of a full album. No pressure there guys!

GRADE: HIGH DISTINCTION



ALBUM

REVIEWS

NO MAN'S SKY

BY JULIAN RIZZO-SMITH

No Man's Sky is a game for fans of deep science fiction lore. Players explore a quintillion planets, discovering each area's flora and fauna. Although it isn't entirely clear in the initial hours of the game, your goal is to reach the centre of the universe, traversing through solar systems and black holes.

The first few hours of the game are punishing as you begin stranded on a planet in need of minerals scattered around your crash-landed planet to repair your ship.

That said, I feel like something is lacking in *No Man's Sky*. I definitely felt empowered navigating through various space battles and asteroids, but the lack of a clear objective left me slightly disappointed. A stronger plotline would have made this game more memorable.

SCORE: CREDIT



--- BOOK ---



EAT, PRAY, LOVE MADE ME DO IT BY ELIZABETH GILBERT

BY PAIGE MCGRATH

After 10 years of worshipping Elizabeth Gilbert's *Eat, Pray, Love*, fans have come together to... worship her some more! As a special tribute to the bestselling book that spawned a Hollywood chick flick, Elizabeth Gilbert asked her devoted fans to submit short stories about how the book changed their lives for the better – whether it be a life changing decision or simply a minor adjustment.

Filled with tales of heartbreak, divorce, depression and all around fun, the collection of “essays” details the journeys of people who read the book, got inspired, left crappy marriages and went off to do their own thing. Generic and predictable, the anecdotes are not terribly imaginative.

The writing is corny at best and you will cringe every time someone says, “*Eat, Pray, Love* came to me at the time when I needed it most”.

Overdramatic and unrelatable, *Eat, Pray, Love Made Me Do It* is NOT going to make you want to quit uni and go and ‘find yourself’. In fact, it won't make you do anything except go back to the bookstore and get a better book.

GRADE: FAIL

ART



'STILLS AND STUDIES' @ LIVERPOOL STREET GALLERY

BY JEAN KEARNEY

Sydney is filled with high-class galleries showing established artists from all periods and corners of the globe. One of the toughest and most populated of these stages is occupied by the student or emerging artist.

It is refreshing then, to see the recent show by National Art School Masters student, Alex Karaconji, at the prestigious Liverpool Street Gallery. Karaconji displayed charcoal and ink drawings inspired by the works of William Kentridge and Kevin Connor.

When asked what he thought the most important non-art related skill an artist could have, he replied “stubbornness” and the value of connections forged with local artists in the process of visiting and presenting exhibitions.

His preservice definitely paid off with this striking exhibit that any art-lover would enjoy.

GRADE: DISTINCTION

PHIL' SPOTLIGHT MEET THE TEAMS

BY CELINE HABIB

The Fun-A-Thon is a 24-hour endurance event that will arrive 13-14 Oct, with 100 participants from 10 diverse teams moving and grooving at different stations. Think bubble soccer and running on treadmills while blowing bubbles. The best part? All money raised goes to the Sydney Children's Hospital for Music and Life Therapy. Here are some teams that are competing.

BLITZED



Who are you representing? Blitz Magazine

Team Captain:

Nyasha Nyakuengama

Donate at:

phil.everydayhero.com/au/blitzed

"We all know the joy that music can bring to our lives. One of my favourite memories as a kid was the first time I ever played a rock beat on the drums - it blew my mind!"

Nyasha Nyakuengama

24 HOUR PARTY PEOPLE



Who are you representing?

UNSW Staff

Team Captain:

Louise Milazzo

Donate at:

phil.everydayhero.com/au/24-hour-party-people

"How wonderful to be able to work in a place that has so many opportunities to give back to the community!"

Sarah Roche

FUN-RAISERS



Who are you representing?

Friends!

Team Captain:

Claire Qiu

Donate at: phil.everydayhero.com/au/fun-raisers

"Your mercy will mitigate their pain and bring them more happiness."

Cindy Xin

GET PSYCHED



Who are you representing? UNSW

Psychology Society

Team Captain: George Economidis

Donate at: phil.everydayhero.com/au/get-psyched

"For the majority of children, life is normal. They wake up, eat breakfast, go to school, learn about life and spend time with friends. But not all children have this privilege. For many, this is simply not a reality. An average day is filled with painful medical procedures, needles, blood tests and cannulations."

Scott Hekking

PHIL'N ARTSY



Who are you representing? UNSW

Arts Society

Team Captain: Allison Taylor

Donate at: phil.everydayhero.com/au/phil-n-artsy

"I can't even begin to imagine what it must be like to have to stay in a hospital bed for weeks on end, and I do want to do everything I can to try and help them. It would be amazing if you could perhaps give up your morning coffee and spare a few dollars."

