

Demystifying Depression Schizophrenia: A Personal Account Win Yoga DVDs



For Darren, examination time was unspeakably dull. Hours of revision unhinged his concentration and would often send him to the land of nod. He soon directed his attention to Berocca Performance, a formulation of high dose B group vitamins and vitamin C – clinically proven* to improve concentration and help reduce tiredness and stress. Darren now waits for the exams with sublime anticipation. In readiness, he tackles challenging equations with burning zeal.

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



BLITZ

BLITZ MAGAZINE

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EDITOR'S letter by Ben Smyth

We appear to be heading into the pointy-end of semester one. Up until recently we've been safely procrastinating our way through everything, unaware that the Bus of Responsibility is pulling away and that we had all better run, run, run lest we end up up to our armpits in assessments, our elbows in bills, shabby, crabby, tired and in some very deep shit indeed.

It's an odd state that isn't unique to students but it's often the first time they encounter it. It comes as no surprise then that students, who must cope with this burgeoning responsibility along with the usual post-pubescent, existential angst of youth, trends and cliques until their souls are hardened by a lengthy stint in retail, are often not feeling at their best, you know – in their heads.

This is why we decided to run an issue of Blitz on mental health. There is a completely different state between feeling sad or lonely or stressed – like would be expected from the example above - and being depressed. But you may not know it. You may mistake one for the other. Rob Gascoigne's article considers this distinction and some of the stigmas attached to depression and its treatment. Even if it doesn't affect you the distinction is worth knowing – chances are it affects someone you know.

If it's hard to know what mental illness is, then it's even harder to understand the perspective of someone who suffers from it. April Smallwood will be talking to a 22 year old with schizophrenia, an often misunderstood illness that can be debilitating without treatment. With understanding of schizophrenia, we hope there will come better diagnosis and treatment for sufferers.

Just to keep things lively we have our Blitz regulars, a contribution from April Smallwood that is possibly the grottiest story I have ever heard, and a letter on page five that allows you to show your dissatisfaction with the Government's proposed VSU legislation.

The only way this will be defeated is if we make it clear enough and loud enough to the Government that we do not want it. Fill the letter out and highlight all of the services that bodies like the Union, Guild, PGB, Sports Association and CoFA Student's Association provide that you are concerned will disappear. Cut or tear out that page and drop it into the box left in the Blockhouse reception area – we will post it for you. Enjoy Week 12.

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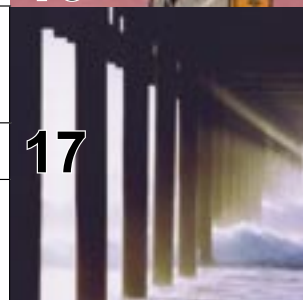
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President's Report

by David Hume

Dear Members,

I once sat on the student representative council back at school. The council was supposed to make recommendations to the headmaster from the students. In practice, the only point of the council seemed to give people a relatively official-looking badge which made you feel special for a couple of weeks until it broke. When we got to Year Twelve, the SRC became the prefect body, the sole benefit of which seemed to be that you sometimes got to sit at the front of assemblies, so you didn't need to watch the headmaster give the same speech which he'd given the last ten times. The reason the SRCs never worked was because there was a belief (and probably a reality) that any substantive recommendations of the SRC would never actually be implemented, and there was a feeling that you couldn't say anything too controversial or you'd get put on detention (or, perhaps, have your badge taken away, which would defeat the purpose of being on the SRC in the first place). Because there was an apathy and fear of providing feedback to the school, they never achieved anything.

I am writing this report because I want to give my strongest possible encouragement to you, as members of the Union, to write to me or call me or just generally harass me with your feedback about the Union. The Union is a membership organisation. I am a member and I am your representative to the management of the Union. The Union is also not perfect, but it needs your help to improve it. We need to know whether what you really dislike about the Union is the absence of baba ganoush at the kebab shops; or perhaps the President's Report in Blitz.

I am not a headmaster, I will not put you on detention, I will not enforce a 'no hat no play' policy (although I would encourage you all to be sun safe); but I will guarantee that anything you write to me with will be responded to and acted on within a day. Write to me at u.president@union.unsw.edu.au or call me on 9385 7724.

Cheers,

Dave Hume.

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Dear Senator

Show your opposition to VSU and convince Coalition Senators to do the same.

Fill out this letter with your name, address and signature (we will not retain this information) and tick the boxes next to the services you are most concerned about.

Tear out the page and drop it into the box at reception in the Blockhouse, lower campus. We will post the letter for you.

.....
.....
.....
.....(your address)

Dear Coalition Senator,

My name is and I am a student at the University of New South Wales. I am writing to you about the Higher Education Support Amendment (Abolition of Compulsory Up-Front Student Union Fees) Act 2005 tabled in the House of Representatives on Wednesday 16th March.

During my time at University I have come to realise the benefit of many non-academic services provided by the University of New South Wales and the UNSW Student Organisations – The Student Guild, Union, Sports Association, Postgraduate Board and College of Fine Arts Students’ Association - that are made possible by the compulsory collection of student activity fees.

As a university student, I am concerned that the implementation of this bill will adversely affect my ability to access services not only useful, but essential to my time at University and in my future career.

I am particularly concerned about the danger the legislation poses to (tick the appropriate boxes):

- | | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Use of the free legal service; | <input type="checkbox"/> Being represented by the Guild about on-campus issues like smaller class sizes and limits to the number of people per classroom; | <input type="checkbox"/> trivia, free movies, pool competitions, Stand-Up Comedy and Theatresports; |
| <input type="checkbox"/> Orientation Week for first year students; | <input type="checkbox"/> Student Lounges and Study spaces, such as tables in food outlets, Blockhouse meeting rooms and the Mathews Lounge, as well as the Library Lawn; | <input type="checkbox"/> Having space available for free hire for meetings, club functions or rehearsals for plays and revues; |
| <input type="checkbox"/> Opportunities to make new friends and learn skills through volunteer programs like O-Week, Oral Blitz, Learning the Lingo and Smart Arts; | <input type="checkbox"/> Free Computers in the Library, Blockhouse, Eats @ The Round, Coffee Republic, and Java @ Java; | <input type="checkbox"/> Student newspapers, Blitz and Tharunka, whether we read them or write articles for them; |
| <input type="checkbox"/> Availability of courses to improve study skills or employability skills; | <input type="checkbox"/> The free Student Advocate for trouble with marks, exams, lecturers, or failing subjects; | <input type="checkbox"/> Access to support or information from representative departments (International, Gay, Lesbian, Womens, Indigenous and ethnic); |
| <input type="checkbox"/> Participation in sport either socially or competitively, and the availability of sport and recreation courses; | <input type="checkbox"/> Access to monetary grants to help organise club events; | <input type="checkbox"/> Themed weeks: e.g. Enviro, Arts, Womens, Pride, Cultural, Union; |
| <input type="checkbox"/> Sporting scholarships; | <input type="checkbox"/> Cheap copying and binding services at the Blockhouse and Java @ Java; | <input type="checkbox"/> Availability of ‘safe spaces’ such as the Women’s Room and Queerspace; |
| <input type="checkbox"/> The ability to get involved with Clubs or Societies such as the Outdoors Club, NUTS, CCF, Medsoc or Lawsoc; | <input type="checkbox"/> Discounted stationary and UNSW logo-wear; | <input type="checkbox"/> Discounted entry to the UNSW Lifestyle Centre (Unigym) and hire of UNSW sporting facilities. |
| <input type="checkbox"/> Going to the Uni Games and getting subsidised accommodation; | <input type="checkbox"/> Video arcades in the Quad and in the Roundhouse; | <input type="checkbox"/> |
| <input type="checkbox"/> Food outlets that provide student discounts, variety of choice and are open late at night and on weekends; | <input type="checkbox"/> Subsidised childcare (short or long stay); | <input type="checkbox"/> |
| <input type="checkbox"/> The Unibar- with free or discounted entertainment and cheaper beer than local pubs; | <input type="checkbox"/> On-Campus Entertainment Events like Oktoberfest, Heaven & Hell, Disorientation, | <input type="checkbox"/> |

I understand that my fees go towards some services I will never use and others I hope I’ll never need, but I value the fact that they are there in case other students or I ever need them.

I realise that I will still have the choice to pay membership fees to these student associations under this legislation. However, I am doubtful that their reduced budget will be large enough to provide all of the services now available and/or to the same extent.

