

Men's Health



**WHY GIRLS
HATE YOU.**

**WIN PERFECT ABS!!
REFRIGERATED DELIVERY**

**WANT TO LOOK LIKE THEM?
10 TIPS FOR THE PERFECT
HYBRID BODY**

Editorial

Friday 14th November. And we all know what that means! Yes, not only is it the birthday of Prince 'where's the strychnine' Charles, but today is also International Day for Tolerance. In one fell swoop we can celebrate the monarchy, progressive instrument of justice, liberty and open-mindedness that it is, and chuckle quietly at the absurdity that is Tolerance Day. I'm sure it sounded like a great idea – we've accepted that no-one is going to be tolerant for 365 days, but they can all at least manage one, right? – but it does ring of preaching to the converted... If you're already militantly tolerant then you can head over for a tolerance workshop at some lecture theatre and try to tolerate how infuriatingly nice everyone there is, cursing the hostile outside world and scheming for a beautiful future painted in pastel shades of black and cream and brown and sort of reddy-brown and pinky-yellow and Eskimo-colour and that greeny shade

people go when they're ill. A future of Hindjews and Buddislamics and Athieanity. And of Hindjuddislatheianity, which sounds pretty cool even if it doesn't exist*. A future without sexism, where cutting-edge operations do amazing things down there (two words – perfectly smooth). A future where homophobia actually means what it implies and they just ran away from gay people rather than beating them up. A future without age-ism, where people unite under the common feeling of 'I like old people, I just don't want to be one. Eww. Let me just put one more layer of make-up on'. What a future that would be. Then again, if you don't approve of tolerance you can happily stay out on the streets and beat random people up (with prejudice), safe in the knowledge that everybody who might complain is locked away in a small lecture theatre with not enough fire escapes. I do so love a Day that appeals to everyone. Oh, and if you're tolerant but

lazy then you can always stay at home chuckling in an annoying and self-important way about how absurd Tolerance Day is. Wow. This week really is off to a good end.

*it does



"Haha, you look like a freak."

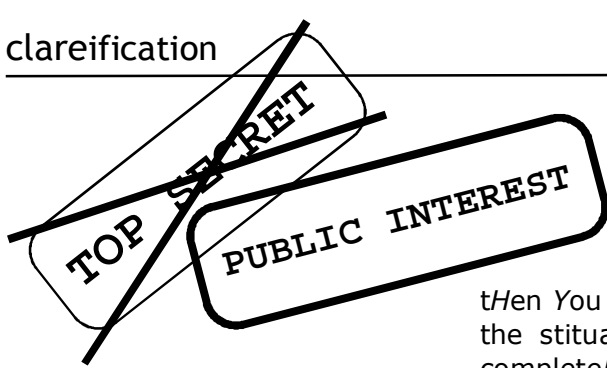
Action urged over nano-materials



Nano-terminator is used to save the world of nano-people, while normal sized terminator saves the world for the rest of us.

The Royal Commission on Environmental Pollution has today released a report concluding that action needs to be taken over the new class of materials named "nanomaterials". Nanomaterials are very small materials and can have very different properties from the everyday sized materials we use, or even the extremely large materials used by giants. For example, titanium dioxide nanoparticles are used in sunscreen to reflect light, whereas ordinary titanium dioxide is used in white paint to make it shiny. Brilliant white and silver nanoparticles are used as an antimicrobial agent, but silver itself is only used to kill microbes.

As these new materials have so very different properties and are so very new, the long-term effects of exposure to them are unknown. "We just don't know how nanomaterials will react over the long term. It is possible that the nanomaterials will assemble themselves into time-travelling WHERE IS SARAH CONNOR robots, kill your family and impersonate them to stop you leading the resistance against the robots in the future. The key is to balance the benefits of these wonderful new materials against these possible costs".



clareifornication

then You should give up because the situation is obviously completely hopeless.

(iv) When witnessing other people get randy, make sure to send it in to me, so then I don't

have to create filler that no-one wants to read. If you have been lucky/persistent/cunning enough to get lucky then send it in anyway. That's not sad at all, honestly, do it.

(v) Once the randiness has finished, and most importantly I know about it, go back to step (i) and start again.