Isabella Russo

THE DREAM TEAM



Who are you representing? Friends!

Team Captain: Jessica Chen

Donate at: phil.everydayhero.com/au/the-dream-team

"Shia LaBeouf once said, 'don't let dreams be dreams'. So please, donate and brighten up a kid's day and help them achieve their dreams."

Jessica Chen

THE PRIDE



Who are you representing? UNSW

Student Reporters

Team Captain: Renee Buckingham

Donate at: phil.everydayhero.com/au/the-pride

"With all the unfortunate stories of loss, poverty and injustice plaguing our society, the greatest weapon we have in defeating these dark times is by giving to those in need. We rise to success by lifting others."

Nora Sulunga

SERVES 10

DIFFICULTY Medium-hard

PREP TIME 20 MINS

COOK TIME 60 MINS

Hungry? Check out Johanna's website thriftywholesome.com and Instagram [@thrifty_wholesome](https://www.instagram.com/thrifty_wholesome) for more food porn.



JELLY SQUARES

BY JOHANNA HAGENAUER

Gelatine is the new wonder weapon for a healthy tummy. It contains important amino acids which boost acid production and restores the mucosal lining of your stomach. Remember: a healthy gut is vital for brain health! To get the full health benefits, make sure to use gelatine from pasture-fed cows.

INGREDIENTS

- 1/2 cup fresh or frozen strawberries, sliced
- juice of 1/2 lemon
- 1/2 cup coconut cream
- a few drops of stevia (optional)
- 1/2 tsp. vanilla
- 4 tsp. gelatine powder
- 2 tsp. shredded coconut kiwi sours
- 1 cup of kiwi fruit, peeled and chopped
- 2 tsp. of gelatine powder
- 2 tsp. of shredded coconut

INSTRUCTIONS

STRAWBERRY AND CREAM JELLY

1. Mix the gelatine powder with 1/3 cup of cold water and set aside for five minutes.
2. To make the strawberry and cream jelly, heat the coconut cream, mix in the vanilla and add a few drops of stevia (optional).
3. Add half of the gelatine mixture and use a stick blender to blend the mixture for one minute.
4. Transfer the mixture into a plastic container and put it in the fridge to set.

STRAWBERRY LAYER AND THE KIWI SOURS

1. Heat the respective fruit with lemon juice until the fruit is dissolved.
2. Use a blender to mix in the gelatine powder.
3. Pour the mix into a square plastic container layer with the strawberry layer on top of the set coconut cream layer.
4. Sprinkle the shredded coconut on top and put it in the fridge to set for an hour.
5. Cut the jelly into squares. The gummies will keep for about a week in the fridge.

fitSCOPES

BY MADELAINE DE LEON

	<p>ARIES</p> <p>Aries tbh, your anger management issues are making you a hothead. I suggest putting all that fire into boxing.</p>
	<p>TAURUS</p> <p>The first step to truly exercise, Tauro, is actually getting out of bed. So go, check out all the fitties outside. That'll be motivation enough.</p>
	<p>GEMINI</p> <p>Like studying with friends, your fitness routine may need to be solo on that note. Do something mentally stimulating.</p>
	<p>CANCER</p> <p>Since you're a crab, it's best to stay in the water with swimming! Just make sure you don't drown with the weight of your existential crisis.</p>
	<p>LEO</p> <p>Leo babe, quit taking gym selfies of yourself and actually work out.</p>
	<p>VIRGO</p> <p>Plan ahead so you can avoid the potential 'ceebz' routine, where you end up eating your weight in Mi Goreng.</p>

	<p>LIBRA</p> <p>Stay away from potential Macca's runs. Do sports that require socialising, so you don't have to tire yourself out so much.</p>
	<p>SCORPIO</p> <p>Start playing competitive sports. It'll thrill you to put people on edge.</p>
	<p>SAGITTARIUS</p> <p>All that trudging through the everlasting hell that is the Basser Steps makes every day leg day. Don't avoid them.</p>
	<p>CAPRICORN</p> <p>Go for a marathon, so you can run away from all your responsibilities.</p>
	<p>AQUARIUS</p> <p>Start new, trendy sports so people will want to copy your brand aesthetic. (i.e. competitive walking to the fridge.)</p>
	<p>PISCES</p> <p>Use your creative imagination to coax yourself into dropping a hundred push ups. (i.e. pretending your fave celebrity will die if you don't work out.)</p>