Please help me and other students in my position by ensuring that we can complete our university qualifications in an environment that supports us. Don’t support this bill. Don’t take away our services: university life is worth more than just a degree.

Yours sincerely,

.....(signature)



Walking with the Black Dog

By Rob Gascoigne

As much as we might hate it, feeling miserable from time to time is a part of life. Whether you're rich or poor, young or old, female or male, sooner or later something is going to make you unhappy. But are you simply having a bad day or is there something more serious happening? Are you walking with the black dog?

The 'black dog' has long been used as an allegory for depression. It is a particularly apt image: a dog is loyal and will stay by your side wherever you go; but it can also be fearful and vicious. This metaphor was perhaps most famously made by Winston Churchill, who noted that the black dog had walked with him all his life.

Depression is a serious illness and it cannot be reduced to sadness. Sadness is a normal emotional response to a situation. Say you've just been dumped. You might be angry or you might be disappointed, but you're also going to be quite sad. It is a reactive mood, a response to that incident. When you go out and have a few drinks or meet someone later on, the feeling dissipates.

But what happens if these feelings don't go away? If some time later you're still miserable, it may be that you have depression. Depression is more than a mood: it's a disease. It is a medical illness, just like cancer, influenza or heart disease. While it might involve a person thinking negatively or being unhappy, it is much

more than just negative thoughts. Depression can extend beyond the psychological and have an effect on your physical health.

A depressed person might suffer from a number of physical symptoms. Very common is a significant change in a person's weight, either excessive gain or excessive loss. A sufferer might also feel persistently fatigued or might have sleeping difficulties. They might also feel consistently unmotivated and might lose interest in regular activities: socialising, sex, study, etc. The type and intensity of symptoms will differ from person to person.

So what causes this disease? It is generally triggered by an event of great significance and great sadness to the sufferer, such as the death of a loved one or the end of a relationship. That's a situation that can make anyone miserable. But what takes the effect of this shock beyond sadness are a number of factors that are personal to that sufferer.

Some of these causes are medical. Depression can be stimulated by low thyroid function, infectious diseases, diabetes or hypertension, drug and alcohol abuse or some forms of cancer. Depression can stimulate a change in a person's biochemistry. A doctor who suspects a patient might be depressed might take a blood count or a urine test to determine the extent of this imbalance. More significant biochemical imbalances can suggest a more serious depressive condition like bipolar disorder.

Depression can also be brought on by an individual's own thought patterns. A person who normally has low self-esteem, has had negative experiences in the past, is a perfectionist or is pre-disposed to worrying will probably be more likely to be driven to depression by these events because they linger over them. Depression is caused by both the external and the internal. It is not merely reactive.

What is perhaps strange about depression, indeed all psychiatric illnesses, is its difficulty to diagnose. Depression is something that is very personal, there's little objectively testable criteria on which to found a diagnosis. According to Martin Healy from the UNSW Counselling Service, depression is at one end of a continuum of feeling down. At one end of this continuum you have your normal blues while at the other you have depression. So how do you tell the two apart? Healy says what distinguishes them is the extent and duration of the symptoms.

A depressed person will be sad for an extended period of time. According to the Beyond Blue, an organisation concerned with the treatment and recognition of depression, a period of sadness that lasts two weeks suggests that that person is suffering from depression. The length of the illness varies from person to person; some people might be intensely depressed for years, others for a few months.

The other quality identified by Healy is the extent of the symptoms. A depressed person will have amplified sadness. Sufferers sometimes have a pervasive feeling of guilt or anxiety. But perhaps most dangerous of all is the fixation that some sufferers develop on the prospect of death, including suicide. This does not suggest that sufferers will attempt suicide, but this fixation can make it more likely.

When the symptoms are so imprecise, it can be easy to blur the lines between depression and everyday sadness. Indeed, many of us in our everyday thinking don't make any distinction between the two. While this is understandable, it can have some negative effects.

Sufferers of depression can be stigmatised as friends and family encourage them to 'get over it'. The advice might be helpful in spurring sufferers to address those external factors that motivated the depression, but it can be harmful if it makes sufferers believe that there is something wrong with them.

A common perception of depression is that a sufferer is in some way weak and that they should be able to deal with it. This is certainly

not the case. In fact some of the greatest minds in human history have suffered from very severe depression: Abraham Lincoln, Albert Einstein, Theodore Roosevelt and Winston Churchill just to name a handful. Depression is no more a sign of weakness than any other disease.

Furthermore, it is not uncommon. This is particularly true for uni students. According to a 2002 Report by NSW Health, persons aged between 18 and 24 have the highest prevalence of mental disorders of any age group.

A 2000 report found that in NSW alone, 62,000 young people aged between 15 and 24 will suffer from depression over a 6-12 month period. So if you're reading this article at uni, look around. Chances are that you're a stone's throw away from someone who is suffering, or has suffered, from depression.

But there is some good news. According to Healy, there is now a greater awareness of the disease within the medical profession. There are now medicines available to remedy (to

some extent) the biochemical imbalances that generate depression. Furthermore, government funding is now being increased for mental health resources. In April 2004, the NSW Government dedicated \$241 million to mental health services.

Most of this funding has been targeted at the seriously mentally ill rather than the treatment of depression. But increasingly, both governments and the medical profession are seeing the importance of institutions like Beyond Blue or the Black Dog Institute that examine depression specifically. Depression is increasingly being understood as an illness distinct from sadness.

Depression is a common problem that can affect anyone. Friends and family, maybe even you, the reader, will have to walk a lonely mile with the black dog. But it is important to remember that nobody walks alone. As the medical profession comes to learn more about this complex disease, there will be improvements in its diagnosis and treatment. But, for now, all we can do is try to understand.



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UNSW CRICKET TOUR of INDIA

The UNSW First grade team toured four cities in India between 10 April and 23 April. The squad consisted of 13 players, manager, coach and assistant manager. All but two of the successful first grade team made the journey with a couple of the promising students from second grade.

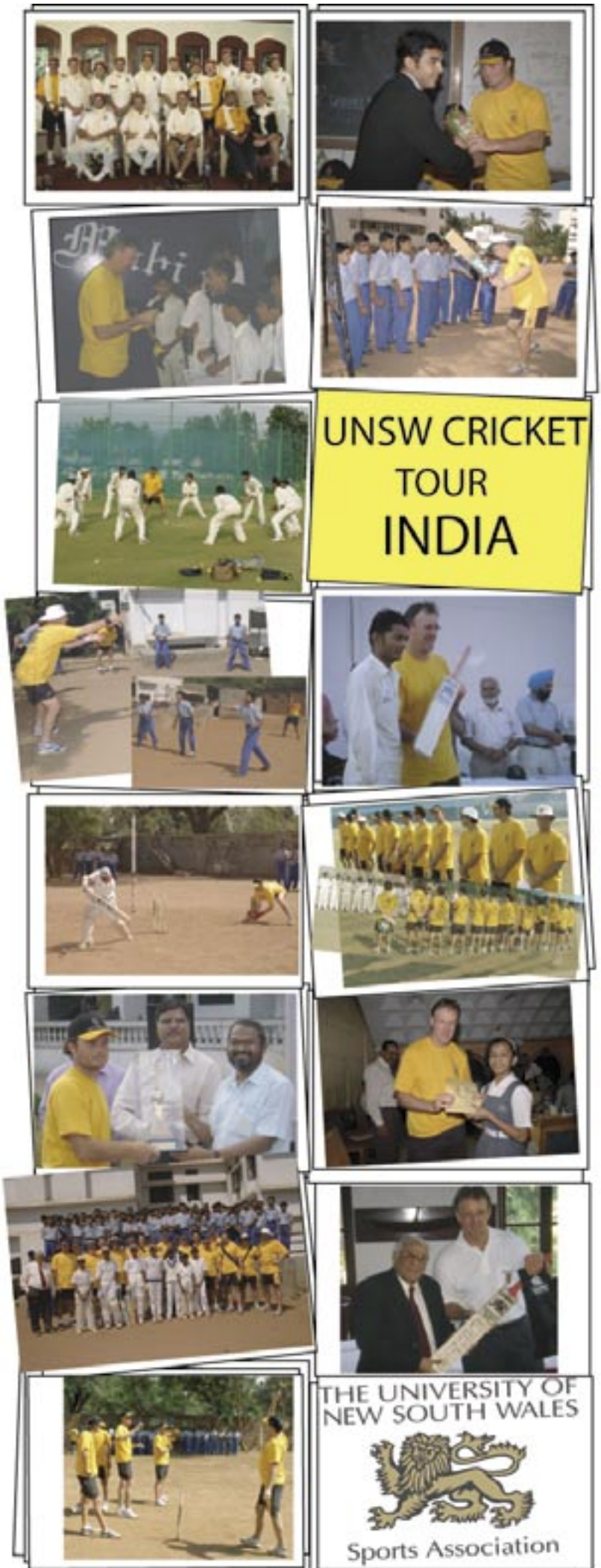
Six matches were played against very strong opposition including two first class state teams and the big clash against All India Universities. At UNSW we often quote the fact that we are the biggest university in Australia with 40,000 students, one of our opponents, Mumbai University has 500,000 students, 150 residential colleges and 26 campuses.