If you're still reading this then you're not trying hard enough. Until next week, when I expect some actual gossip, yours sexily

*The Gossip
Queen XX*

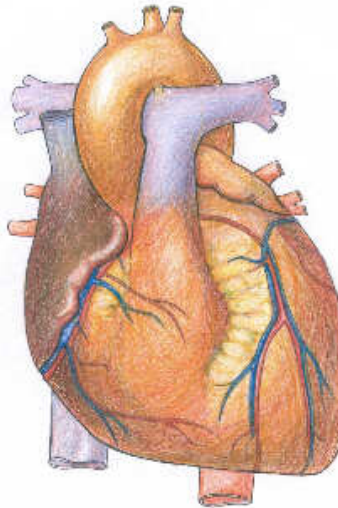
Dear Clare,

How to make gossip:

(i) Be a randy Clareite

(ii) Pick other randy Clareites to be randy with. Remember, the more the merrier!

(iii) Proceed to get randy with aforementioned randy clareites. If you fail at this point, repeat step (ii) and try again. If after repeated attempts you are still not successful then go to New Hall and try there instead. If you're still failing at this point



Love Handles a.k.a Handles of DOOM

Novel research has suggested that having love handles can lead to premature death, a band of panting and rosy-cheeked academics revealed today. The findings demonstrated that those without love handles take especial care during all things sexual, taking things slowly and stopping at lights for fear of falling off. Those with love handles on the other hand, the other other hand, or even both hands, adamantly do not. Floors are shaken and walls damaged. Which is all very well, if it wasn't true that love handles tend to break at the most inappropriate of times. This can cause the couple to swerve off the road and crash into neighbouring amorous duos, trees, passers by and other bedroom paraphernalia. Along with

catastrophic blood loss, which is frankly inconvenient and makes finishing the act most stressful. "It was horrific," an anonymous reader told Clareification. "One moment I was riding along down King's Parade and the next I was dead. I don't know what happened, but I'm sure the man who shot me had love handles." And it's not only loving love handles that can kill. Oh no. According to startling evidence found by your very own Clareification, eating too many love handles can cause nutritional imbalances in the internal organs. While, as everyone knows, it's impossible

to have too many handles, the excess build up of love can cause the body to take drastic compensatory measures, burning fluffy animals and committing war crimes. It also presents a choking hazard in children under 10.



"Hold on tight, sugar, you're in for a ride," she said, right before she shot me.

What the UCS have done this week: nothing.

Obama unveils plan of action

WASHINGTON (Reuters): US President-elect Barack Obama revealed his plans for the presidency on Thursday, in a surprise announcement on "Breakfast with Barack"—the daytime chatshow he is broadcasting across all TV networks using the leftover funds from his \$650million campaign. He spoke live from the first annual Obamafest, where he addressed a stadium crowd of 100 000 smiling orphans.

"The first hundred days are the most important for any president, and I will be no exception," he revealed. "I will working day and night to fulfil my promises, specifically the promise to my publisher to finish my third autobiography, *Barack Obama: The One*.

"It's the story of how an ordinary skinny African American kid from Hawaii had a dream, a dream of vanquishing the wicked witch of the West—a witch who wanted to steal your candy and eat your children. They said that witch could never be defeated. But in the 2008 Primary that little kid achieved his dream!" he said to loud cheers.

"Of course, that's not all! Within 12 months of taking office I am committed to completing my fourth autobiography, which tells the nail-biting story of how that same skinny kid went on to tussle with a tough US commando and his lethal moose-hunting dominatrix henchwoman. It's provisionally entitled, *Barack Obama: That One*.

"This will be followed by my fifth autobiography, *The Audacity of Votes*, in which I recall my glorious victory, and the subsequent backlash when I spent the first hundred days of my administration writing a new autobiography," he said to more loud cheers.

"In 2010 I will set out a plan of action for achieving the central policy objective of the Obama-Biden plan—getting re-elected in 2012. My strategy will be two-fold.

"First, a new slogan. 'Change we need!' only works once. My first suggestion was 'We need change!'...but this would return America to the correct syntax of the pre-Bush era. If Bush taught us anything, it's that correct syntax doesn't win. And pretzels need chewing before swallowing.

