ISSUE 4: YOUTH

We offer advice about your rights, university procedures, tenancy and more.



student support hub

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Navigating through your youth



or Generation Z, this epoch constitutes our golden age, our romance, the zenith of our physical vitality—the vessel through which we can accomplish anything. Our youth, undoubtedly, will be the era we cherish most as we age. Thus, it propels us to treasure each moment and seize the fullness of its potential, even if the sentiment feels cliché.

In the trajectory of youth, one encounters a mosaic of emotions, metamorphoses, and hurdles. We find ourselves abruptly thrust into the vortex of adulthood, expected to navigate its uncharted waters independently. The prospect may be daunting, but rest assured, it

does evolve into something more manageable.

But why fixate on youth? Because we are young. Whether presently experiencing its ebullience or reminiscing upon it, this discourse promises insight, relatability, and enlightenment. We endeavour to encapsulate myriad facets, from the complexities of identity to the vicissitudes of relationships, and everything in between.

Indeed, it's a lot to absorb. Amidst the whirlwind of existence, where time ceaselessly marches forward, it's imperative to acknowledge the resilience required simply to persist. To every student, I extend heartfelt

commendations—for your tenacity, your presence, and your commitment to progress.

Society impels us to define our aspirations, to gossip of our futures with unwavering clarity, as though we were dictating back past knowledge. And yet the truth remains: uncertainty is not a flaw, and haste is not a virtue. It is perfectly acceptable to navigate life's labyrinth at one's own pace, to embrace the journey of self-discovery without undue pressure or expectation.

volunteer at 95bFM



The University of Auckland student radio station is old as. But 95bFM is still going, and we need some new volunteers to help us with:

- journalism, writing + news
- # events, photography + videography
- DJing, archive work and editing
- 9 designing posters etc
 - + plus heeeeeaps else



^ sign up here ^



University Halls Are Not Just A Living Space For Students



MIKE CROSS, TREVOR PRONOSO, AND ALAN WU

he battlegrounds of burnt toast, late-night cram sessions, and the occasional existential crisis, these are the spaces where, for the first time, many high-school leavers first inhabit their own independent living space. It is the first step into freedom and the great unknown...Welcome to the real world, folks!

When we begin to consider the larger significance of halls, we start to realise their pragmatism to student life. Halls are an efficient location that makes travel back and forth from the university accessible and not a nightmare involving traffic. For catered halls, students save a whole bunch of mental and physical energy they would otherwise use for preparing meals and instead invest in their studies.

One brave soul shared their thoughts on safety, noting that paying an arm and a leg for a secure student sanctuary (especially as a young woman) shouldn't feel like signing a deal with the devil. "...[The] price for a safe place (particularly as a young woman) should not be this expensive," she says. There's no question that the city can be dangerous, more or less, depending on where you are coming from. However, few of us would have made the connection realising that the close proximity of university housing partially shares responsibility for providing safe passage and a sense of security to vulnerable groups of students on our campus.

So, why is such an important resource monopolised? The University of Auckland Halls of Residence is this country's most expensive student accommodation. The fact that rent at student halls is to be raised at an annual rate of 8% is old news. Despite being established in July of last year, the student movement Students for Fair Rent (SFR) is following their protests, rallies, and other attempts at dialogue with the university accommodation team with rent strikes. An email template is available on their website (sfr.org.nz) for students willing to take part in the strike to contact the Accommodation Team.

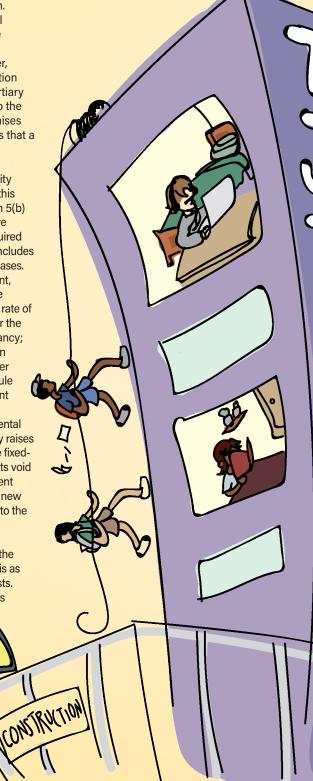
A key point of interest relevant to students has been the fact that protections are

not afforded to students in legislation. Based on section 5 of the Residential Tenancy Act 1982 (RTA), students are excluded from the protections of a landlord-tenant relationship. However, the Act does further entail in subsection B that accommodation providers (tertiary providers) "...must provide services to the students accommodated in the premises that are **over and above** the services that a landlord must provide".