The All India team came from all parts of the sub-continent from Bangalore, Calcutta, Delhi, Mumbai to Ahmedabad and Chennai and represented around 20 million students. UNSW won three and lost three games, going down to All India by just one wicket in a thrilling match at the Police Gymkhana Ground in Mumbai. The team was lucky enough to play at three test match venues including the Himachal Pradesh Stadium in Daram Shala the home of the Dalai Lama in the foothills of the Himalayas, perhaps the most picturesque Test match ground in the world and certainly the highest at 6,000 feet.

A part of the duties of the team was to visit schools who participated in the Maths and Science competitions that were sponsored by UNSW. The players carried out coaching duties, handed out UNSW T-Shirts, caps, the famous 'Wazza Catch' coaching aid and specially branded cricket bats with the UNSW logo. Eight schools gave us wonderful hospitality, presenting the team with garlands of flowers, framed photographs, certificates and trophies.

The kids of India love their cricket more than anything else and they now also have a much better knowledge of UNSW and its connections throughout India. Prizes, certificates and medallions were also presented to those students who were successful in the academic assessments. Last year 200,000 students participated. This September on the back of the successful cricket tour and the extensive media it attracted, the Indian organisers, well known publishing house MacMillan, are expecting up to 1 million participants in the assessments.

The tour was a wonderful chance to play cricket in foreign conditions and experience a very different culture, albeit one where cricket is the principle religion.





How to... ..find the lost city of Thoughtful Foods

In case you didnt notice, Thoughtful Foods has disappeared from its old home in the Blockhouse. But it's not gone, just relocated. The new home is a bit hard to find, so Blitz has the following tips:

1. Find the Roundhouse;
2. Walk clockwise around the outside Roundhouse until you reach Eats at the Round, on the west side of the building;
3. Walk between the Eats at the Round building and International House for ten metres;
4. Turn right at the flags and clothes racks;
5. Welcome to Thoughtful Foods!

Interested?

Thoughtful Foods volunteer-run co-op concerned with providing minimally packaged, ethically produced, non-genetically modified and affordable whole foods and household products for sale to the UNSW community and beyond.

The store sells a range of different foods, including sweets and snacks, dried fruit, grains and legumes, herbs and spices, herbal teas and coffee, oils and sauces, as well as refrigerated goods such as tofu and juices.

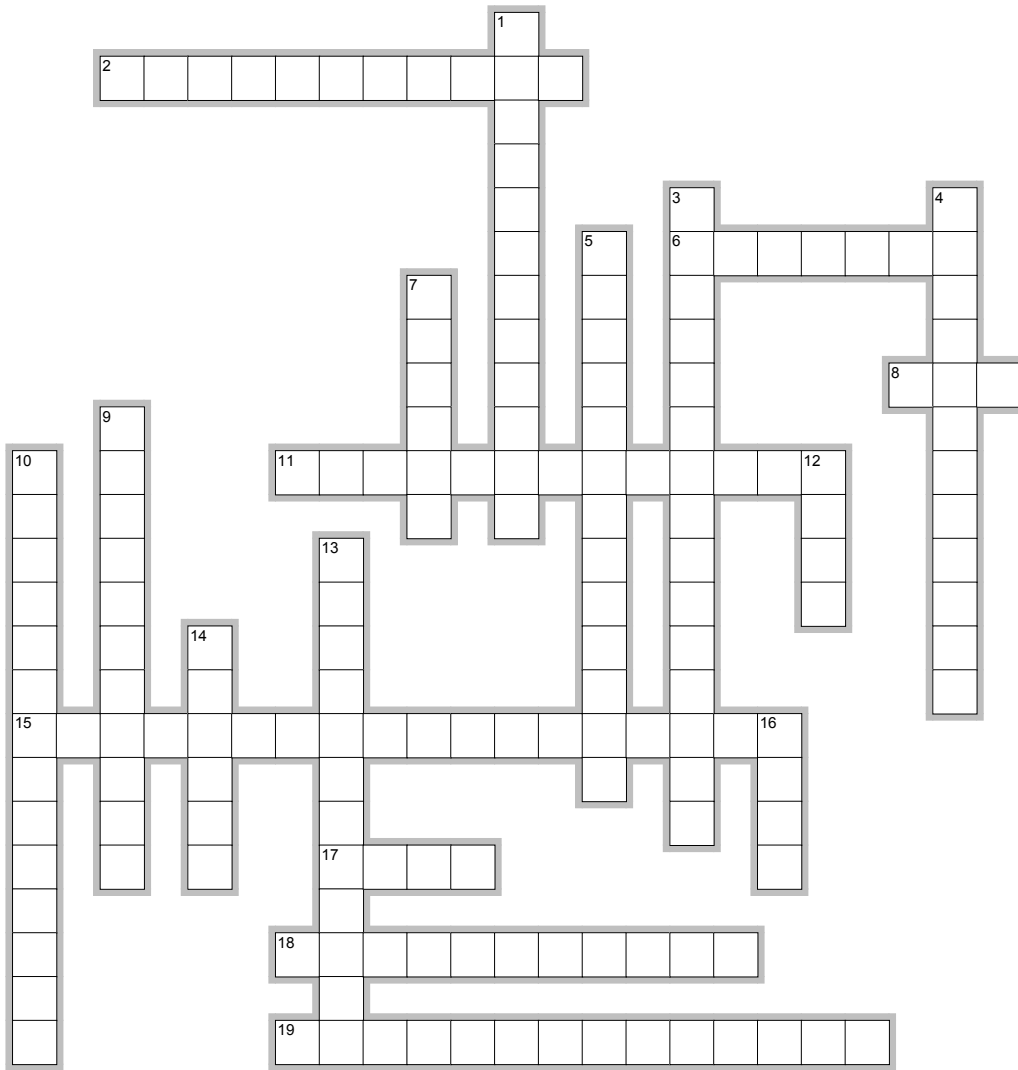
Every Thursday Thoughtful Foods creates boxes of organic fruit and vegetables for anyone who orders them. Boxes range in price between 10 and fifty dollars. If you want to pick up a box on Thursday, place your order by Tuesday.

If you don't know what to do with any of this food there is a list of recipes available on the Thoughtful Foods website, www.thoughtfulfoods.unsw.edu.au.

The store is open between 9:30am and 5:30pm Monday to Friday.

Do you have something to teach the students of UNSW?

Send an email to blitzeditor@union.unsw.edu.au and let us know.



Created with EclipseCrossword 6 www.eclipsecrossword.com

Across

2. Which American President played the Tenor Saxophone? (4,7)
6. Before going solo, Gwen Stefani belonged to which group? (2,5)
8. The number of strings on an electric guitar.
11. Who sang the hit theme song from the TV show Friends? (3,10)
15. The lyrics "Slowly walking up and down the hall, faster than a cannonball." are from which song? (9,9)
17. Released albums titled High Voltage, Back in Black and Ballbreaker.
18. Starred in the movie flop Glitter. (6,5)
19. Howie Dorough, AJ MacLean, Nick Carter, Kevin Richardson and Brian Littrel form which musical group? (10,4)

Down

1. Who wrote the theme music for Schindler's List and Star Wars? (4,8)
3. This song features in the famous pottery scene in Ghost. (9,6)
4. This artist has sung hits such as 'Ebony Ivory', 'My Cherie Amour' and 'Superstition'. (6,6)
5. Who sang 'Close to You'? (3,10)
7. Which classical composer's life is highlighted in the movie Amadeus?
9. The song 'Duelling Banjos' is from which famous 1972 film?
10. Finish off these lyrics..."You've been hit by, you've been struck by a" (6,8)
12. Which song are these lyrics from? "You say, I only hear what I want to."
13. This phrase/song from the Lion King "...ain't no passing phrase." (6,6)
14. 'You've lost that lovin' feeling' is from which 1986 film? (3,3)
16. Eurovision contest winners in 1974. A palindrome.

