



Inter

CSU Student
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Green Edition



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Interp

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HELLO

Hello Interpians,

These days the word 'green' gets tossed around on the reg. Whether we're talking a 'green life' or 'green politics', these concepts are more than just a colour, they're a lifestyle and they're certainly worth a moment of thought.

As an Interp first, we'll be exploring all things 'green' in our special...you guessed it... GREEN ISSUE. We've got run down on The Greens policies and the NSW state election, a guide to disguising those healthy greens in your food and a little bit about how to handle yourself when that little green envy monster rears his ugly head- this edition has it covered.

For those non-greenies out there, never fear, we've still got our old favourites too, including: Cribs, horoscopes, a guide to nesting in your new home and a run down of all the weird and wonderful gizmos that are emerging. Plus loads more, but you'll have to read on to find out.

Speaking of being environmentally friendly, have you noticed everyone sitting in the dark recently? That'll be due to the campus energy saving challenge, where each res goes head-to-head in an energy saving battle for big cash money prizes and we mean BIG. So switch off those lights, turn off those fans and may the best res win!

Make sure you give our official Interp Facebook page a 'like', as well as check out our super-sleek website www.interpmag.com for more fabulous articles from our wonderful contributors.

Keep reading, stay green and switch off,

Tahlia and Kate xo

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our team

“What can you do to become a better greenie?



Tahlia Sarv,
Editor

*“Read more, learn
more and simply be
more aware”*



Kate Neilson,
Editor

*“Stop using my car
for short trips. Less
talk more walk”*



Sophie Brennan,
Advertising

*“Stop driving
EVERWHERE”*



Francesca Wallace,
Art & Design

*“Think about how
my decisions today
will impact the
environment in 50
years”*



Shannen Warzecha
Public Relations

*Buy local! Support
green-friendly
busine*



Jacob Gillard,
Writer

*“Sabotage a coal seam gas
well”*



Liv Matis
Writer
*“Go vego one day of the
week!”*



Claire West
Writer

"Shop second hand more often"



Louisa Irvin
Writer

"Turn off appliances/devices when not in use - saves so much power!"



Jordan McSwiney
Writer
"Smash the state!"



Penny Gleeson
Writer
"Be aware of your own individual impact on the environment"



Floyd Cush,
Writer

"Stop buying bottled water and refill on campus instead."



Keira Jenkins,
Writer

"I'd love to start my own veggie/ herb garden"



Erika Vass,
Writer

"Jäger, nuff said"

Caitlin Taylor
Writer

"Remember my 'go-green' bags when I do my groceries"



Georgia Thompson
Writer
"Be a wiser food shopper to reduce food waste"



Environmentalism

is not

a dirty

word

**Why we can't afford
not to care about the
environment**

by Jordan McSwiney

Human life is unsustainable in its current form, and something has to be done.

It may come as a shock for some to read that, because it doesn't come up all that often in mainstream political debate. As virtue of our three-year election cycle, it's rare to hear any career politician talking about anything outside of a four or five-year plan.

The mentality appears to be "well, that'll happen fifty years from now, so it's not my problem".

Unfortunately, they're right. It's our problem.

Despite being considered one of the countries most at risk from climate change, considering yourself an environmentalist tends to be pretty unpopular, and heaven help if people find out you're a Greens voter (unless you're living in the inner city of Sydney or Melbourne).

Regardless of the social stigma, it's important we talk about environmentalism. So here's why "Green" politics matters to everyone, not just hippies and hipsters.

Take a photo, it'll last longer – say goodbye to our Great Barrier Reef

The reef is one of the most diverse and exciting ecological sites on the planet. The marine park itself is bigger than the states of Tasmania and Victoria put together, and is the only living thing on earth visible from space.

But it's in serious danger. Rising water temperatures, a decline in water quality, and the expansion of shipping operations means the marine park is likely to end up on UNESCO's list of endangered sites as the coral and ecosystem it supports falters

If things continue as they are now, the Great Barrier Reef might not be around for much longer.

Are you fracking with me? - Coal Seam Gas

This has been a bit of a hot topic for a while now. Fracking, the process of extracting Coal Seam Gas, an unconventional natural gas, has become synonymous with environmental degradation in recent years. This is because the process is not only extremely resource intensive (it requires 7.5-30 million litres of water to frack a well), but ecologically extremely dangerous.

One of the major concerns is the potential for wells to contaminate crucial underground aquifers – which could have a potentially devastating effect for the surrounding environment. Not only that, but fracking can release a number of volatile organic compounds, including cancer causing benzene.

Got wind? – Renewable energy

Sustainable, pollutant free energy is a cornerstone of environmental policy. Greenhouse gas emissions from the burning of fossil fuels are the biggest contributor to climate change in NSW.

A managed change to renewable energy like wind, solar and wave is essential to preventing catastrophic damage to the atmosphere, as well as providing a boon to jobs and the economy.

“ Regardless of the social stigma, it's important we talk about environmentalism. ”

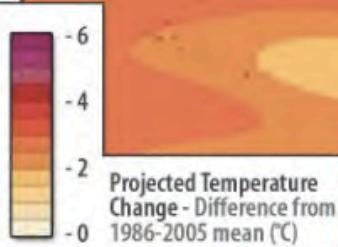
North America: Flooding will be a major threat in this area with rain and storms moving north of New York. Southern areas are expected to experience a shortage of water.



Europe: The IPCC expects 'multiple stresses and systemic failures due to climate change' in the Mediterranean. This will increase energy costs and damage tourism from 2050.



Asia: The majority of the people directly affected by sea level rise will be in southern and eastern Asia. However, water is also expected to affect most of Asia.



Central and South America: Scientists expect Northern Brazil may lose 22 per cent of its annual rainfall by 2100, while the area around Chile could get a 25 per cent increase.



Australasia: There remains uncertainty about impact in Australasia, but extreme weather is predicted. The Great Barrier Reef will continue to degrade, with warmer water bleaching more coral.



Africa: Food security will be a major issue for Africa. Crops and livestock will be affected by both flooding and drought. There will also be more soil erosion from storms.

A big issue for a big audience – Global warming

Perhaps the greatest existential threat to face humanity in a post Cold War context, global warming means a whole lot more than hotter summers and colder winters.

Displacement. Think we have a "boat people" problem now? Wait until the Maldives is underwater. Over the next century, scientists predict sea levels could rise by up to three feet as a result of global warming. To put that into perspective, that's the entire East Coast of the United States now underwater. This would mean the forced migration of about 100 million people internationally – something no nation is prepared to deal with.

Shortage. Rising temperatures are leading to increased periods of drought and reduced water availability. We've seen this in Australia, with the ongoing drought in Queensland and New South Wales, devastating the livelihoods of countless Aussie farmers. But being the rich and fortunate nation we are, this hasn't resulted in dramatic problems of food supply. Other nations, like those in the developing world, won't be so lucky.

War. Ultimately, hotter temperatures will lead to hotter temps. Food shortages and displacement will exacerbate existing problems and tensions will rise. Top scientists are now warning that climate change will worsen existing security problems internationally, especially in Africa and the Middle East.

What can you do?

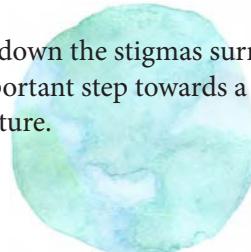
It's unlikely the mainstream media is going to seriously get behind environmentalism any time soon, so it's up to us to start making a difference now.

This can be little things that you can do in your day-to-day life. Don't waste food, recycle, close the fridge door, take shorter showers and turn off the lights.

Thinking more long term, you could start a vegetable patch or get involved with your community garden projects to grow your own food. You can drive less, and try developing sustainable consumption habits.

Better yet, you could get signed up with an organisation in your community trying to encourage a greener future. In Bathurst, there's the Wholefoods Co-Op, community-planting groups, 'The Junktion' recycling centre and the Central West Young Greens.