For those of us curious about the legality of the university's rent raises, some of this has been broken down for you: section 5(b) of the RTA requires that the services are provided above what a landlord is required to, as seen in Part 2 of the Act. Part 2 includes section 24, which deals with rent increases. At the signing of the tenancy agreement, subsections (d) and (e) explain that the landlord is not allowed to increase the rate of residential rent "...within 12 months after the date of the commencement of the tenancy; [or] ...within 12 months after the date on which the last increase took effect". After investigating the 2024 payment schedule for university residences, the agreement itself lasts roughly nine months (272 days). Irrespective of the dates of the rental price changes, assuming the university raises accommodation costs once a year, the fixedtenancy agreements signed by students void the twelve-month period that forbids rent increase. Students would be signing a new rental agreement each year, irrelevant to the details of the previous one.

Ah, the joys of student finance: where the struggle is real, and the bank account is as dry as last week's discarded pizza crusts.

According to the latest stats, of August 2023, 30.5% of students who responded to SFR's survey received a student allowance, while a whopping 45.3% of students are riding the parental gravy train of financial support. This provided students with a reasonable amount of 50 NZD to cover their rent and grocery spending or 110 NZD for catered accommodation.



Students in this category would be able to balance employment with their academic responsibilities conveniently.

The largest category of students, 45.3%, rely on parental support to fund their expenses. Although the immediate financial strain is not on these students, it is important to realise that high residential rent has detrimental effects on communities. Families, especially those who have multiple dependent siblings, are hugely affected when nearly 20,000 NZD is paid each year to support a student's living fees. It's important for all of us to recognise that financial hardship is often hardship that is suffered communally and collectively.



So, it turns out the university has a legal operation. Legally legit... but morally mandate? You be the judge, what then do we make of the impact on students?

Immediate criticisms that have been floating around are the habitability of student accommodation. Anyone living in O'Rorke halls has come to accept the sunk cost fallacy (\$470) for such a small living space. If we are using the single-stall bathrooms at the Eastern Wing of the Clock Tower as our base unit of measurement, A single room in O'Rorke shares roughly the same surface area of at least three of those bathroom stalls. Now imagine 35 students packed like sardines inside in these constricting bathrooms, all sharing at least four (actual) bathrooms and a shared kitchen on the same floor. Now, multiply those floors by ten. God bless the Resident Advisers (RA) for having to corral a whole floor of first-year students who have no idea they are paying for a fully furnished solitary confinement cell.

Coincidentally, in the "O'Rorke Hall Virtual Tour" video released on the UOA Accommodation YouTube channel, there seem to be some suspicious dark spots in the skirting board of one of the showers that look like moisture stressing, causing cracks or some form of mould (video timestamp is 0:47-0:53). Hardly a good metric considering the less than new healthy homes legislation for New Zealand.

Behold, the price tags of student living, where every dollar spent is a reminder that ramen might become your new best

data provided by "students for fair rent" https://docs.google.com/document/d/IRAuRSbyZ0m9CrRGfzZnH7PN5KVXQDs0k9z6YLyLV8g/edit

The rest of the halls are in much (insert derogatory adjective) as well. One such example is the hall of residence closest to the domain (if you know, you know) where the mailboxes out front have all their flaps ripped off and smashed in. Not to mention the cornucopia of debauchery that happens during O-week and the month that follows (some of those bed sheets you can fold in half and use as a tent.)

To put it into more context, when Environment Editor "old man" Cross first moved to Auckland in 2021 during the lockdown, he lived at Queen St. Backpackers (at the corner of Queen and Fort St.). His rent for a long-term stayer was \$255 a week for a gueen room and shared bathroom, roughly four rooms to a bathroom including dorms (sometimes up to six people inside). They offered cleaning services twice a day, no meals included, but Evan's Kebab was always just downstairs. Now Mike says he "was" living at this hostel, but it has since shut down, much to the chagrin of international travellers and expats alike. Disclaimer: Mike spent 15 years as a hospitality serf, which has left him jaded and sympathetic to socialist agendas.

Navigating the treacherous waters of university halls is akin to braving a storm on a leaky boat-you might survive, but you'll likely end up a little soggy and dishevelled. While we've shed light on the absurdities of student accommodation, from skyrocketing rents to the questionable habitability of some halls, it's clear that the struggle is real. So, here's to the brave souls battling burnt toast, mouldy bathrooms, and existential crises in the pursuit of higher education. May your spirits stay high, your noodles plentiful, and your sense of humour intact as you journey through the hallowed halls of academia. After all, if we can't laugh at the chaos, what else is there to do but cry into our instant ramen?