U Space Report

unsweetened and UNSW Bookshop Literary Prize Q & A

Alfie McQuestion: What is unsweetened?

Bert Answeron: It's an annual journal of student writing created entirely by students. From all of the entries received from students, approximately 40 are selected to go in the journal which is launched in Artsweek in September and distributed free to any student who would like a copy.

Alfie McQuestion: How do I benefit from being a part of it?

Bert Answeron: unsweetened gives you a chance to express yourself with creative writing. You could even be published or win the UNSW Bookshop literary prize.

Alfie McQuestion: What's the UNSW Bookshop Literary Prize?

Bert Answeron: There are four prizes: undergraduate fiction, undergraduate poetry, postgraduate fiction and postgraduate poetry. There is a winner in each category who receives a \$400 book voucher and a highly commended who receives a \$100 voucher.

Alfie McQuestion: That's heaps! Awesome!

Bert Answeron: Yeah... The bookshop is really supportive of unsweetened.

Alfie McQuestion: So how do I enter?

Bert Answeron: First you have to write an original piece of poetry or short fiction. Then you get an entry form from the Union website, U Space or the Bookshop. That's got all the rest of the guidelines. It would be very boring to write about them here!

Alfie McQuestion: Hold on... Who judges this so-called literary prize?

Bert Answeron: Well, we take one previous unsweetened winner, add a dash of UNSW English staff and stir in a secret celebrity to ensure we get a diverse judging flavour.

Alfie McQuestion: Do you have a pen?

Bert Answeron: Why?

Alfie McQuestion: Hey champ... I thought I was supposed to be asking the questions?

Bert Answeron: Sorry champ.

Habitat for Humanity



This week all over campus, students who have arranged to take part in the Global Village program with Habitat for Humanity will be fundraising to generate money for construction materials for their July break trip. They are going to take part in the construction of local infrastructure, living with and amongst the locals and expanding their worldview. **April Smallwood** talks to one of HFH's members.

Who are you and what is your agenda?

My name is Andrew Ireland and I'm one of the leaders of a team of UNSW students who are a part of Habitat for Humanity's Global Village program.

What's the Global Village program?

Global Village trips are a program run by HFH giving participants a unique opportunity to become active partners with people of another culture. Team members go to various countries to work alongside members of a host community, raising awareness of the burden of poverty housing and building decent, affordable housing worldwide. The idea is that as partners, team members help build a true 'global village' of love, homes, communities and hope.

How did you come to be affiliated with Habitat for Humanity?

Last year one of my friends organised a trip to Fiji with Habitat and so this year a few friends and I are picking up the baton.

Give us a run down of what Habitat for Humanity is about.

HFH is a non-profit, ecumenical Christian housing ministry. They aim to eliminate poverty housing and homelessness from the world. HFH runs on volunteer labour and donations of money and materials. They build and rehabilitate simple and decent houses with the help of the homeowners. An interest free loan is set up that the homeowner pays back as they are able to. Habitat has built over 200,000 houses globally.

You and a group are heading away during the July break, where are you going and did you have a say in this?

We spoke with Tera Fediuk, Global Village Coordinator for Australia, who nominated particular countries where a team of unskilled students such as ourselves could be potentially useful. Ongoing discussions are finalising the exact location we'll be working at so we're still a little unsure. Current possibilities include Mongolia and the Philippines.

Who is going with you?

We currently have two teams with members drawn from most faculties at UNSW. The teams are made up of a variety of people who are enthusiastic, willing to help organise and fundraise and who are keen to look outside our little sphere of experience and have a go at helping those less fortunate.

What kind of help will you be providing the locals?

We'll be working as labourers, aiding in the construction of a house. A typical day could range from mixing concrete to putting up framing. Destroying our soft, smooth university student hands is certainly inevitable. Also, learning about the host community's culture, language and social practices as well as developing new skills and confidence are additional benefits of participating in a GV trip. Our itineraries will be balanced with plenty of work, rest and free time.

Do you consider yourself quite the handy man?

Funny you should ask, I'm in the second year of a Mining Engineering degree, but have limited experience of construction. I've put up a few tin sheds, that's about it. Luckily another team leader goes by the name of Handy so I'm hoping that it's more than a name.

Are you nervous, excited, scared, thrilled or all four?

Leaving Australia is far out, but I just feel busy! There's plenty of organising work to do, on top of full-time study. That said, I really don't know what to expect when we hit the ground - we think we know a lot about the third world through our media, yet actually being there, living with a local host family will be amazing.

How much are you looking to raise?

Each member of the team will make a donation of \$600 towards the cost of building materials. On top of this we hope to raise \$30,000.

Got an emergency back up plan?

Well if one country falls through than we can always go to another. If that fails... there is always the Unibar.

WHAT'S ON week 12 MAY 23-29

MONDAY MAY 23

Nutrition Seminar : Low Glycemic Index - What is it all about?

Glycemic index is a way of classifying carbohydrate foods according to their effect on blood glucose. It is of special significance to people with diabetes, but there is also evidence that GI has health implications for people in general. If you want to find out more, come along to this seminar. UNSW Unigym, 8:30am to 9:30am, Free

Movie Screening - Anchorman



Ron Burgundy (Will Ferrell) is the top-rating anchorman in San Diego in the 70s when feminism marches into the newsroom in the form of ambitious newswoman Veronica Corningstone (Christina Applegate). When Veronica refuses to settle for being eye candy and steps behind the news desk, it's more than a battle - it's war

5pm
Beams Club Bar, Roundhouse
Free

Rapid Fire Comedy feat. Eddie Ifft (USA) and MC Brett Nichols

Eddie Ifft always knew that his antics in school would pay off someday. If only his parents and teachers knew what the future held. After being either suspended or expelled from grade school, junior high, high school and college, Eddie made good. Well, good enough to perform for us tonight. Come down to the Beam's Club bar, have a few drinks and a few more laughs.

7:15pm
Beams Club Bar, Roundhouse
Free

TUESDAY MAY 24

Trivia

If you tie buttered toast to the back of a cat and drop it on the floor, which way will it land? Find out.

1pm
The Unibar, Roundhouse, Free

Finance Society - Cashflow Workshop

Come along to this workshop and learn how to make money in the real world through Robert Kiyosaki's (author of Rich Dad, Poor Dad) Cashflow game. You will learn valuable practical accounting, finance and investing skills at the same time in this fun hands on experience! Learn how to get out of the rat race and onto the fast track where your money works for you instead of you working hard for your money! A must for students of all studies!

QUAD Room 1001
12-1 & 1-2 (Drop in any time)
Free

Movie Re-Screening - Anchorman

2pm
The Unibar, Roundhouse, Free

Pool Comp

Pub Rules!
5pm
The Unibar, Roundhouse
Free

UNSW Solar Racing Team - The Sunswift Project AGM

The UNSW Solar Racing Team is Sydney's only developer of solar vehicle technology. In September this year the team will race our new vehicle, UNSW Sunswift III, in the gruelling World Solar Challenge (3000km from Darwin to Adelaide). Any UNSW student can join the team!

Mechanical Engineering room 101
6pm
Free

WEDNESDAY MAY 25

Library Lawn Band: Forgotten Army

Since forming, The Forgotten Army have supported artists as diverse as Augie March, Fourth Floor Collapse, Dappled Cities Fly, Brace, Pete Murray, and more. Songs are written on both guitars and piano/keys, with a strong importance placed on percussion and rhythm.

1pm
Library Lawn
Free

UNSW PunkRockSoc DIY Badge Making



What do you do if you like a band and you want people to know about it? You wear a badge of course. What if you're feeling a little drab? Get a brightly coloured badge on. Whether on a blazer lapel, the strap of your satchel or down the front of your dress, a badge is going to advertise who you are and what you're into. Lucky for you, PunkRockSoc is offering you the chance to stand out from the crowd. They will be operating a stall all day where you can have the chance to design and make your own badge/s. The stall's proceeds will help support local and campus bands.