Whatever you do, breaking down the stigmas surrounding environmentalism is an important step towards a more equitable and sustainable future.



WHO THE HELL IS LUKE FOLEY

By Caitlin Taylor

**Everything you
need to know
come March 28th**

The 28th of March is the New South Wales state election and you, as the citizen of a country with a compulsory voting system, will have to vote. Mike Baird, leader of the Liberal party is leading the polls but as demonstrated in Queensland's recent election, there's no such thing as comfort in polling and a pall of uncertainty surrounds the outcome for NSW. To clear up some of this uncertainty, here's your rundown of this month's election.

Who's in the ring?

Luke Foley is the leader of the New South Wales Labor party and Cassandra Coleman is the candidate for the Bathurst region. As The Guardian so eloquently put it "...the electorate is still trying to pick Luke Foley out of a line up." Mr Foley is fresh to the role, only leading the ALP since January of this year. This has raised some concern over whether he can raise a large enough profile in the short space of time that remains in the lead up to the election. At the moment he's trailing behind in the polls.



Then we've got old mate, Mike Baird, the leader of the Liberal party as well as current Premier. Also, the closest linked candidate for Bathurst, NSW National's incumbent MP Paul Toole. Sitting for the state electorate that overlaps with Tony Abbott's federal electorate, Baird is seriously favoured by voters. But unlike Mr Abbott, Mike Baird is a little softer on certain policies such as Australia's treatment of asylum seekers; having once said Australia "should open our arms to those around the world who are much less fortunate than us." But the nice guy has no guarantee of taking out this month's election and that pretty much comes down to his policies.

To some degree of surprise, there is no single 'leader' for the Greens in NSW... the key party figure at a state level is Dr John Kaye, member for the NSW upper house, and the local member for Bathurst is Tracey Carpenter. Other notable figures include Jeremy Buckingham (member for the upper house) and Jamie Parker (MP for the Sydney seat of Balmain).

The big issues:

'That' bottle of wine...

You've probably heard a bit about the Independent Commission Against Corruption of late, it's been hard to miss even if you don't religiously follow the news.

ICAC has been responsible for the crumbling of the major parties, following investigations into political donations and inappropriate influence and is expected to have a crushing impact on several state seats. So far, investigations prompted by the commission have prompted the resignation of former premier Barry O'Farrell, caused 10 Liberal members to resign and unveiled the systemic corruption in place under former Labor ministers Eddie Obeid and Ian Macdonald. It's sure to create some waves at the upcoming election.



How to vote

Firstly, don't forget because there are some serious fines for that... \$55, that's 5.5 goon sacks. For most students at CSU, chances are you could count on one hand the number of times you've had to vote before. Most of you will be registered to vote at home, not in Bathurst, so make sure you're at the correct polling centre. You'll have to either a) go home the weekend of March 28 to vote or, b) if you're organised enough you can arrange to vote in pre-polling, lodge a postal vote or vote with the new iVote system online. For more info, head to the NSW electoral commission's website. Happy Voting!

Poles and wires

An issue that could put you to sleep, electricity privatisation is at the forefront of policy debate in the lead up to the election. Mike Baird says he will not let up on his policy, "there is no Plan B," according to the premier.

Basically, the Liberals plan to sell off 49% of the states electricity assets – the poles and wires - to the private sector for 99 years, to raise proceeds to fund infrastructure plans. Labor opposes the sale, saying it will result in higher electricity prices, local job loss and the loss of current annual government profits of \$1.7 billion.

The 'green' issue

A big area of concern for NSW at the moment relates to coal seam gas mining. The coalition has promised to review CSG licences if elected but they're hesitant to say anything else. Labor has a dirty history here too, having issued the original exploration licences, but Luke Foley has recently announced he would introduce a moratorium on the issue across the state. Meanwhile, the Greens want an immediate and permanent ban on the industry.



GREENIFY AND GROUND YOUR LIFE

By Liv Matis

(Because it's not easy being green)

“ I will do something today that my future self will thank me for ”

This thought is important to living a happy and fulfilled life and, I think, a motto for this issue. Informing ourselves of who our parliamentary representatives are and what they stand for will allow us to be more informed voters and better the future of our country. Our future selves will thank us for eating nutritious, balanced and wholesome food and for keeping our bodies safe and free from disease. And our future selves, our children and our children’s children will thank us for every effort, big or small, to improve the health of our environment.

Whilst all these efforts are important things to consider, they are primarily on the surface. We must also consider forces that reside deeper within ourselves, the spiritual side of being green. After all, without trying to sound selfish, in order to better the world in which we live for others, we must start by firstly improving ourselves.

Considering the mental heath of our future selves and reducing stress, worry and anxiety are a few places we can start, through the practices of earthing, mindfulness and meditation. So, it is with great pleasure that I hereby declare the commencement of:

The Poor Uni Students’ Guide to Mastering the Intimidating Practices of Earthing and Meditation

Unfortunately, the overuse of a plethora of ‘Keep Calm’ posters will not help out a stressed or anxious person. Connecting with the earth, being mindful and meditating can help you find you calm and reach your place of Zen. So, what will you do today that your future self will be grateful for?

EARTHING:

noun

The belief that making direct contact with the earth supplies the body with strong, 'natural' energy that can make us feel better, look better and even sleep better. Because our current lifestyles require us to be inside so often, (and wear shoes when outside) proponents of 'earthing' believe we have lost our touch with nature, therefore causing us to feel both tired and drained.

HOW CAN I DO IT?

Simply take off your shoes whilst eating lunch on the library lawn between classes before the sun closes shop for the winter, head to Sofala, Flat Rock, The Lake or the Bathurst pool to give your feet something to be happy for!

MEDITATE:

verb

To focus one's mind for a period of time, in silence or with the aid of chanting, for religious or spiritual purposes or as a method of relaxation.

HOW CAN I DO IT?

With the abundance of technological distractions in our modern lives as well as constant social pressure to always be around others, party and drink it is important to dedicate some of your day to literally doing nothing. This doesn't include napping because you got home at 4am, I'm talking about dedicating the recommended 20 minutes a day to sitting on your bed with your eyes closed, getting up to Mount Panorama to sit quietly looking at the beautiful view or finding your own special sanctuary to simply shut off your brain and escape from your everyday stresses.

Don't stress too much if you can't completely shut off your brain, this is such an incredibly difficult thing to do. At least try to visualise something positive, think of an incredible memory you have or visualise your future, hopes and dreams. Try some relaxing music (preferably without lyrics) to assist you. My suggestion: 'Ocean'- John Butler Trio.

APPS GET YOU STARTED

1. The Mindfulness App- helps you to reduce stress and increase wellbeing
2. Calm- promises to help you sleep, meditate, relax, and is freeee!
3. Simply Being- a calming voice talks you through your mediation to help get those thoughts out of your head!
4. Get Some Headspace- uses guided meditation programs to help you focus, relieve stress and fall asleep faster

EATING GREEN: RECIPE FOR KALE CHIPS

(Not just for the health obsessed/paleo/vegan/gym junkie)

Ingredients: Kale, Olive Oil, Salt Paprika, Chilli (optional)

Method:

1. Preheat the oven to about 200 degrees celsius
 2. Using your hands, break up small bite size pieces of kale. Separate and discard from the thick stem (this is too chewy and moist on the inside for chips) the thinner leaves will make the best chips.
 3. Place on a baking tray over baking paper
 4. Sprinkle over the paprika, salt and pepper and drizzle with olive oil
 5. With your hands, rub the olive oil over the kale ensuring to cover each leaf entirely
 6. Place in the oven. These should take about 20 minutes to cook but ensure to check regularly to avoid burning.
- Serve on their own as a perfect afternoon snack or sprinkled on top of a salad for some added, crunchy texture.



CSU Green

The who's, the what's and the why's of CSU Green

By Alesha Elbourne

Who?

