

Moat Trivia ^{1st EDITION}

Welcome to the world of Moat Trivia! You have until May 7th 2004 to hand into the Union Services Centre your answers to the many and varied questions below. The entry with the most correct answers wins. (In the event of a tie, those entries will be placed in a draw.) Please make sure your answers are clear and numbered.

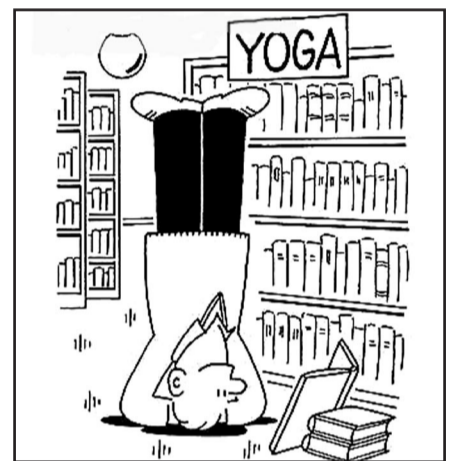


- | | | |
|---|--|--|
| <p>1 Who was the Marshal of the East-mark of Rohan?</p> <p>2 Whose method for measuring the speed of light involved a rotating octagonal mirror reflecting light to a concave mirror located about 35 km away</p> <p>3 What Olympic event includes the K95 and the K120?</p> <p>4 Let F: [0,1] [0,1]. Give the definition of the statement "f has wiggly iterates".</p> <p>5 According to the official Britney Spears Website, what is the primary goal of the Britney Spears Foundation?</p> <p>6 June 23rd, 1942, what were the Germans experimenting on when it exploded.</p> <p>7 How many ships in the Royal Navy have been called HMS Exeter?</p> <p>8 The Isis is a headstream for which major river</p> <p>9 Who wrote "Home of the Blizzard" in the first half of 20th century</p> <p>10 What are the Christian names of the 2 Finn Brothers?</p> | <p>11 What are the 3 main colours on the front cover of the 2001 La Trobe University Student Union Diary</p> <p>12 Name as many of the Justice of the Peace on the La Trobe Bundoora Campus as you can.</p> <p>13 Name the band and song title "Oh I miss the kiss of treachery the shameless kiss of vanity the soft and the black and the velvety up tight against the side of me....."</p> <p>14 In New Zealand, Gate Pa is a suburb of which North Island city?</p> <p>15 What band feature members, Billy Bremner, John Halsey, Brian Hodgson and Roger Rettig with songs written by Neil Innes</p> <p>16 Name the lead villains (Male and Female) from the Film, Bullshot Crummond!</p> <p>17 Count the number of holes in the stool tops located in the area in front of the library. How many are there?</p> <p>18 Which director recently tried to film "Man of La Mancha" starring Johnny Depp but failed</p> <p>19 "The picture of Dorian Gray" is the only published novel of which writer</p> <p>20 Who made the first ever Jazz recording "Livery Stable Blues" in 1917?</p> | <p>21 In the story "At the Mountain of Madness" by HP Lovecraft, name the leaders of the Miskatonic Expedition.</p> <p>22 In what year did Beijing fall to Chingis Khan?</p> <p>23 What was the name of Odin's war horse?</p> <p>24 Where is the grave of Spike Milligan (Town and church?)</p> <p>25 What is a Spheniscus Mendiculus?</p> <p>26 What famous Russian dog will never be able to return home?</p> <p>27 Which page in the union diary has a picture of a person in a white lab coat, wearing a paper bag over their head?</p> <p>28 "A civilization without insanity, without criminals and without war, where the able can prosper and honest beings can have rights, and where man is free to rise to greater heights...." Are the aims of whom?</p> <p>29 In Greensborough Plaza, which store is nestled between Giordano and Dunklings Jewellery</p> <p>30 Name the 1/2 brothers of Jesus Christ</p> |
|---|--|--|

Let's Get Spiritual: Yoga at La Trobe

By Eliza Stephens

If you think that dividing your time between lifting weights at the gym, power walking and completing your assignments will make you a well-rounded individual, think again. Everybody needs to make time to nurture the spiritual self, and Yoga class gives us a rare chance to do that.



Unlike any other form of physical exercise, the practice of Yoga helps the individual to reflect and improve all three aspects of the mind, body and spirit. "Yoga brings the students in touch with their inner selves while also being good for the body. It's a good change from the intellectual exercise of study," says Petra Robotham, who takes Thursday's Yoga class at La Trobe.

Petra has practised Yoga for 20 years, but this is the first time she has taught Yoga at a university. Yoga exposes the fact that physical exercise doesn't have to be hard or stressful to be beneficial. "Not many of the students I teach are experienced, but this doesn't matter because with Yoga you don't have to be able to do strenuous exercise to get benefits," Robotham says. Yoga provides students with a chance to take time out to relax, she says.