Library Walkway
10-4pm
\$2 per badge, \$5 for 3. Free badge for all PunkRockSoc member

Bar Bingo

Bar Bingo improves your reflexes. It's true!
1pm
The Unibar, Roundhouse, Free

Trivia

Why do people turn down the volume on their radio when looking for an address? Find out.
5pm
The Unibar, Roundhouse, Free

Pub Grub

Cheap Grub & Beer. What more could you want mid-week?
5:30 pm
Clem's , Roundhouse
Cheap Grub

Happy Hour

Break up the week with a session at the Unibar!
5pm
The Unibar, Roundhouse, Free

Music Made With Toys – A Smart Arts Performance



Chances are you have a stack of old toys lying around the house. What you might not know is that they can serve a purpose even today. In the tradition of the band Toy Death, a group of UNSW students has been manipulating a bunch of kids' toys to make music with them. What music can you make with kids' toys? Well, you'll have to come and find out. The students will be doing a one off premiere performance. You are invited to attend and experience their aural sprays. Some free snack food will be provided.
7pm
Beam's Club Bar, Roundhouse
Free

Hillsong: Fresh Movie Night

Did you miss out on catching Star Wars Episode 3 during its opening week? Fresh @ UNSW has booked tickets for its first ever combined movie night with Fresh @ UTS and USyd at the Ritz Cinema Randwick. Take a break from your exams and assignments and come chill with us at the Ritz.
6:30pm
Ritz Cinema, St. Paul's Street Randwick
\$7 for Students, \$8 otherwise

Receive a

Free

**Sample of
Berocca Performance**

**Wednesday 25th May
11am – 2pm**

Visit the stall opposite the
Roundhouse outside
Union Reception

THURSDAY MAY 26

Cancer Council - Australia's Biggest Morning Tea



Australia's Biggest Morning Tea is one of The Cancer Council Australia's foremost fundraising events and is the largest, most successful event of its kind in Australia. Come along and enjoy a morning tea at Unigym.
UNSW Unigym
10am to 11am

Table Tennis Comp

Are you the next Forrest Gump?
1pm
The Roundhouse
Free

SIFE (Students in Free Enterprise) AGM

SIFE is a non-profit global organisation with student teams on over 1700 campuses in 40 countries. SIFE offers students the opportunity to develop themselves through implementing educational and community outreach projects. For more info visit www.sifeunsw.org
1pm
Room QUAD 1001
Free, \$5 to join

National Day of Healing - National Sorry Day Discussion Forums

Presented by Mosaic Fusion Forums and the Equity & Diversity Unit
This forum is a chance to appreciate Aboriginal culture and acknowledge Indigenous suffering on the Australian National Day of Healing. A great opportunity to come together and discuss indigenous issues from a contemporary perspective. There will be Guest Speakers from the Human Rights Commission and UNSW Student Guild and it will be your opportunity to learn something about our history and engage in open discussion forums. Please come down and express your views. Free food and drinks will be provided! To pre-register e-mail: fusionforums@union.unsw.edu.au
12pm
Wurth Room Level 1 Roundhouse, Free

The University of New South Wales
Union
yellow spot special
WEEK 12
COLONNADE cafe
2 sushi rolls
\$3.00
usually \$3.80
FOR UNION MEMBERS ONLY
Valid: WEEK 12, MAY 23-27, 2005
UNTIL STOCKS LAST

HIM Chinese Christian Drama and Music Club - Drama Trailer Screening

Calling all Cantonese speakers. Come along and see a screening of a short movie trailer. There will also be songs and prayers.
2-4pm
Central Lecture Block 3
Free

Karl Brody

Treat yourself to a bit of midweek mellow action! Kick back and get into Karl Brody in the Beergarden
4:30 pm
The Beer garden, Roundhouse
Free

Studio Four - AGM

Studio Four is having its annual general meeting. All members are invited to attend to vote on a new constitution and elect a new executive. More details are available at studiofour.org.au.
6pm
Beams Club Bar at the Roundhouse

Unibar Night

Make your way down to the Roundhouse for Unibar Night tonight for some quiet ones? Loud ones? Whatever you want! It's your Unibar night! There'll be plenty of music & drinks to bring everyone together for a great night out!
8pm
Roundhouse
Free

Fundraiser for Outback Assist - Star Wars Episode 3

If you're going to check out the new Star Wars flick, you may as well give your money to a good cause. Support the Outback Assist program which will send a group of UNSW students to Santa Teresa in the Northern Territory to offer some assistance to the local Aboriginal community. The money will be going towards materials and travel costs.
Randwick Ritz Cinema
8.30pm
\$10/\$12 (all funds go towards the Outback Assist program)

FRIDAY MAY 27

HABSOC AGM

HABSOC is a society focused on sending teams of volunteers to underprivileged regions overseas with the charitable organization 'Habitat for Humanity'. The teams build houses with local contractors and volunteers and stay with local families in the villages they are working in. Team members learn about another people through cultural immersion and provide a lasting benefit to the communities they are staying in.
6:30pm
New College Main Common Room
Free.

unsweetened entries close

Make sure you get your unsweetened submission in by today and you could be published in our student-produced 2005 edition. You could also win one of four major literary prizes of \$400 worth of books courtesy of the UNSW Bookshop. Entry guidelines are available at U-Space or online at www.union.unsw.edu.au/website/Uspace/literary.htm
U-Space or Blockhouse reception
4pm

Happy Hour

Come on everybody. Get Happy.
5pm
The Unibar, Roundhouse
Cheap Drinks

Spocksoc Babylon 5 Screening

Come along to the screening to watch some Babylon 5 episodes.
There will be a pizza run during the night.
6pm
Civil Engineering Building G001
Members free, Non-members \$5

Friday Arvo Sessions with DJ Cadell

DJ Cadell will be laying down some smoothed out house during happy hour at the bar. Kicking back in the beer garden, it must be Friday arvo.
4:30 pm
The Beer Garden, Roundhouse
Free

Crab Racing

Kick start the weekend with some random fun!
5pm
The Unibar, Roundhouse, Free

International Student Services - Knit & Yarn



Knitting is the new yoga! People everywhere, men (seriously) and women are taking it up and with winter creeping up on us, it's going to be a useful skill to learn. So, do you know how to knit? Would you like to learn? Come to the International Student Services Meeting Room and learn how to knit a scarf for winter while sharing stories from your home country or about your experiences in Australia. No experience is necessary, international and local students welcome.
International Services Meeting Room, Ground Floor Red Centre
1-3pm
Bring a pair of knitting needles (8mm) and your favourite coloured ball of wool.

COMING UP IN WEEK 13:

Monday Movie Screening: Constantine (3pm) and Elektra (5pm)

Library Lawn band: Matt Tonks

Roundhouse Beer garden Band: Dead Marines

Friday Arvo Sessions: DJ Cadell

WANT TO LIST YOUR EVENT IN WHAT'S ON?

It's easy. Just send an email to whatsonblitz@union.unsw.edu.au containing the following information about your event:

1. Event name
2. Organiser
3. Location
4. Date
5. Time
6. Cost
7. Description of 50-100 words. *The description is compulsory!*

You can find an electronic template on the Union website,

www.union.unsw.edu.au

The deadline for What's On is twelve days before (always a Wednesday) the magazine is released (always a Monday)



Giveaway!

Exams are coming up and the carefree student lifestyle is suffering its traditional half-yearly descent into chaos. If you find the stress is getting to you, check out this giveaway.

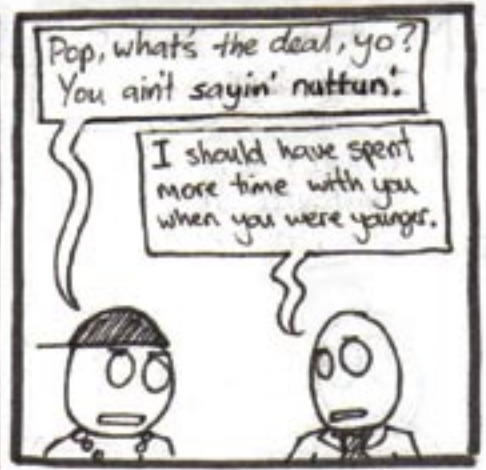
Stretch Away Stress is an instructional yoga DVD by Dr Gillian Ross, an expert on all things relaxing. Her two yoga routines will get you from stressed to rest in half an hour. Blitz Magazine has two copies to give away.

To win, re-arrange the letters in the phrase below to form a new phrase that has been used in this edition:

LOUD THOUGHTS OFF

Send your answer to comps@union.unsw.edu.au with the word 'yoga' in the subject.