CSU Green has been formed as part of Charles Sturt University's commitment to sustainability. The university is continually working on the Sustainability Enabling Plan 2011-2015, a commitment to reaching a number of targets. The university has also affirmed its commitment to sustainability through signing the Talloires Declaration, an international agreement signed by over 350 other universities around the world.

As for the CSU Green office, it serves as a hub of communication and coordination for the university's sustainability efforts. It assists in monitoring what has been achieved and in promoting and initiating activities. It focuses in particular on the energy and water use reduction targets, and the moves towards carbon neutrality, of the Institutional Development Plan.

What? – Hey Tosser!

The Hey Tosser! Bathurst litter prevention project aims to reduce litter in the Bathurst CBD and at CSU, strengthening community awareness of the litter prevention message.

CSU is a great university we can all be proud of and through the Hey Tosser! Project, funded by the Environmental Protection Authority (EPA), CSU is taking steps to get new infrastructure items such as bin enclosures, bin hoods, notice boards, signage and cleaning of the library lawn space we all enjoy.

You will see the Hey Tosser! message around Bathurst and on campus on buses, cinema, print media, posters, signage, disposable coffee cups, social media and of course the Interp.

Don't be a Tosser! Throw your cans, bottles, wrappers and cigarette butts in the bins and keep CSU a clean and enjoyable place to be!

Did you know?

You might think apple cores are biodegradable, so throwing them out the car window is okay? You're wrong. The poor old apple core is a litter outlaw too. Even biodegradable items can contribute to water pollution by causing toxic algal outbreaks and sucking the oxygen out of rivers as they decay. If possible, you should try and compost these items. If not, they need to go in the bin.



Why?

Besides perhaps Oscar the Grouch, no one wants to live surrounded by garbage. Especially not at uni, where the clutter of assignments and lectures in our minds is messy enough!

Littering is leaving or tossing basically any item that detrimentally affects the proper use of that place. CSU Green through the Hey Tosser! project has identified all sorts of 'grouch-like' behaviour on campus with litter items such as bottles, plastic containers, food packets and wrappers, plastic cutlery, coffee cups and cigarette butts discarded carelessly. Unfortunately these litter items cause long term environmental issues for our bushland, waterways and wildlife, as well as looking pretty unsightly.

The EPA's research about littering behaviour shows that people know that littering is wrong. They know it is socially unacceptable. That is why, if people litter, they tend to do it when no one is looking. The Hey Tosser! campaign tells litterers they are being watched and that no one likes what they do.

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1. Which of the following items are littered on campus?

- a) Cigarette butts
- b) Wrappers
- c) Water bottles
- d) Plastic knives and forks
- e) All of the above

2. You can report littering from vehicles?

- a) TRUE
- b) FALSE

3. The HEY TOSSER! Bathurst message can be seen through which of the following media?

- a) Metro Cinemas
- b) Bathurst City Life
- c) Interp
- d) Bathurst Buslines
- e) All of the above

4. (EPA) stands for?

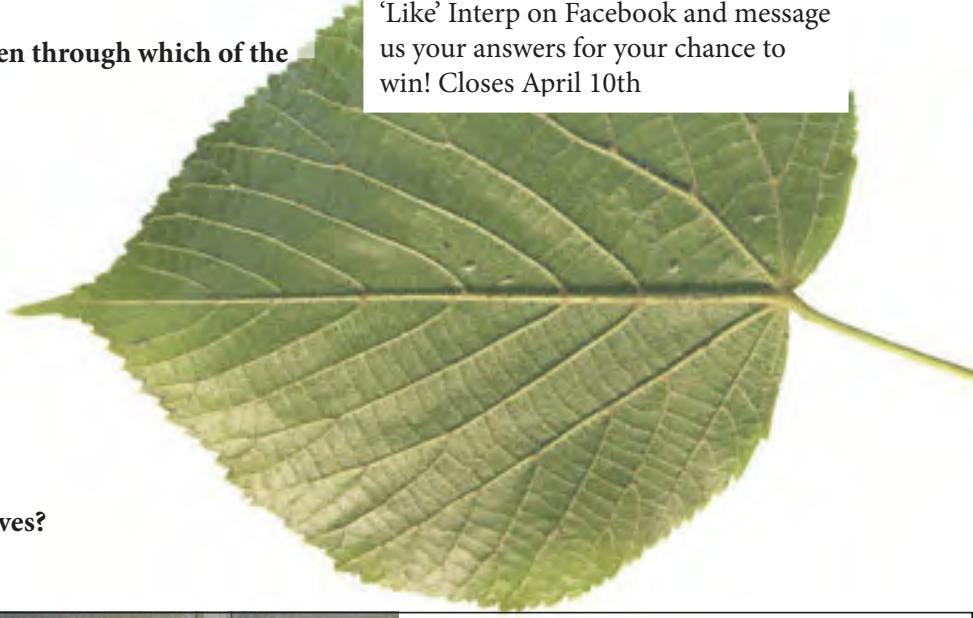
- a) Eco Protection Authority
- b) Enviro Protectors Authority
- c) Environmental Parades Australia
- d) Environment Protection Authority

5. CSU Green oversees CSU sustainability initiatives?

- a) TRUE
- b) FALSE

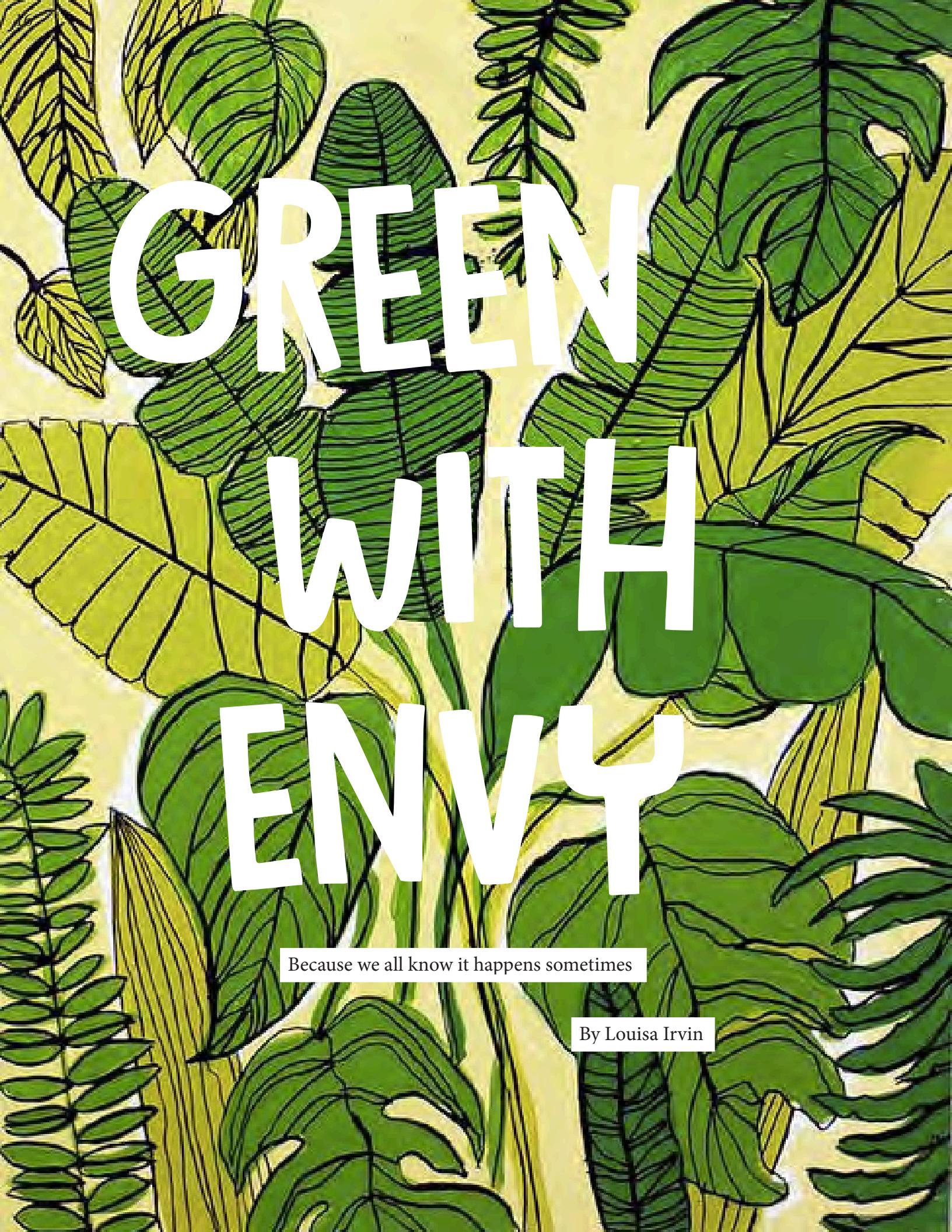
Competition!