"For 2012 we need a slogan that stresses continuity—the importance of sticking with the current guys, of letting them have another chance despite all their fuckups," he said to loud cheers. "So I'm going with, 'Need we change?'

"Or alternatively, 'It's me or Sarah Palin, suckers!'

"Second, I will publish my sixth autobiography, *Dreams of Increasing Federal Spending*, in which I set out my policy aims for a second term. I will offer a 99% tax cut to 99% of Americans together with an exponential increase in spending, inspired by the asexual reproduction of bacteria. Under the 2012 plan, spending will literally double every 20 minutes.

"I will also pay off the \$10trillion national debt by economizing on biscuits in the US Senate. You may think this won't cover it, but have you *seen* the US Senate?" he said to loud cheers.

"I will also instate a new 'Bill Gates tax,' which taxes people called 'Bill Gates' at a special rate of \$100billion a year. Thank you and God Bless America."



Guest Editors Wanted

Ever wanted to be an editor of a noble and righteous publication? To leave your mark on the world in black-and-white paper form? Well, now's your chance. Clareificaiton are looking for guest editors to have a go at putting together issues for Lent term. Think Clareification sucks? Take it in a new direction. Email mjc22@cam.ac.uk for details.

Boring manifestos. Skip this bit.

Every year, a couple of brave souls seek to embarrass themselves thoroughly in front of lots of people as they fail to be elected as that most hallowed of roles, First Year Officer. To get maximum humiliation, we need to help them by voting for R.O.N. The US elections were only the beginning...

Marcus Buck (mb693)

Everyone says Clare is the friendly college, and I'd ensure it remains that way as a UCS rep. But not having a proper Freshers' Week makes starting uni that little more stressful, so I'd see what could be done about changing the programme for the next lot of freshers. I also think the limited availability of formal tickets means it's often hard to plan a decent formal party, and the washing machine situation could also be improved (by the way, has anyone seen my blue shirt?). Overall Clare is great, so I'd mainly be trying to get the little things sorted to make life a bit easier.

I'd be good for the role because I'm reliable, approachable etc etc: basically I'm always up for a good chat/gossip/moan about what could be better in Clare. I also have the free time to be a good rep - as a Historian I'm hardly snowed under with lectures and supervisions this year...

So vote for me - love you all!



Nicola Daniel (nd308)

I don't want to waste precious word space with a list of inane complaints about the college and how solving them would improve life at Clare. So I won't. It is a great college but as with anything people are always going to have issues that need to be solved and there are always going to be changes that could be made. I think that I am a good person to help out with this. Some people are good at sports, some people are talented musically - I have lots of stationery. That is to say, I am ridiculously well organised as well as being, I think, diplomatic and patient and pretty much an all rounder and would enjoy an opportunity to put this to good use. Although, actually, come to think of it I might just go back on what I said at the start and say that life at Clare would be improved if I were to be the First Year Rep. :)

Seen the *posters*?

Read the *emails*?

Got the *facebook messages*?

Of course you have!! And that's because we here at CCMS believe in overexposure! We are entirely 100% certain that you can't possibly be sick yet of the myriad messages cajoling you into coming to the CCMS Michaelmas concert (featuring Vaughan Williams' Sea Symphony and loads of other music you've never heard of!) so we thought we'd infiltrate Clareification! My my, we are everywhere, aren't we? There really is no escape...

But you see, Clareification readers, we've heard a rumour that some of you ne'er-do-well scrooges are contemplating NOT coming to the concert despite all our lovely and entirely appropriate and harrassment-free methods to entice you. That would be a grave error. Because, my friends, we have Cula. She is now CCMS property. Currently, that nice Greek lady is locked in an underground bunker below Buttery with only her buttery machine for company. And should we not get at least five hundred of you at our concert, that's where she'll stay.

AND we've combined our concert with the Ent!! Isn't that a happy and joyous coincidence?? So if you come to the concert, you get guaranteed entry to the ent afterwards! (And Cula lives.)

Carbon Nanotubes have another new use

Another new use for the amazing wondermaterial of carbon nanotubes has been announced in the journal Nature this week, adding to the near endless list of things carbon nanotubes will one day be used for. Nanotubes are extremely strong and can be used to make space elevators, magnetless speakers, artificial muscles, a more slippery version of Teflon and attracting very large amounts of grant funding.