GENIUS HOMEBOY



e. 21/09/04

The University of New South Wales
union

International Cookbook Launch

Wed 1 June (wk 13)
1-2pm
Beam's Club Bar

Celebrity Chef, cooking demonstrations, recipe tastings, prize ceremony and free cookbooks.



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Enter the Energy Management Unit GUESSING COMPETITION

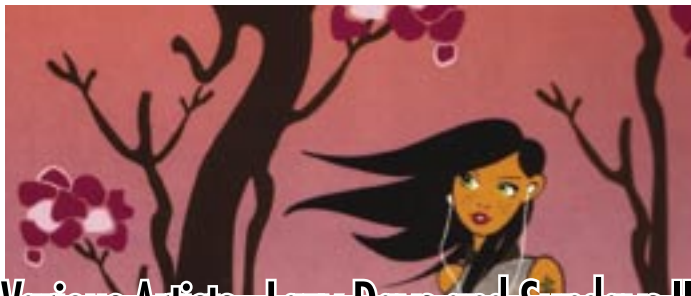
to re-launch its energy conservation campaign 'Spot It and Stop It'.

Correctly match the listed countries to their ecological footprints and go in the draw to WIN a UNSW Bookshop voucher to the value of \$250 or one of five to the value of \$50.

Entry forms from Coffee Republic and the UNSW Bookshop on lower campus, Colonnade Café and Esme's Café on middle campus and Java Café on upper campus.

Entries close 5pm Thursday 9 June; the winner will be announced at 1pm Wednesday, 15 June at the Spot It and Stop It launch on the Library Lawn.





Various Artists - Lazy Days and Sundays II

These 'Chilled Beats' collections tend to be a bit samey. This one is immediately noteworthy because it contains a cover of Joy Division's 'Love Will Tear us Apart'; Nouvelle Vague's reworking of this classic is interesting. They've turned one of the great ballads of misery into a hip little lounge piece, but regrettably the novelty wears off pretty quickly.

The rest of the album gives you the usual cruisey beats that you've probably heard all of before. While the CD can be nice, there is no way that some of these tracks could be interpreted as being chilled. Some songs are dance tracks with rapid and loud beats – not what you want on either a lazy day or a Sunday.

But perhaps a bigger problem is that, rather than being diverse, this eclectic anthology is jumbled. It mixes House, Lounge and one achingly beautiful ballad - Inga Liljestrom's 'All of This' (the compilation's standout track) – in a big old mess. It's the sort of CD that you wouldn't just leave spinning, instead you'll spend your Sundays flicking through to the tracks you like.

– **Rob Gascoigne.**



Parking Lots - Mia Dyson

A review of 'Roll me out', the opening track of Mia Dyson's new album, *Parking Lots*, would not be much different from a review of the entire album: from the opening drum beat, the way Dyson and her band choose to play becomes a straight jacket and prevents her from reaching any great heights.

Dyson has a knack for melody. On the sleeve notes her words printed are short, simple and deal with the great rock 'n roll staples – love and loss – but their true purpose remains hidden. When they are heard on *Parking Lots*, when they are growled, whispered in Dyson's throat, given notes and rolled out of her mouth, they have a different life.

Sadly, the way these songs were played does not work. Seemingly meant to be laid back, the band goes too far back and ends up plodding. This fails to deliver enough momentum – musical and emotional – to the songs. There are exceptions in standout tracks like 'No other', which undulates between simple understatement to melodic and emotive peaks, but overall *Parking Lots* is a disappointing grounding of a voice that could do much more.

– **Ben Smyth.**

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members

\$3.30

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The University of New South Wales
Union

It's time to discover the Union's new Smoothie Sensation!

NEXUS CLB • ESMES • EATS AT THE ROUND • COFFEE REPUBLIC



by *Laura Boness*

This image was taken early one morning at Coffs Harbour. I'd gone for a walk and (luckily) taken my camera. The pipeline is considered to be a scar across the beach environment, but that morning it caused a striking contrast between light, shadow and surf.

Every week, students contribute their artwork to Visual Blitz and every year, Visual Blitz culminates in an exhibition of student work with prizes awarded to the winning entries. If you're in the habit of making creative statements then Visual Blitz is your canvas.

Send your contributions for 2005 Visual Blitz to: blitzeditor@union.unsw.edu.au (Please include a 50 word explanation)



*I once said
“Dad, I think I’m
God,” and he
said “Well, what
makes you so
important?”*

Schizophrenia: a personal account

*Schizophrenia is a mental illness where sufferers tend to hear voices inside their head or believe that someone else is controlling their thoughts. It is not a split personality disorder, rather sufferers often undergo personality changes and as a result, lose their motivation and ability to interact emotionally with those around them. The peak age of this mental illness is 15-25 years and the cause of such is by inherited personality and stress. One such sufferer is Louise, a 22 year-old who’s condition became acute in 2002. With her condition now manageable, she talks to **April Smallwood** about her condition.*

How did your mental illness come about?

My experience with schizophrenia was at first like a death sentence. I was hanging out with a group of people who were very much into marijuana and I began smoking heavily but it wasn’t until after I stopped that the psychosis began. My reality became completely distorted. I became real paranoid that life had become a game. All of this was part of a conspiracy that only existed in my mind. I’d see people in the corners of my eye convinced they were watching me. People I later came to realise were never really there.

What signs or symptoms were you showing of being mentally ill?

I wasn’t acting right. Looking back now my actions were just absurd. I was walking around the house naked and I’m normally a very conservative

person. I was saying things out of character. Paranoia just hit me and I went into my own little world where I believed I had powers. I became obsessed that everyone around me was using their body language to communicate secret messages to me. It’s not so much that I began ‘seeing’ things that weren’t there, but was ‘feeling’ things that weren’t there.

Did you seek help straight away?

No, I didn’t seek help immediately because my perceptions were way off and I doubt anyone would have believed me. The earliest recollection that anything was amiss was in 1995, when I pointed out a small white airplane on my way to school. I said “Dad, look they’re spying on us,” and my Dad looked at me weirdly but I didn’t say much after that.

When you were experiencing the first phase of your illness, acute schizophrenia, what happened to you?

Each day I would wander around aimlessly, but in a delusional state. I couldn’t feed myself or take a shower. I refused to talk. I was so involved in my world that the outside world didn’t make sense. It was only my world that I could see. At nineteen I had my first psychotic break as they call it. I was hospitalised for an entire month. During my time there I lied to the doctors to get me out. I thought the entire place was running a game, a ritual, some twisted puzzle where I needed to pass all the

checkpoints or I wouldn't win the game to get out of hospital. I guess that indicated I was really sick.

What methods were used to help you get a hold of schizophrenia?

At nineteen I had electric shock therapy. Which basically means I was strapped down and electrocuted while asleep. My Dad must have consented it 'cause I don't remember being asked about it. They put a name tag on me and I had to remove my bra because of the metal in it. I don't exactly know how but it worked and snapped me out of psychosis. When I woke up all I felt was hungry and talkative. Suddenly I was chatting to the nurse and anyone in sight. I don't know what it does but it worked. It snapped me out of my delusions.

When were you guaranteed that what you had was in fact mental illness?

I once asked the nurse what was wrong with me and she gave me a leaflet on schizophrenia. The first thing that I must say is that it is nothing like having split personality disorder. It's as though I've created my own illness. I've created this closed world and I live in it. I get negative thoughts about certain things like masturbation and child molestation. They're intrusive thoughts that I don't wanna think about but can't help.

Have you experienced any dislike or discrimination for having this illness?

I didn't think that at first but now I know it's true. It's hard for me to find work. I'm not required to tell people about my illness but I feel like I should. I'm a very happy person but I realise the world is not perfect. People are afraid of things they know very little about. I also feel somewhat estranged when it comes to my sister and her family. I get nervous around them and say weird things. They used to be very warm and friendly towards me. Now, sometimes I feel as though they dismiss me, but that could just be me.

Are you taking medication to keep you from relapsing?

I have for three years been taking medication every day as required. It's a very uppity drug called Abilify. There are side effects like diarrhoea and blinking a lot. What the meds do is connect the brain to reality. The whole illness is a chemical imbalance and the meds fill in the gaps. You have to take it everyday though. My recovery became easy because I began to take the medication.

Have you ever stopped taking meds? What happens when you do?