Answer the following litter questions correctly and go into the draw to **win a double pass to Metro Cinema** and a HEY TOSSER! stationery prize pack. 'Like' Interp on Facebook and message us your answers for your chance to win! Closes April 10th



HEY TOSSER!
Bathurst is yours to enjoy

Every time you litter,
it gets noticed.
**Don't be a Tosser,
put it in the bin.**



GREEN WITH ENVY

Because we all know it happens sometimes

By Louisa Irvin



"Ahh look at that girl's legs", "I wish I had that internship!" or even "I want to be them." Jealousy is something that we encounter in our everyday lives, to varying degrees.

This raw emotion can take many forms, from relationship jealousy to academic jealousy or even to whole lifestyle envy.

Right from the word 'go', we are ingrained to feel jealousy. The classic sibling rivalry is the perfect example of the relationship envy that we go on to develop for our whole adult lives. When your partner, potential partner or even a friend gives more attention to someone else other than you, it is easy to form feelings of jealousy and mistrust, which leaves you feeling upset.

Instead of boosting our academic profile, university students' lives tend to revolve around the social aspects; screw you DK Pool Club. This can result in many of us regretting that night before, either because we went out when we should have been submitting an assignment, or because we didn't go out and are now seeing photos on Facebook and hearing the rad tales that took place while holed up in our room like a hermit. FOMO is something that can be classed as a form of jealousy, and can make it tricky to strike that perfect work/play balance.

As we head into our professional lives and with many jobs harder and harder to come by, being jealous of the opportunities given to other people is something that we might have to face. Although you love your friends to bits, when one of them scores that awesome internship that you really, really wanted and applied for too, you can't help but hope that she gets struck down with a mystery illness that leaves her bed-ridden for just long enough that you get offered it as a replacement. SCORE!

Like the saying goes, jealousy is a curse.

“The jealous are troublesome to others, but a torment to themselves.”

- William Penn

Affecting everybody at some stage in their life, jealousy is totally normal emotion. However, it can be difficult to deal with and overcome. Here are some tips when dealing with the green-eyed monster:

- Recognise your jealousy
- Accept that it is natural to feel this emotion, even towards someone close to you
- Don't be afraid to seek support. Talk to people! Whether it be your friends or family
- Know that it becomes a problem when it starts to creep into every aspect of your life and seek help from a counsellor
- Remind yourself of your positive traits
- AND learn from your jealousy. Think about what you can do to achieve/work towards the thing you're jealous of.



HOW TO DISGUISE YOUR GREENS



By Georgia Thompson

Disguising your greens sounds like something a Mother would do to try to get her kids to eat their broccoli and beans before they're allowed to have dessert.

Not necessarily something a very sophisticated and mature university student should be worrying about, right?

However, after sussing out what was cooked for dinner last night in my dorm, among the chicken nuggets, chicken tendons, pasta carbonara, chicken pesto pasta and chicken schnittys (Steggles would struggle without my dorm...) there doesn't seem to be a lot of greenery in the mix.

According to The Reader's Digest, some benefits of eating greens include:

- Preventing certain ageing processes
- Lowering cholesterol levels
- Healthy heart functioning
- Good source of Vitamin B for energy
- Strong bones and eye sight
- Helps prevent certain types of cancers

So, with that in mind it's time to pump up those greens! Get creative with these sneaky green recipes.



SPINACH EGGS

Ingredients:

2 large handfuls of baby spinach leaves

2 eggs

Sides of choice: toast, bacon, crumbled feta etc

A fry pan with a lid

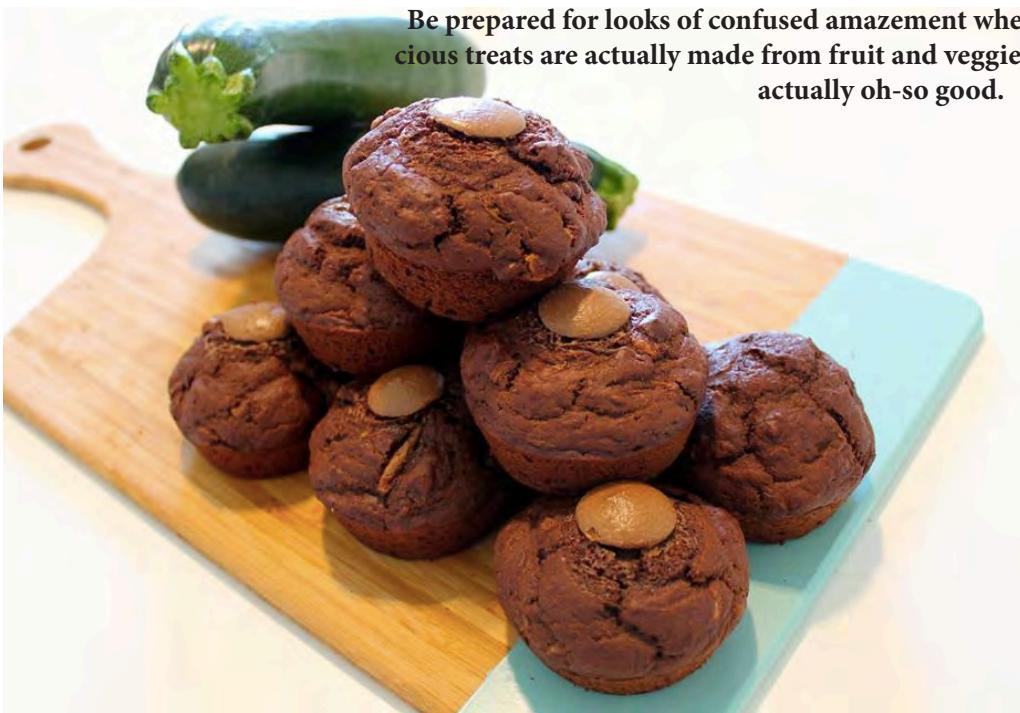
Method:



Partly wilt the spinach in the fry pan with a bit of spray oil. Make a ring out of the spinach in the pan, large enough to fit 2 eggs.

Crack the eggs in the middle, cover with the lid (this poaches the egg with the use of its own steam) and cook for 4 minutes for hard whites, and gooey yolk.

SECRETLY HEALTHY CHOCOLATE CUPCAKES



Be prepared for looks of confused amazement when you tell people these delicious treats are actually made from fruit and veggies. They taste naughty but are actually oh-so good.

Ingredients:

1 ¼ cup self raising flour

½ cup sugar

¼ cup + 2 tbs cocoa powder

Sprinkle of salt

1 grated zucchini

½ cup apple sauce

1/3 cup oil

¼ cup plain or Greek yoghurt

2 tsp vanilla essence

½ cup choc chips (optional)

Method:

In a large bowl, combine flour, sugar, cocoa and salt.

In a separate bowl, combine wet ingredients. Then pour into dry ingredients and mix very well until combined (might take a couple of minutes) and stir through choc chips.