A typical 60 minute class will involve performing various poses, or asanas, which seek to increase flexibility and muscle tone but are also part of the relaxation process. Robotham explains that all the exercises are preparation for meditation, which occurs during the last 10 to 15 minutes of class. "Most students walk away refreshed and revitalised, and surprised at how powerful the class is," says Robotham.

Claire Minard, a student, feels the benefits of Yoga straight away. "When I have just finished a class, I feel relaxed and my mind is clear," says Claire. "My body is stretched and feels properly aligned."

Yoga can be used to compliment other exercise such as weight lifting and playing sport, because it uses stretching as an antidote to the contraction and tightness which builds up within muscles during a gym workout. It is also useful for reducing stress, which disturbs not only our mental but also our physical health. The poses release the emotional tension that gets stuck in our muscles.

So with the busy end of the semester looming, Yoga can provide what many other forms of exercise cannot- a way to improve our state of mental and spiritual health, or in other words, an enjoyable way to de-stress.

Classes are currently running at the La Trobe Sports Centre. Call (03) 9479 2973 for details.

The world according to me!

Alana Schetzer

I don't know about you, but I feel sorry for the American President. And not just Michael Douglas (soo the best by far...), but Dubya, too. Never before has such a powerful leader been the subject of such relentless ridicule before. He seems a nice kind of bloke. He kind of reminds me of a cuddly grandpa. Don't ask my why, but he just does. He seems so ungrasped of the English language that you just want to wrap your arms around him and donate to the 'Spastic President Society (minimum donation: \$500,000). No, I kind of like this guy.

I was watching television the other night (like the other 99% of Australia who own a television. What's wrong with you 1% non-television owners? Don't you know you're missing out on Friends?) and tumbled upon an interview - the Pres with Aussie journalist and practically a national treasure (I think that's because he must be hiding all of the West Coast's pearls in his belly. Well, there is a lot of room there.) Laurie Oakes. Dubya was talking about how his falling popularity isn't bothering him, his high opinion of our PM, and how much he is looking forward to visiting a country other than his own. I listened to this yak for a good four minutes, and by the end, I was feeling a little doozy (pronounced 'do-z') in the head. He seems so taken in by his own bullshit that he looks so charming (in that native Texan kind of way) that you find yourself turning off the working side of your brain because you want to believe him. Damn it! I thought I was smarter than that. I thought a lot of people were smarter than that. Obviously not.

Now, let me state this now before I go on (and yes, I plan to go on...) I am not left wing. I am not one of those people, who while studying a business degree, protest against every company that has ever boosted a profit. I am not right wing either. I don't wear Ralph Lauren. I wish I did though, but I work too hard to pay \$189 for a tee-shirt. I don't even pretend that minor parties make any difference to anything. I am, by myself, of no political bias. I guess you could say I'm wingless. You know, like a beaver of something,

can't fly...? Anyway, I just wanted to state this so you can continue to read on in confidence that I don't possess a view so extreme that you would have to perform a reverse wedgie for me to think anything else (and yes, these wedgies do exist. Horrible things...)

War. It's wrong. W R O N G. If ever a leader needed a spelling test, it is this one. I write this with all the naivety in my heart, but how does a country think it will end violence with, um, more violence? I'm not religious (only at Christmas time) but I remember one passage from the bible. Eye for an eye. If everyone who lost an eye poked out their aggressors eye, then we'd all be blind. And that would suck, especially if you're a colour forecaster. But when anyone who condones violence, aims to 'solve' this violence, with more', you have got to scratch your head, or any other part that is itchy. I don't pretend to understand this. I don't think I want to either, because if I did, I think it would age my innocence, just a little bit.

I think, no, I know. Everybody knows that Saddam Hussein is an evil little prick, that the second he was elevated to power was one second too long. This guy destroyed his own country, and the people who live in it, and lined his own pockets with money and luxury beyond the mind of even the Hilton sisters. He is evil. E V I L - there's another spelling lesson for you. And any world community that claims to be so committed to human rights would be right in destroying him. So, here's my

question. Why are so many people opposed to the 'War in Iraq'? Technical, the argument of many is that war is only justified if a country is personally threatened/under attack from another. The United States wasn't directly under attack, so wage a war, huh? Now, I'm going to skip past a lot of political humbo-jumbo, and get to my point.

So, where do we go from here. I hate war, but to continue to allow someone so brutal to go ahead and keep killing people, well, which is worse? What's the ultimate price? I don't know. Does anybody know? And if anyone does know, why didn't you speak up before? I can't make sense of guns and bombs and snipers and tanks and other weapons of any destruction. Frankly, I don't care if Hussein didn't have WMD. Any world that professes love shouldn't turn a blind eye to people's suffering.

Maybe it'll be something that will be left open, no right, no decidable wrong. War is the worst invention ever. Worst then Pamela Lee/Anderson/Kind Rock/Whatever's sense of style. And to everyone who believes that war is totally justifiable? How 'justified' would it be if it was going to be your town consecrated by a bomb? I think I'll leave this question to someone with all the "answers", Dubya. Good bless stupid white men. For without, the world would be so much more boring. We love ya.

Now, if you excuse me, I believe Friends is on.