Yes, I spiral back down. Unlike most people with my illness, I like taking my meds. Most schizophrenics hate it because they believe it steals their power. When I don't take it, I begin reading into body language everywhere I turn and my paranoia worsens. When I'm not taking meds all I feel is lost, very lost so much that sometimes I wish I would die.

How important has family been in healing?

Very important. My dad used to be a psych nurse so he's been really understanding. I once said "Dad, I think I'm God," and he said "Well, what makes you so important?" I was so involved in myself and needed someone there to pull me back into reality. Had he not come to visit me I wouldn't have gotten through. My family have given me a greater ability to cope, than had I been alone in my struggle.

Does having schizophrenia mean that your thoughts are disorganised?

No. It's more like I'm thinking so much about one single subject that I become obsessed with it. They're not confusing thoughts at all, they're more obsessive thoughts. I was once lying on a hospital bed, catatonic-like, when a fly landed on me and I was convinced it was the FBI or the government hidden in the fly landing on me and observing me. I became so involved in that idea and remember it being so real for me. I know now how ridiculous it sounds.

What's been most effective in helping you cope with schizophrenia?

Medication, my family and my cat, Jab-Jab.

What are your hobbies?

Painting, drawing and dancing around my house.

What do you look forward to?

Getting married and having children.

Do you ever think that you'll be rid of it entirely?

Yes. At least I hope so. There is no history of schizophrenia in my family. I'm really kooky and eccentric anyway. I was always a little withdrawn as a kid, but fun loving and happy. There are times when I'm still a little socially phobic. I'm learning again what its like to be sociable. I even got my nipple pierced. It's an ongoing battle that I face everyday. My favourite time now is sleeping because I get to dream it all away.

Diagnosis and Treatment

Symptoms of schizophrenia are numerous, making the disease difficult to diagnose, but common signs are:

- Changes in work quality
- Inability to focus on a specific topic in conversation
- Disorganised thought and/or speech
- Violent outbursts
- Strong mistrust of others
- Excessive drug/alcohol use
- Frequent class absence over an extended period

If you feel you need to talk to someone about schizophrenia or any mental health issue and are unsure about talk to friends or family about it, you have other reliable, discreet options on campus. The UNSW Medical Centre has two psychiatrists who can help. They do bulk bill, however there can be a long wait to see them. If you would rather see someone sooner, one of the GPs will be able to see you and refer you to an external service. You can reach the UNSW Medical Centre on **9385 5425**. They are located on the ground floor of the Quadrangle building.

Lifeline, an external service, can be reached by calling 131 114. It is a counselling and referral service, which means if they cannot help you, they will refer you to someone who can.

Both psychological strategies and medication are employed to help strengthen the sufferer's ability to cope. It is through support, understanding and encouragement that patients of schizophrenia will be able to live a good and productive life. Many people can recover fully. If not, it can be managed so that the individual may participate in everyday life.

Today is a tragic day. My television has died. Please don't be dismissive of this. It was not just an appliance. That glorious little box was one of my very dearest friends.

Perhaps I should put it all in context. That television was twenty-five years old. Twenty-five years! What other appliance do you know of that has lasted that distance? It was given to my parents as a wedding present. It was therefore only a new arrival itself when I emerged into the world nineteen months later. Apparently the attraction between the two of us was almost instantaneous. I am told that, as an infant, whenever my family would return to Sydney from visiting rural relatives, I would pat the TV. Unable to speak, but fully aware that here was a wondrous porthole into the world beyond, my precognizant self bid hello to my rectangular friend.

The two of us grew old together. As the years wore on, the faux-wood paneling began to peel away and its stand had to be replaced. I too was starting to show signs of age. We had begun our relationship by sharing Sesame Street and Play School. Progressively, this molded into cartoons and (blissfully) Deglassi before easing into Black Adder and Party of Five (very briefly). Throughout, there was The Simpsons: the religion of my generation. Before its death, we were laughing at Coupling, gasping at Foreign Correspondent and thinking over Enough Rope.

The box kept me company. On Saturday nights, having struggled home in an alcoholic stupor, I would fall asleep in front of Rage. The dull blue of the screen flickered over my dozing form as it sent out successive lullabies. Over breakfast, lunch and occasionally dinner, it joked with me, taught me and distracted me. Furthermore, it brought into our home the ebbs and flows of the tides of history. Empires crumbled. Governments fell. Innocents were murdered. Records were broken. All of it was revealed to us through that smudgy convex window.

But all this is no more. Like I said, it died today. My father and I carried it out into the street to be collected by the council. I took a photo of it (honestly), sitting out there, bruised and battered, but still noble. The next morning, it was gone.

It was one of the great sureties of my life – a still point in a turning world. Maybe we'll meet again in that great living room in the sky.

Good night TV. Wherever you are.

By Rob Gascoigne

The death of a friend

tales from the crypt

By April Smallwood

[WARNING: This is one of the grossest things I have ever read. If you have a queasy disposition, or a gag reflex, or picked up this magazine on a day ending with a 'y', I suggest you do not read it. You have been warned –Ed]

I probably shouldn't be sharing this with the UNSW world but here goes: I have a physical ailment, a weird thing that I have only recently been able to open up about. I have a hole in my tonsil that accumulates pus over time and when ready, this hardened ball of God-knows-what dislodges and I either accidentally swallow it or I jab it right outta there with a bobby pin.

I have a feeling you just threw up. That's okay. Just don't read on. Apparently a hole in your tonsil is called a 'crypt'. A freaking crypt! Did anyone else know that these unsightly things exist? I have a pit of horror residing in my left tonsil.

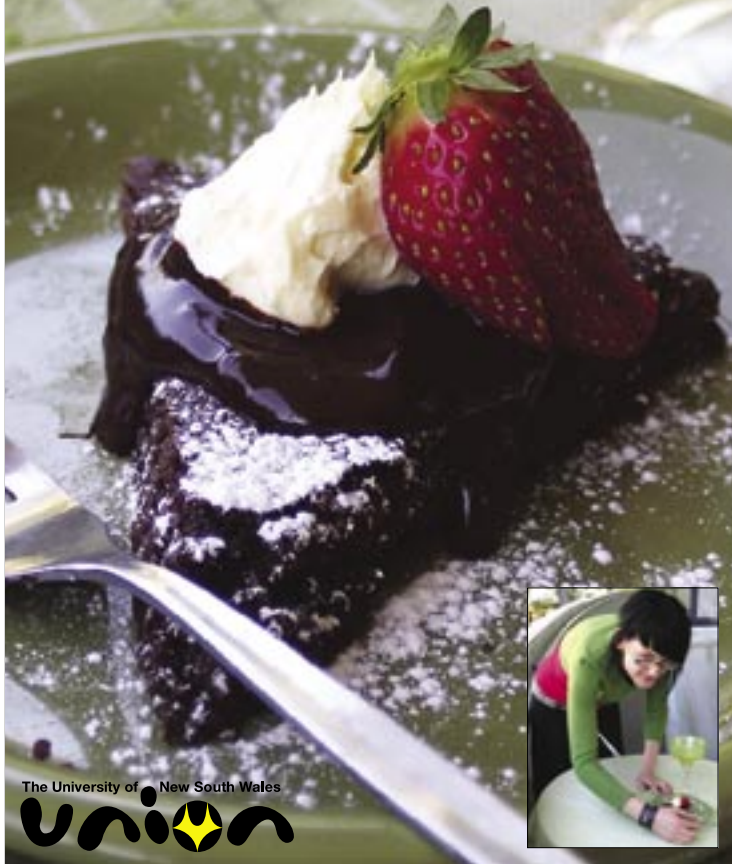
I first noticed this crypt around three years ago with a slight scratching near my throat when I swallowed. There within my crypt sat this massive (relative to my mouth) ball of greenish gunk. I spat that thing out and rinsed my mouth with a couple of bottles of Listerine. It was not to appear again until three weeks ago when I had a similar phlegmish attack. I look into the mirror and once again the pus had returned, back to guard its crypt and, more than anything, to freak me out.

I shared this information with my doctor, who advised me that next time it happens I ought to bottle the substance and bring it to her. I couldn't believe it. How embarrassing would it be for me to bottle my own gunk and then hand it over with a "Hey Doc, nice to see you, here's my tonsil residue"?

I did it anyway and the doctor was nice enough to diagnose my problem: "This is just a 'caseous plug' of old material that popped up out of a deep tonsillar pit or 'crypt'. It means nothing." Nothing? I disagree, and I think so would you.