Spoon into a greased 12 hole muffin tray (or use cupcake cases) and bake at 180°C for 20 minutes or until a toothpick inserted into the middle comes out clean.



ZUCCHINI PIZZA BASE

Ingredients:

3 medium zucchinis, grated (about 3 cups worth)
 1 cup grated cheese
 ¼ cup almond meal
 1 egg (add another if mixture too dry)
 Salt, pepper, mixed herbs to taste



Method:

Pre-heat oven to 180°C and line a baking tray with baking paper.

Once zucchinis are grated, use your hands or paper towel to squeeze as much liquid as possible out of the zucchinis (this is the boring bit, but unfortunately essential).

Mix all ingredients together in a bowl until really well combined (you may need to get your hands in there to make sure it's mixed super well)

Use your hands to form a pizza-shape with the zucchini dough on the baking paper, so it's about 1 cm thick and round-ish

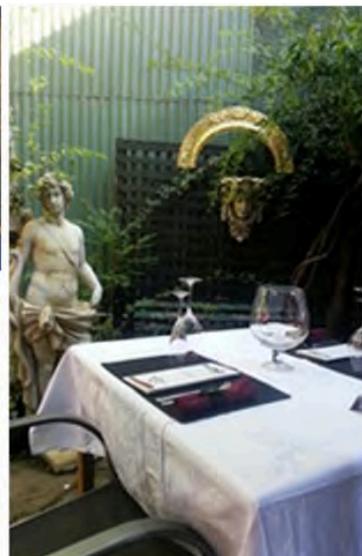
Bake for around 30 minutes until edges are browning. Remove from oven and top with ingredients of choice, before returning to the oven for another 10-15 minutes until cooked to your satisfaction.



Like this? For more recipes, head over to Georgia's alter ego **Skinny Nosh** on Facebook



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INTERP'S HIERARCHY OF NEEDS.

The importance of nesting yourself in your new home away from home.

By Kate Neilson

Mr. Abraham Maslow has taught us a thing or two about how to 'treat ourselves' to the things we need in life. Through Maslow's hierarchy of needs, we can cover the five basic levels necessary to ensure we are happy, healthy and complete humans. We've moved from the comforts of home cooked meals and the loyal family pet, into the humble student abode and now it's up to you to make your five by five metre box into a place you'd be happy to call home.

PHYSIOLOGICAL

These are the basic needs that all humans require in order to survive and the lowest level of Maslow's triangle. Look at your uni room for example, you've got a bed, cupboard, desk, window. Honestly, what more could you want?

However, if you were to leave your room like this, you'd only be fulfilling the lowest level of needs and you'd probably end up feeling pretty miserable in your clinical space. Bejazzle your room if that's what it takes, don't leave those walls white, you'll start to feel like you're in a psych ward.

ESTEEM

Once you have completed the first three stages, you should be feeling pretty good about yourself and your space. Your self-esteem is lifted when you enjoy the space that you inhabit and let's remember, when you're in your 20's your bedroom is more than just a place to sleep. It's a place to do your whole life.

Think of it like The Sims. When you were being a dickhead kid lining the floor with zebra carpet, bright pink walls and filling the space with tables and chairs, (right before you planned to burn that place to the ground)* your Sims would start to get anxious and piss themselves, because they were extremely displeased with the aesthetics of their home.

Keep them in mind when you're planning the design of your place and thank your lucky stars that you haven't got a fucked-up twelve year old making the important choices in your life.

SAFETY

We can usually assume that you're pretty safe when you're living on campus. Especially now that we are plagued with a shrill alarm whenever we leave the door open for longer than thirty seconds. Feeling safe is also about creating a space that is reflective of your personality. It may be a little narcissistic, but surrounding yourself with you is very beneficial when trying to settle yourself in a new environment. You go you girlfriend!

LOVE AND BELONGING

While Maslow is probably talking about human connection and relationships (aint nobody got time for that- amiright!) at Interp we're taking a different spin on things. When you are nesting yourself into your new home, fill the space with memories from the people, places and things you love.

Also, make your bed into a nice space. Intimacy is important, create good bed karma in order to receive ultimate sexual enlightenment. I don't really know if that's true, but I like to tell myself that a fabulous throw pillow will lead to a fabulous night between the sheets.

SELF ACTUALIZATION

Well, this is the ultimate goal right? Fill your space with pretty things and you will reach self-actualization, you can count on it.

*Don't look at me like that, we all did it at some point.

DO IT YOURSELF: REED DIFFUSER

By Tahlia Savy

For a comforting and lasting smell without the Glasshouse price tag

You will need:

Essential oil diffusers are used to spread the aroma of essential oils throughout a room (or house), deodorise and purify the air and can also lift the mood. They are a vital and necessary addition to ANY new room, helping make your nest special to you.

-  Glass jar
-  Reed or skewer sticks
-  Essential oil (buy online for a cheaper price)
-  Water
-  Vodka



**25% 1 PAIR
OFF FOR STUDENTS***

When purchasing from the \$149 range or above.

Bathurst City Centre:
(Opposite The Reject Shop),
6332 6414.



1. Pour $\frac{1}{4}$ cup of hot water into your nice-looking jar and add $\frac{1}{4}$ cup of vodka to help draw the scent up the reeds
2. Using your selected and oh-so-delightfully smelling essential oil, add 20-25 drops into the jar
3. Swirl to mix
4. Place in 6-8 reed or skewer sticks
5. Soak the ends for a couple of hours and flip the sticks around. Keep flipping the sticks each week for a stronger scent.

Choosing your essential oil

To purify: Lemon, lemongrass or thyme

To inspire a positive mental state:

Lavender, orange, peppermint or jasmine

To reduce tension: Eucalyptus, peppermint or lavender

To energise: Peppermint



^{*}Free trial limited to one per person. Subject to suitability. If you don't have a current prescription, an eye examination will be required at your expense before we can conduct the contact lens consultation. See in store for full details.

*Price completed with PENTAX standard single vision lenses with scratch resistant coating. Multifocals and bifocals also available at an extra cost. Price for other lens types may differ. Current student card must be presented at time of purchase. Offer available Monday to Friday 9am to 5pm. Not to be used in conjunction with any other offer including 2 pairs for 1 low price. Price correct at time of print. Frames available while stocks last.

INTERP CRIBS

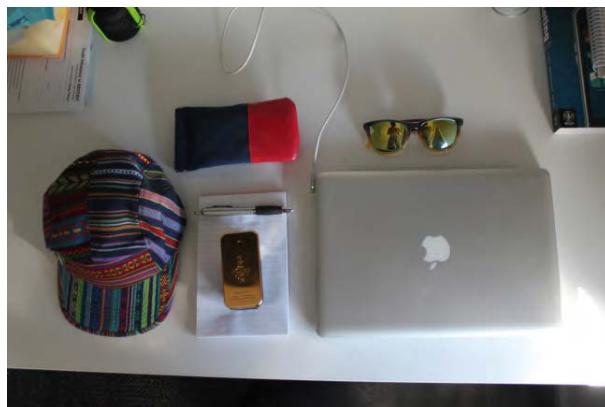
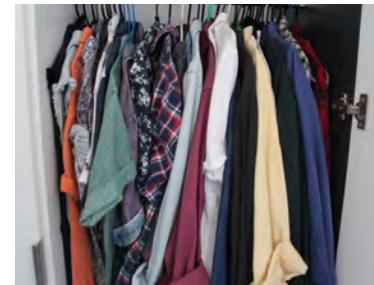
Take a peek inside some of CSU's coolest rooms