The research produces filled nanotubes in an innovative fashion, which have radically different properties to currently available nanotubes. These Rotation Induced Zeolite Locked A-fullerenes are made by first taking a very thin layer of carbon and applying a small potential

difference, which means the layer begins to curl up. The included molecules, which can be quite large, even up to the size of medium alkaloids, are then carefully added to the centre of the 'half pipe' shaped molecule. A carefully shaped zeolite (which acts like a molecular sieve) is then used to seal one end of the nanotube, before a large potential difference is applied across the ends. This causes sufficient curvature for the loose edges of the nanotube to seal up. The resultant complex was then analysed using destruction oxidative pyrolysis. This kind of complex has never before been synthesised and on the successful structural solution, the scientists were reported to be over the moon.



Its a carbon nanotube, officer. Honest.



Beyonce? Oh neigh...

STOP. PRESS. STOP. PRESS. In a shocking new admission, Beyonce yesterday released a press-statement revealing her off-stage life as feminist campaigner, My Little Pony. Little, as she is called by her close friends, made the statement yesterday, following months of press speculation as to her true species. The stories began when Julie Burchill described Little's signature dance-move, 'The Gallop,' as "rather too lifelike," and gained momentum when Little's hair consultant Jean-Claude released his memoirs, in which he wrote fondly of his former work in dressage-styling. Cynics have suggested that Little's new move was prompted by recent revelations of her diet of macrobiotic nosebags, and not, as she maintains, by her growing commitment to the feminist cause. Little has included this video response, in which she dances entirely on her hind legs, with her press-statement. The dance is intended as an inspiring demonstration of strength and independence for the modern single woman.



On the Pistings



Week five is over Clareites- you may have got your life back, you may be looking at the mountain of work that accumulated when you were burying your head under the duvet and hibernating until the end, you may even be smiling and patting yourself on the back for having made it through in style. If you belong to the last category, we know where you live. Know what I mean?

Probably not. You're too busy basking in your own glory. Damn you. Anyway, here are the prospective delights of week six....

Friday 14th

At last, Clare ents revert to their former glory with the sweaty, cheesy (doesn't sound like a good combination does it? I promise you it is...) goodness that is FAT POPPADADDY'S. I'm excited, honestly. Further exposure to 'fidget house' or other such spurious genres of music was more than most people can stand without a pan-galactic gargle blaster or two first. Oh, and its a Rubik's cube party, so there may be some nudity, but probably a lot of leaving with clothing of entirely the wrong size. Fun for Voyeurs and Exhibitionists alike...

Also, in case being in an incredibly musical college hasn't made you realise, there is a concert in West Road concert hall where CCMS will be putting their best, um...musical instruments/ vocal chords forwards to bring you Vaughan Williams and stuff. Yum. Classical.

Saturday 15th

At the ADC this evening; the last night of a musical called Parade. "Based upon real events, **PARADE** tells the story of Leo Frank, a Jewish man accused of murdering a thirteen-year-old factory girl in a small town in Georgia in 1913." That sounds like it could be a really cheery musical...possibly not as many dancing spoons as Beauty and the Beast, less von Trapp family than The Sound of Music, but even so....

Sunday 16th

What actually goes on in Cambridge on Sunday evenings, seriously? I think most people must be doing things behind closed doors, possibly to avoid the cold. I've heard good things about various rooms in the colony, however.

Then there's the bar, I guess. If you can't think of anything/find anything to do (don't you have any work?).



Monday 17th

International night at Soul Tree, promising four different types of music. Wow. Thats a lot of music types. Fingers crossed for fidget house.

Also, it's the local food formal for those of you who are going. For those of you who aren't, simulate your own local food formal by picking random plants from the college gardens and eating them until you throw up or die. Pretty much matches my plans for local food formal. You could even wear a gown and throw pennies at yourself too. But that would make it a bit weird.

Too many DJs at Fez. They really should get that problem sorted out. Maybe they could call in DJ exterminators or something, must be able to find them in the yellow pages.