Really, I apologise big time for the horrendous nature of this column. I promise the next will be about rainbows and teddy bears without tonsils.

The 15 minute Bomb



The University of New South Wales
Union

I have a friend who looks at me aghast every time I microwave something, "Isn't that bad for you?" he asks, "Don't microwaves do things to your food?"

My mother's ultimate book of microwave hints' reassures me that a microwave's non-ionising rays will heat food without any harmful changes to the molecular structure of the food. It's also more efficient, costs less to run, is easy to clean and nutritious to boot.

Probably one of the safest appliances in your kitchen, a microwave oven is able to bake though it doesn't actually brown. Hardly a problem if you're making chocolate cake.

Finding the fastest, easiest, most delicious chocolate cake can be a tiresome task but with Gemma Smart's 15 minute 'Bomb' the search is over. However, you will need a microwave for this one.

Cooking tips and quirky stories abound in the Union's 2005 International Cookbook. It's a glossy publication full of diverse recipes and (bonus) its very own chocolate section (including the Smart 'Bomb' pictured). Students will find cooking ideas for every occasion.

Food lovers who appreciate the ability of food to convey cultural meaning will find contentment at the UNSW Union's 5th International Cookbook Launch on Wednesday 1 June.

The Launch is a great opportunity to sample recipes from the Cookbook and to win some of the tasty prizes on offer, including a cookery course in the kitchens of our Celebrity Chef, Carol Selva Rajah.

Catch the cooking demonstrations and celebrations from 1-2pm in the Beam's Club Bar at the Roundhouse.

Or just come down to pick up your free International Cookbook for the secrets to Gemma's 15 minute Bomb.



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Monday-Wednesday 9.00am-5.30pm, Thursday 9.00am-7.30pm, Friday 9.00am-5.30pm

classifieds

Send your classifieds to blitzeditor@union.unsw.edu.au. There is a 60 word limit. UNSW students should include their student number

Law Revue Expression of Interest Meeting. Law Revue is a singing, dancing, comedy extravaganza put on by students each August. Expression of interest meetings will be held on Tuesday and Thursday of week 12 (24th and 26th May) in Law Tower room 1039 from 1-2pm. We need students for cast, tech crew, band, script writing, costumes, videos, choreography and front of house. All welcome.

For Sale: 1989 Mitsubishi Magna Executive, \$1000. 2.6L, 4 cylinders, automatic, rego to 10/07/05, odometer: 260,872km, power steering, A/C, 2 new front tyres, new starter, alternator, and water pump. Call 97892229 (After 5pm) for more details.

Moving Sale. Round table and six matching chairs, great value for only \$150 ono. HP CP1160 printer, only 6 months old, prints two sided and high quality colour, great for saving paper and printing digital photos, very good condition, comes with software for only \$60 ono. Contact Amanda on 041 323 9760.

LifeSoc, the UNSW Pro-life Society, is holding its inaugural AGM. Are you against abortion? Want to discuss pro-life issues, and help to raise awareness? Come to LifeSoc's AGM, Tuesday Week 13 (31/5/05) at 11am-12:30pm in Quad Meeting Room 1001. We are a peaceful society, open to all pro-lifers. For more information, email Tony at amy0855@cse.unsw.edu.au

UNSW Union Artsweek 2005, Needs You! Get involved in a celebration of all things artsy and become a 2005 Artsweek Volunteer. We have an exciting range of areas you can get involved with: exhibitions, workshops, promotions. Visit the Union web site or contact felicity.strong@union.unsw.edu.au. Applications including a brief CV and covering letter should be forwarded to U Space, Ground Floor, The Blockhouse or sent to artsweek@union.unsw.edu.au. Applications close Friday 10 June (Week 14, S1).

Can you help build the next Google? Visit http://129.94.108.23/health_searching/info.html. People who have used a search engine before are invited to participate in a 30-60 min web-based experiment to answer six interesting, health-related questions using a search engine. Participants can win one of 100 movie tickets. Contact: Annie Lau, at anniel@student.unsw.edu.au, or 9385 9035 or 0431 599 890.

For Sale: Single bed and mattress. Brand new condition, steel framed, just for \$95; Ikea clothes hanger. Brand new condition, just for \$15; Chair \$7. Contact Rae on 0421248257.

Wanted. Male volunteers for a study looking for identifying risk markers for high blood pressure in young males. We need non-smoking males aged 18-25 years. Volunteers will be informed about their blood pressure, body composition and other cardiovascular health variables and whether they may be at risk of developing hypertension in later life. If interested, please contact Kai Huang on z2250349@student.unsw.edu.au, 93858710, 0402269855.

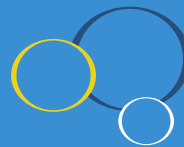
Research participants wanted for a one hour group decision-making experiment in SISTM, UNSW. Each participant will be compensated AU\$10.00 (either movie ticket or gift voucher). Requirements: undergraduates at UNSW with good command of English. Email Patrick Shi, z3042404@student.unsw.edu.au, and provide your telephone no., name and gender. Please indicate "Research Participant" as your email subject.

For Sale: 93 Magna Sedan. 4 cylinder, 2.6L, 6K on reconditioned engine, Auto, central locking, tinted windows, comfy, reliable, urgent sale, \$3,000 o.n.o. Contact Richard on 0416 246 628 or z2272462@student.unsw.edu.au.

Week 11 Crossword Answers.

Across: 1. GIANNIVERSACE, 5. PRETAPORTER, 10. BONO, 11. SEAL, 12. NIKE, 13. MAMBO, 14. COCO, 15. FUBU, 16. DERELICTE. Down: 1. GISELBUNDCHEN, 2. GEORGEMICHAEL, 3. LACOSTE, 4. STUSSY, 6. DAVIDBOWIE, 7. MODELCAFE, 8. HAUTECOUTURE, 9. SASSANDBIDE.

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VOX POPS

...at the Smart Arts Digital Photography Exhibition



Three Beta Plus Four Side Alpha (AKA Alex)

Why are you here?

I could tell you but it would take a very long time

If you could digitally alter one aspect of your face, what would it be?

I'd remove four of the dimensions, six of the colours, 22 of the concepts. But I'd add one more

Where would you go to take the ultimate photo?

Mount Communism. I'd drive half way up and take a camel the rest of the way

What's one thing that you'd like to take a photo of but just can't?

My soul. But that's okay since I can draw it



Emma

Why are you here?

To see my flatmate's work

Where would you go to take the ultimate photo?

I'd go to Morocco 'cause they have really nice colours

What would you like to take a photo of but cannot?

Fairies

If you could digitally 'fix' one aspect of your face, what would it be?

I'd like to stay positive about my face and not put myself down in any way



Philippa

Why are you here?

Because I'm one of the people who made the pictures.

What on your face would you digitally manipulate if you had the chance?

My skin

Where in the world would you go to take the perfect photo?

Brazil

What would you take a photo of that you can't?

My brain



Vienna and Christof

Why are you here?

We're running the mentorship program for the Smart Arts program

What on your faces would you digitally alter?

Christof - Nothing, I like my face

Where in the world would you go to take the perfect photo?

Christof - Probably Kings Cross

Vienna - If you look hard enough any place has something of interest

Is there something you'd like to photograph but can't?

If something's impossible, use Photoshop to do it

Keiran

Why are you here?

To answer questions appropriately

Where would you take the ultimate photo?

There's a lovely little hut in the back of the Kosciuszko and it's always dew and frost ridden no matter what time of the year it is

What would you love to take a photo of but cannot?

A honest politician

What would you change on your face?

Erase the horns



Sanger

Why are you here?

I just came out of a very depressing lecture and need some culture to lift my spirit

What on your face would you digitally manipulate?

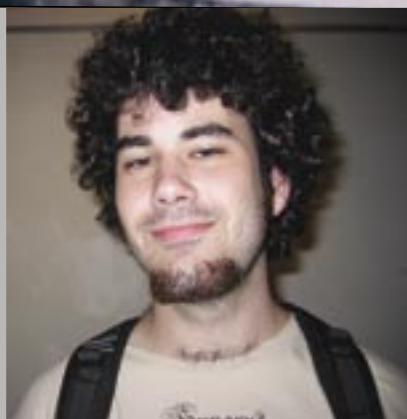
I would delete the receding hairline I have underneath the afro

Where in the world would you go to take the perfect photo?

Probably New Zealand

What would you like to take a photo of but just can't?

Something on a far away planet that I don't know the name of



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