FRESHER SPECIAL



**Adam Carmody, 19,
First year Advertising
and Marketing**

Macquarie Village





**Aaron Stace, 18
First year paramedic.**

Towers

**Teneshia South
First year Exercise
Science**

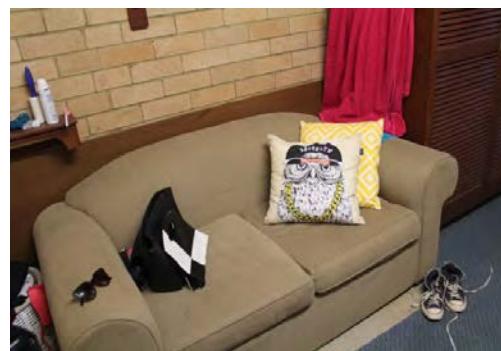
Diggings Cottages



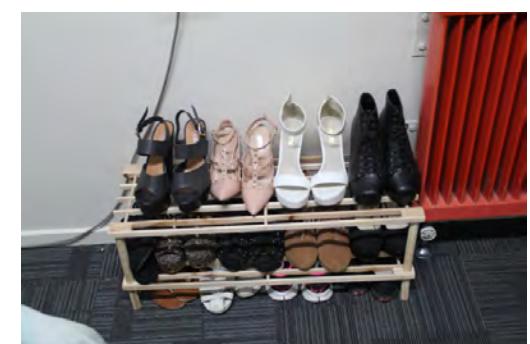
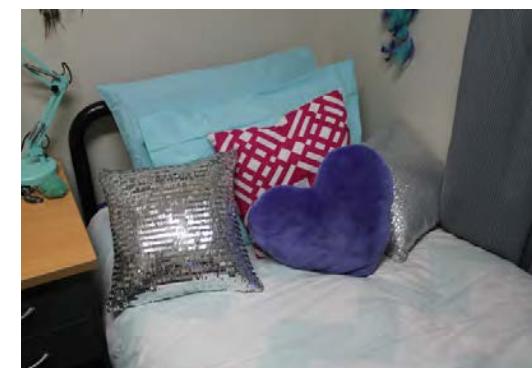


**Kiara Campbell, 18,
First year Bachelor of
psychology**

MTG



**Dure Nayab, 19,
First year Diploma of General
Studies
JOV**



WOULD YOU LIKE SOME PAINT STRIPPER WITH YOUR ORGANIC SOY MACCHIATO ?

By Floyd Cush

Hey you. Yeah you, the health and fitness junkie over there. Put down your sugar-free vegan, flaxseed muesli cookie, because I've got a bone to pick with you.

So I hear you're on a super strict paleo organic-only raw detox shred, good for you! You're diligently scanning the nutritional information on every product you buy, calculating the sugar content and weighing up your calories for the day but then Saturday night comes along and you're still more than happy to pop a pill without thinking twice. You don't know what 'ingredients' that pill contains. Earlier you were worried about a little dairy in your diet (it just doesn't sit well with you), but how do you feel about a little glass cutting up your insides?

Does this not seem just a little hypocritical?

Maybe you're super diligent about other aspects of your health, like heading to the gym, or staying away from junk food. I won't even get you started on diet soft drink, that shit is cancer in a bottle. The crux of the matter is, people seem to care tremendously these days about what they're putting into their bodies, except when it comes to drugs.

What the hell? Talk about double standards...

According to the United Nations World Drug Report (2014) Australians are the highest users of recreational drugs in the world. Australia takes out first place in ecstasy use, third for methamphetamines, and fourth for cocaine. You're in love with the co co? Well your paleo lifestyle strictly says no no.

So why are we leading increasingly healthy lifestyles, except for our dirty little recreational drug use habits? Maybe it's because there is less of a stigma associated with taking 'pingers'. In fact, you would think they are almost a necessity at some events, especially music festivals, where apparently being off your chops equals a good time.

But how many times do you want to play Russian Roulette with drugs?

Georgina Bartter is one example of the tragic consequences of experimenting with drugs. She died at the Harbourlife music festival in Sydney after taking a combination of drugs. A 19 year-old was also killed after a suspected drug overdose at A State of Trance festival in February.

If you are going to take ecstasy be smart about it and know exactly what you're taking. Ecstasy is both a stimulant and a hallucinogen. It usually contains the drug MDMA, although many pills sold as ecstasy only contain a minimal amount of MDMA or none at all. Other drugs and 'fillers' like household cleaning products are often used instead. This means reactions can be unpredictable and there's no way of knowing how bad the side effects will be.

So next time you're tucking into an organic acai berry bowl after a hectic night out in an attempt to 'cleanse your body', maybe consider giving the pinglers a miss for your next night out. Your body will love you for it.

THE SELFIE FLASH

We've all tried to take a selfie with a bunch of friends, looked at the photo the next morning and realized it's too dark; you can't see anyone's face. Now, Lenovo has created a lovely gadget to help combat the bad-lighting-selfie-blues, a flash for your phone! Now you can take as many selfies as you like in dark spaces, it's the answer to your prayers!

The nifty little light plugs into the headphone jack of any phone and brightens up your selfies at the touch of a button. For all you keen selfie-takers out there, the Selfie Flash will be coming to Australia later this year and will cost around \$45. NB: Pair with selfie stick for maximum selfie satisfaction.



GADGETS AND GIZMOS THAT WILL MAKE YOU DROOL

By Keira Jenkins

From selfie-taking to pancake-making, technology in 2015 has a way of revolutionising everything. You'll be giddy with joy at the thought of how easy these gadgets will make your life.

PANCAKEBOT

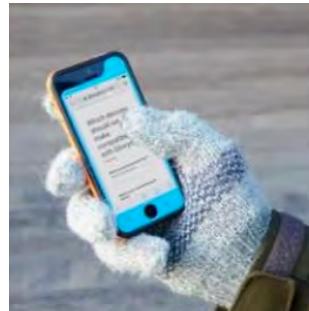
Ever wanted to print out a pancake? Well, even if you've never thought about it, now you can! Frankly, I think this is freakin' awesome. PancakeBot allows anyone- well, anyone who can afford the \$179 to buy it- to make any 2D shape they can imagine. Simply design a shape on your laptop then PancakeBot prints it out in delicious pancakey form.

We may not yet have hoverboards and shoes that can tie themselves as was predicted in Back To The Future but being able to print pancakes- c'mon that's awesome! Pancakes shaped like the Eiffel Tower anyone?



GLOVYS

Anyone who has survived a Bathurst winter knows how important gloves can be. Most people who wear gloves, however, know how hard it is to use your phone while wearing them. Forget having to wear fingerless gloves or taking your gloves off to send a text, Glovys helps your phone register what your fingers are doing- even with your woolly mittens on.



Glovys are simply two sheets of removable film, attached to your phone by sticky pads on each corner. When you press down on the top layer, the films' transparent circuits touch each other and create an electrical discharge. This activates the screen.

The best part, though- no extra battery power used and no need for any configuration! You can find Glovys on Kickstarter for a pledge of \$US19.



WONDERCUBE

Keeping your phone charged all day can be a huge hassle. So a tiny (1 inch) cube that acts as a phone charger, extra storage space and a torch will make this task just that tiny bit less stressful.

The WonderCube is a keyring and can be powered either by a battery or plugged into a wall. It can act as a bridge from a computer to your phone for fast and easy transferring of files. And as if that wasn't enough, it has a tiny suction cap on the back so it can be used as a phone stand too!

It is currently being crowdfunded on Indiegogo at a minimum of \$45 a pledge if you want your own Wondercube.

let's talk about

SEX

If '50 Shades of Grey' didn't get you out of your weird sex-caves then allow me to liberate you...



By Penny Gleeson

Gone are the days of you waking up in a foreign bed on a Thursday morning and groaning about last night's mistakes, because from now on, there are no mistakes- just sexual conquests, dick adventures- if you will; so get up, high five yourself, and strut that walk of shame.

For too long now I've settled myself in to hear all about my friend's night of fun getting raunchy with someone, to be met with "Oh I don't know, I feel impure".

Now unless you adhere to some strict religious moral code, I can't think of any reason why you should regret having consensual, safe sex with someone who's single, and wanted to have sex with you.