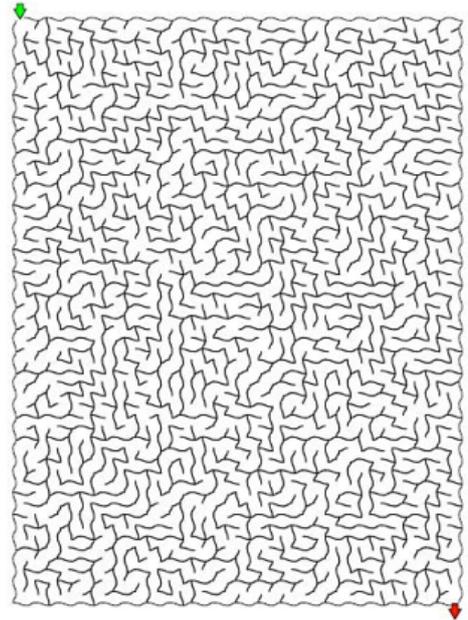
PUZZLES

HUB WORDS

How many words can you make from the letters in the wheel? Each word must contain the hub letter.



MAZE CRAZE



SUDOKU

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

CONNECT THE DOTS



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Head to: www.research.net/r/SydneyFC-UNSW



ANDREW

EDUCATION & ARTS

WHAT'S YOUR FAVOURITE SPORT?

Growing up, my dad was very into soccer so I played a lot of it until the HSC.

DO YOU PREFER TO WATCH OR PLAY SPORT?

When I was in high school I used to prefer to play sport but nowadays, since I don't have a lot of time, I prefer to watch.

WOULD YOU CONSIDER YOURSELF HEALTHY?

I haven't been sick in one or two weeks, so I hope that's an indication of my health.



ANGUS

ECONOMICS

WHAT'S YOUR FAVOURITE SPORT?

AFL because it's physical and the balls are yellow.

DO YOU PREFER TO WATCH OR PLAY SPORT?

I prefer to play sport because there's more action.

WOULD YOU CONSIDER YOURSELF HEALTHY?

Yeah reasonably. I'm pretty active and exercise quite a bit.

SOFTWARE ENGINEERING AND ARTS

WHAT'S YOUR FAVOURITE SPORT?

Tricking. You might see people on the Quad doing somersaults, and you sometimes look really cool doing it.

ARE YOU INVOLVED WITH ANY SPORTING CLUBS AT UNSW?

Recently the Tricking Society but I used to be part of the kendo and archery clubs.

WOULD YOU CONSIDER YOURSELF HEALTHY?

Based on the amount of junk I eat, no.



JAMES

MEDIA (PR&ADVERTISING)

HAVE YOU EVER TRIED A FAD-DIET?

Not a real fad-diet, but I've had a lot of orange juice in one week.

WOULD YOU CONSIDER YOURSELF HEALTHY?

Yeah because I'm active. I don't get tired walking up the Basser Steps.

WHAT'S YOUR FAVOURITE SPORT?

At the moment UFC. It's exciting and more strategic than you'd expect.



MENDEL

CHEMICAL ENGINEERING

WHAT'S YOUR FAVOURITE SPORT?

Basketball because I've played it forever. You don't have to worry about the weather and can play indoors or outside.

ARE YOU INVOLVED IN ANY SPORTING CLUBS AT UNSW?

Yep, basketball and touch footy so I can hang-out with mates.

DO YOU PREFER TO WATCH OR PLAY SPORT?

Play sport for sure because I like to keep active and it keeps me busy.



NAOMI

FINE ARTS & EDUCATION

WHAT'S YOUR FAVOURITE SPORT?

Netball because I have played it since I was 11.

DO YOU PREFER TO WATCH OR PLAY SPORT?

Play. I get frustrated easily, and a bit aggressive on the sidelines.

HAVE YOU EVER TRIED A FAD-DIET?

I've done cleanses and juice detox things but they've never worked.



PETER

VOX POPS

BY JULIAN RIZZO-SMITH

THIS WEEK

MID SESSION **THE ROUND HOUSE**

Beach party

RIBONGIA (DJ SET)
LOLO BX
FINGERS
MOUNGLI MAY



DRINK SPECIALS

COOGEE BAY HOTEL

THUR 22 SEPT

8PM-2AM
ON SALE 29 AUG

TICKETS
Arc \$10
UNSW \$15
GA \$20

UNSWROUNDHOUSE.COM

Roundhouse encourages the responsible service of alcohol 18+ only, valid identification required upon entry