Tuesday 18th

The Calling at Kamar. This is something to do with dressing up in

black and generally looking like a vampire, then listening to music including '80s', this may or may not feature the social stylings of Blondie, I have no idea. Well, that was around in the 80s, wasn't it?

If you are a member of the union you can go and listen to Boris Berezovsky talk about his life in Russian business and things. And drink cocktails. That would appear to be what the union is all about, really; drinking cocktails in snappy clothes and hanging around figures of international influence. A bit like James Bond but less sexy.

Wednesday 19th

Rumboogie at Cindies. If you're thinking of going to Cindies, you probably don't care what this is and by the time you get there its traditional and advisable to be in no state to care. So I'm told by the more adventurous/ foolish of my acquaintance (yes, I do have acquaintances, I'm not a monkey on a typewriter locked in some mysterious Clareification office. (I am in fact a prosimian and therefore infinitely more cute. (look up 'loris' and you'll see what I mean. (don't you just love nested parentheses.)))

What else? The ADC have a show on called 'Spring Awakening' which is apparently about awakenings....enough said.

The not-so-Secret-Discotheque at Soul Tree for yet more 80s music and interesting hair styles, and another international night at Cindies. Not terribly imaginative, is it?

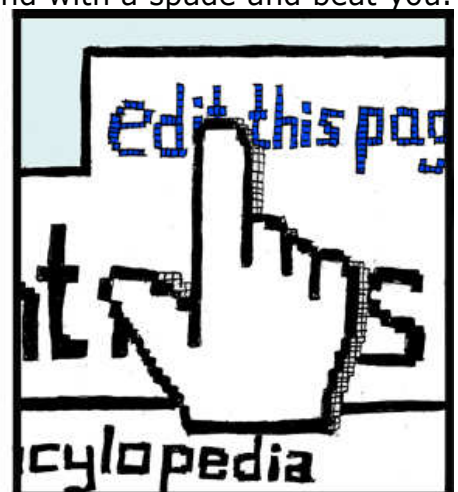
The Union debate 'THIS HOUSE BELIEVES PRIVATE SCHOOLS ARE A PUBLIC NUISANCE,' which, given that its Cambridge and its the union and so the members of the audience who attended private school will outnumber those who didn't ten gazillion to one, the outcome is a foregone conclusion. Should be interesting however....

Clare College Investment Portfolio

Top 25 Companies (excl. emerging markets & property)

Rank	Company	% of Clare's Cash	Comments
1	HSBC	1.38	Credit Crunch, the tastiest cereal around
2	Royal Dutch Shell	1.29	Mmmm... oily...
3	BP	1.12	I love the way oil glistens iridescent in the sun. It reminds me of butterflies. Polluted dead baby butterflies.
4	Vodafone	0.82	Just think of the ringtone
5	GlaxoSmithKline	0.82	Pharmaceuticals. They save rich people's lives.
6	Exxon Mobil	0.71	More oil
7	Toyota	0.53	Hybrid cars. Yuk.
8	Aztra Zeneca	0.46	Makes drugs. Drugs are bad.
9	General Electric	0.45	Weaponry. And lots of it.
10	Mitsubishi UFJ	0.45	It's a bank. They take your money and don't give it back until you ask. Wankers.
11	Rio Tinto	0.44	Mining company, dodgy human rights record
12	BG	0.44	Gas company
13	Microsoft	0.43	That fucking paperclip.
14	Tesco	0.39	Mill Road, anyone? They could at least put it closer to Clare...
15	Royal Bank of Scotland	0.38	Scottish
16	Procter & Gamble	0.37	Drugs
17	Nestlé	0.37	African baby milk.
18	Johnson & Johnson	0.34	No more tears? I think not.
19	Wal-Mart	0.31	And you thought Tesco were bad
20	Total	0.31	I always was a fan of global warming
21	Chevron	0.3	Drill baby, drill
22	AT&T	0.29	Say goodbye to uncensored internet
23	Bank of America	0.28	Probably steals money from usker's hats.
24	Novartis	0.26	Drug company
25	Telefónica	0.24	Monopolistic business practices

And Clare also invest in Nintendo/Sony heavily. Think of the children. Support the ethical investment policy, because otherwise Amy Mount will come round with a spade and beat you.



Cartoons courtesy of www.lukesurl.com