When I was 15, my English teacher looked me in the eyes and said "If I have one piece of advice for you Penny, it's play the field". Now, just because I'm yet to put her advice into action (I've been in a relationship for 3 years), or even figure out how it's at all relevant to English, doesn't mean I can't encourage my friends, and in turn, all of you, to live a liberated, guilt free existence.

Humans are one of the few animals on earth who have been programmed to have sex for pleasure, not just for the sake of survival of our species, but it is literally our most basic instinct to reproduce. Yet, people find themselves feeling bad, shamed and regretful about experiencing pleasure, and it's not just girls who have grown up in a 'slut shaming' society, it's men too. From my experience, it's not so much what people think of themselves, but what other people think of them that negates this positive experience.

Why are we judging? We do we care? So, you had sex with someone without the intention to have a child? It's okay to not want anything more than sexual gratification; the world is over populated anyway.

"But I'm not that kind of person" I hear you say, the kind of person that enjoys themselves? Maybe it's time to start. It should also be noted that if you are the kind of person that doesn't want to have sex, that's totally cool: you do you.

From now on, I want you to congratulate yourself on getting laid instead of feeling that weird guilt about nothing, even if when you wake up, you realise they weren't as attractive as you thought; we're all on a journey.

Don't get too ahead of yourself though, the guilt free liberation comes with conditions: protection.

I don't care how 'clean' you think you are; unless you have up to date, medical records to prove you and your partner's apparent clean bill of sexual health- there is no excuse. I know condoms can be uncomfortable and annoying, but I'm sure anyone with an STI would use similar words to describe their symptoms, along with more serious words like "life threatening". **And I'll tell you what else is annoying: Children.**

Do you really want to have a child to the almost stranger you had casual sex with last week? Are they really fit to support your child if they can't bring themselves to wake up for a Thursday tutorial? My answer is probably not.

Pretty much everyone I know has engaged in, or frequently participates in unsafe sex. They use excuses of not having a condom on hand, or not wanting to ruin the 'mood', as if the act of saying these things alone is going to protect them from very real, very serious infections. If you do not have protection- do not have sex, it's as simple as that. **Have the respect and responsibility for yourself to say no if you're not going to be safe.**

Part of being an adult is accepting the consequences of bad decision. Be free, be confident, but also be responsible.

Fast Facts:

- STI (sexually transmissible infections) are infections that are passed on through close body contact or the exchange of body fluids.
- STI don't only happen to people with many sexual partners. Even if you are in a long-term relationship now, you or your partner may have been infected in a previous relationship without knowing it. With many STIs, symptoms don't show for months or even years. The only way to know for sure is to get a test.
- 50% of men and 80% of women don't show symptoms of Chlamydia. It is estimated 500,000 young people are infected with Chlamydia in Australia.
- Many STI including Herpes, Gonorrhea and Syphilis can be spread through oral sex
- You can still become pregnant or infected with an STI even if your partner does not "finish" inside you.
- UTI (urinary tract infection) are not STIs but can be caused by sex
- You can be tested for an STI a week after your last sexual encounter

Which career should you ditch your degree for?

By Jacob Gillard

1) What is most important to you out of the following?

- A) Wealth
- B) Getting free stuff
- C) Creating something you're proud of
- D) Helping others



2) Which one of these things could you go without for a month?

- A) Warm clothing (in winter, obvi)
- B) The feeling of fulfilment that comes from actually doing something worthwhile
- C) All forms of technology
- D) Contact with others



3) Where would you most like to go on a holiday?

- A) Amsterdam
- B) Paris
- C) Deep inside a forest, preferably near a lake, where no-one can contact you
- D) Mount "Mounty County" Druitt

4) Who would you most like to have dinner with?

- A) The cast of any Real Housewives
- B) Karl Lagerfeld
- C) Your wife, the humble milk maid
- D) Steve Jobs' reanimated corpse



5) Pick a Disney film:

- A) The Little Mermaid
- B) Aladdin
- C) The Lion King
- D) Atlantis



6) What song would you choose to have played at your wedding?

- A) Get It Shawty — Lloyd
- B) A two hour long deep house remix of All About That Bass by Meghan Trainor
- C) The sweet harmony of steel hitting steel, coupled with the hypnotic whirring of various machinery
- D) Kiss Me Thru The Phone — Soulja Boy



7) If you could only use one emoji for the rest of your life, which one would it be?

- A) Eggplant emoji
- B) Pink nails emoji
- C) Dragon emoji
- D) Money with wings emoji



8) If you had to sacrifice one human sense, what would it be?

- A) Sense of taste
- B) Sense of smell
- C) Sense of touch
- D) Sense of hearing

If you got mostly A's: Stripper

Look, being a stripper isn't bad. If you set yourself up in the right business, you could make upwards of \$700 A DAY, cash in hand. You get to swing around on poles, deck yourself out in nice costumes, and have greasy old men tell you they love you while they simultaneously cry over their failed marriage! If holding the figurative heart of a 45 year old, balding investment broker between your bared butt-cheeks doesn't sound like fun to you, then by all means carry on. But don't come crawling back when your best friend picks you up to go shopping at Ferragamo in her new Murcielago that she didn't spend a single dime to get. Your loss.



If you got mostly B's: Style blogger

This requires a few pre-existing conditions. For the most part, being hot is the major issue, and coming from a wealthy family doesn't go astray either. You'll get to travel to wonderful places, try on the nicest clothes, and generally just live an exotic lifestyle full of runways and socialising. But one day, you'll wake up and realise there's more to life than dating Shia Labeouf and making sure nits stay out of his floor length ponytail. Obviously, there's not a whole lot more to it than that, but there is a little bit.

If you got mostly C's: Blacksmith

Smelting steel and crafting the finest weaponry this side of the Red Keep, you certainly don't need a doctorate to become a part of one of the finest professions known to man. You get to work your own hours (and out of home if you have the resources), do some real, physical work, and help numerous heroes on their quests by outfitting them with weapons and armour. Sweet, right? Just don't complain when a horse breaks three of your ribs and cracks your jaw when you try to fit one with new shoes.

If you got mostly D's: Cell phone repair

Does anyone really want to sit in a 3x3 booth in the middle of Parramatta Westfield for eight hours a day and fix broken screens? Well you must, because you chose this path, pal. Obviously, the location is a bit of a downer, but look at this way: Overcharge people a horrendous amount for what is probably a five minute job, sit down all day and rest those glutes, and you're never any more than three minutes walking distance from the nearest Oporto. Bliss, right?

Scholionophobia

By Erika Vass

Phobias are a real thing. Sometimes people just wont understand how much of an effect they can have on your life. Take me for example, I've never really had a phobia, but there are some things that I don't really enjoy, like birds. Just not my thing. Then, I met Swoop Dog...

As Bathurst is a small town, I love to walk and embrace the surrounding nature. Spring time is gorgeous as the flowers bloom and the air smells fresh. One day, I was walking along William St, about to embark on the massive hill (it's not actually a hill but it looks like one) I prepared myself with good tunes, Simon and Garfunkle 'Bridge Over Troubled Water' and off I went.

I was focussed on my ultimate goal- to reach the top of the 'hill' and suddenly. I felt a very hard thump on my head. I had no idea what it was, all I could hear was angry flapping. My heart stopped as I turned around and saw the magpie (aka: Swoop Dog) death staring at me. Needless to say, I ran across the street with my arms flapping in the air, similar to Mr. Swoop Dog himself and called a friend to pick me up.

Intrigued by this new found fear, I did a little research into 'the fear of magpies'. It's called magophobia, how original. But it got me thinking, there must be other phobias that uni students encounter. I mean living on campus can be pretty scary!

1. Ablutophobia- Fear of washing or bathing.

It's highly recommended that, at least once a day, you clean your body to rid the bacteria and dead skin consumed from the daily (or nightly) shenanigans. Maybe you don't always have time, or don't like looking at yourself naked, but for the sake of everyone around you please take a shower, or at least use deodorant, lots and lots of it.

2. Allodoxaphobia- Fear of opinions.

You're going to hear opinions about a lot of things whilst studying. Whether it be for an essay, discussion in class or overall chitter-chatter in the dorm common room. Don't be scared to have your say, but it's also don't just go spreading opinions for the sake of it.

3. Bibliophobia- Fear of books.

I feel like all uni students are scared of textbooks right? Thank God for the Internet and apps for making our lives a little easier.



4. Cacophobia- Fear of ugliness.

I have no idea how people can perceive others as ugly and what constitutes an 'ugly' person. If you know someone that suffers from this, give them a damn mirror. Beauty is in the eye of the beholder.

5. Coprastasophobia- Fear of constipation.

You gotta go when you gotta go. The worst thing you can do is live on campus and go for days without shitting. You need to do a daily poop otherwise your insides will fail and aint nobody got time for that.

6. Emetophobia- Fear of vomiting.

Sometimes it's good to let out the bad stuff (ie: Tuesday, Wednesday and Thursday uni nights) so you can move on and drink more (or not....). Just let it all out, you'll feel much better for it.

7. Kakorrhaphiophobia- Fear of failure or defeat

University is a time in which you have to admit to failure in one way or another. Once you've acknowledged it, you can move on to bigger and better things. You are not defined by your failures, you are defined by what you do to improve in the future.

8. Lachanophobia- Fear of vegetables.

You can't survive on carbs and ice-cream. Vitamin tablets are not a substitute for the goodness of vegetables. Keep yourself healthy. This will also help if you suffer from point number five.

9. Scholionophobia- The fear of school or university.

Why are you even here?



WANT TO DO BETTER AT UNI? APP-SOLUTELY

By Claire West

Any.Do

FREE iOS and Android

Millions of people use Any.Do to organise their tasks. This application is perfect for students who need to create a to-do list. It synchronises all tasks with your other devices, allowing you to access your lists at any time, no matter where you are. Add new entries to the list with the help of touch-based interface or even use your voice to create tasks, nifty!

You can change the priority of your entry, mark a task as completed, or even shake your device to remove all completed tasks. The Any.Do widget can be added to your home screen for quick and easy access.

Dropbox

FREE iOS and Android

Save yourself the hassle of tiresome file transfers from device to device and download the best cloud and sync app. Dropbox Mobile helps you keep your documents, photos and videos in one easily accessible place. You can also use pictures taken on your phone in reports or slideshows without having to email them to yourself first. First-time Dropbox users get 2GB of storage free, but you can add 500MB more for every friend you recommend.

Studious

FREE Android

Scatterbrains will love Studious. It reminds you when homework and tests are due and even silences your phone during lectures and classes. Just enter your class information such as date, time, location and professor name and Studious takes care of the rest. You can also save notes and photos and the app's colorful, easy-to-use interface, which sweetens the deal. Studious, your new best friend.

Alarm Clock Plus

FREE Android

After a long night cram session, the temptation to hit that snooze button on the alarm clock is too alluring. But what if you didn't have a snooze button? What if you were required to use your brain to stop your alarm? Alarm Clock Plus requires you to do just that. When your alarm goes off, it will continue beeping until you finish a certain number of math problems that you set. If you get one wrong, it adds to the number of problems you have to complete. Not sure if this is better than a morning coffee, but it's sure to get your brain working.

StudyBlue

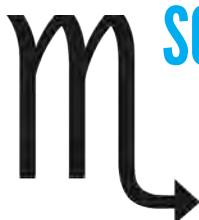
FREE iOS Android

If you want to prepare for a test, often the most effective way is to use flashcards to test yourself. The down side is, that they can take a long time to create and you'll spend hours procrastinating by decorating them with your highlighter. Enter the StudyBlue mobile flashcards app. Use text, pictures and audio to create your flashcards and test yourself. The app will track your progress and help you focus on tougher materials.

Don't have time or the will to create your own flashcards? The app helps you find online flashcards and notes created by other students. You can also set alerts to remind you when it's time to study.



HOROSCOPE



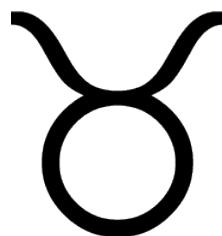
SCORPIO

You may win the \$50 cheekys' bar tab soon, but as your new best mates may want you to believe otherwise, sharing is definitely not caring. Buy ten vodkas at once with your winnings and when someone asks, hiss at them until they cower and assume foetal position. Pour one on them while they're lying on the floor in fear for extra points.

ARIES



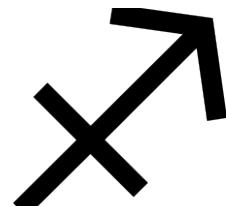
TREAT. YO. SEEEEEEEEEE
EEELFFFFFFFLLLLLFFFFF
FFFFFFFFFFFLLLLLFFFFF.
You don't deserve it, but I don't
think any uni student really
ever has.



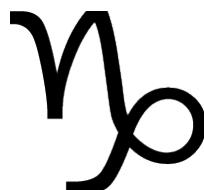
TAURUS

If you've been feeling under the weather, physically or mentally, maybe it's time to step outside and force your tongue down the throat of some unsuspecting nursing student. I'm pretty sure they'd all love some attention.

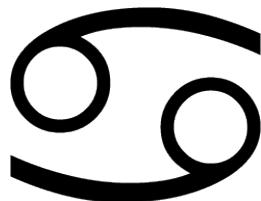
SAGITTARIUS



You may discover soon that you and your crush have some common interests. Which is good, because I'm pretty sure no-one else is that interested in their own nipple beard.



CANCER



You probably saw the dress as white and gold. And for that, your future holds nothing but misery and scorn.

CAPRICORN

You look lovely today. Must be all that recycled water you're drinking.

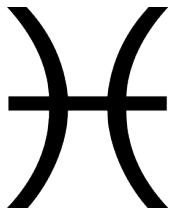
OPES

By Jacob Gillard

VIRGO



Do you think you could make a living out of going to all the recordings of the Ellen show where she gives away loads of free stuff? Like if you just bought tickets to all of her Christmas shows and hocked away all the TV's she gave you on ebay? Something to ponder, really.

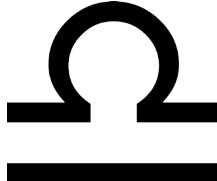


PISCES

If you find yourself feeling frustrated over things you can't seem to change, just simply get in your car, lock the doors and scream until your voice goes hoarse. Let it all out. Unleash the wailing banshee inside you that is so desperately trying to claw its way out through your larynx.

LIBRA

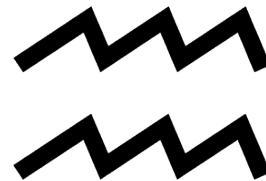
Pro-tip: People hate it when you take pride in the names they tease you with. So, if you're a notorious bedwetter, maybe pee in someone else's bed and watch everyone slowly back down for fear of reprisal. Also, no one will ever talk to you again, but that's cause you purposefully wet someone else's bed.



LEO



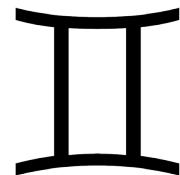
I have a strong hunch that you're the weird chick/dude/swamp-creature on Yik Yak asking everyone for sex. Go, girl.



AQUARIUS

If you don't share a star sign with Dwayne "The Rock" Johnson, what's the point?

GEMINI



Returns: Pooing with the door open and locking your gaze with a fresher the entire time isn't recommended, but a definite way to make first years feel more at home.

Freshers: Just go with it.



KINGS HOTEL

CHEEKY TUESDAY

CHEEKY DRINK SPECIALS

DJ'S 10PM-LATE



EVERY TUESDAY @ KINGS HOTEL