HALLS OF RESIDENCE	PRICE PER WEEK	STUDENT ALLOWENCE CASH IN BANK AFTER HALLS	STUDENT LOAN CASH IN BANK AFTER HALLS
Waipārūrū Hall *catered	\$510	-\$150	-\$207
Uni Hall *catered	\$490	-\$130	-\$187
Grafton Hall *catered	\$490	-\$130	-\$187
O'Rorke *catered	\$470	-\$110	-\$167
Carlaw Park - Stuart McCutcheon House	\$355	\$5	-\$52
Carlaw Park - Nicholls	\$345	\$15	-\$42
Te Tirohanga o te Tōangaroa	\$320	\$40	-\$17

caps

The Tutorial Question

Continuing a one-sided war with RNZ



arlier this year, the Tertiary Education Commission (I know, yawn, but stay with me) released data about a money crisis overtaking the university sector to RNZ. Victoria and Massey were most at risk, but the University of Auckland did not even feature. If that's so, I would like to ask why subject tutors are telling me that they are not getting paid enough or even at all and why there is a significant spike in need for them, with a void that coordinators were struggling to fill even as we all piled into our first week of lectures.

I start with the Commission's data only because it is important to remember that what happens in other universities will clearly correlate to what is going on behind the scenes. The University of Auckland might project to the outside world a façade of stability, but behind the curtains, on the ground in tutorials, the fissures are showing themselves. People are reaching out to me and whispering that something is happening.

For the first years, it will be much more difficult for you to see this, but as an activity, consider the classes that I hope you've managed to make it to so far. If it's a one-hundred-person lecture and your lecturer takes tutorials weekly, they probably pick up an extra five hours a week that they must drop from their regular workload. There was record enrolment at the university during and after the pandemic, but teaching staff numbers have remained steady at about two-thousand-four-hundred. More people to teach, the same amount of teachers.

There was the suggestion that if you wanted

to teach your own class, you had to ensure there were tutors. Previously, it required PhD and master's students to use it as free labour, but when it is hard to make ends meet, people do not turn to the hope of a doctoral stipend to put food in their stoma. They turn to work. From twenty-twenty-one to twenty-twenty-two, the University dropped by five hundred post-graduate students. There's not enough to fill the gaps.

Now, I admit that there are other sources of tutors at the university. Clinical programmes will remind you that professionals are their teachers, and the universities bring them in from the hospital and other facilities. Equally, law students have a steady stream of associates from various firms and chambers that teach them. Despite that, as is seemingly usual for the professional practice of these disciplines, they are heavily utilising them.

You might walk
from your
government law
class to your
private contract
tutorial and find
the same person,
one year out of
university, taking
both.

So they are now taking undergraduates. People who took the class the year before are teaching it. There is no time to consolidate, learn further concepts to reinforce their understanding of the material, or get much training. But undergraduates are not accepting it. Cost of living crisis, right? Some positions are not paid, and many paid positions pay less than retail or research positions in the same faculty. People are waking up to the fact that 'looks good on your CV' does not help with the here and now.

The RNZ report highlights, though perhaps through omission, that our university has a better financial position than it may let on. And while the official information act may prevent us from getting economic insights on their position, lest we, the students, use it to pull one over on the behemoth institution that rules over our head, what it does not tell us speaks volumes.

Something in the university bank accounts tells the government it is doing well; more than that, the universities want to be seen as doing well. This is often the opposite of what they like to say when it is budget time. So ask yourself, dear reader, what possible reasons they could have for this? Is it to entice international students? To angle for grant funding from private contracts? Or something else entirely? At this moment, it is mere speculation.

But sure, the University is doing great. The university is stable. Lecturers on fixed-term contracts that they have to renew each year are stable. Researchers with uncertain grants from public institutions and government



in the Age of Social Media

Ethnic Cleansing Live on Your Phone!



ocial media is often criticised for misinformation, sensationalism, and a lack of reliability. While these are valid critiques, there is something to be said for the rapid flow of information between different parts of the world, especially when traditional news sources let us down. It has now been five months of genocide in Gaza, which has claimed over 31,000 Palestinian lives (including at least 12,300 children), with a further 8,000 people missing and more than 72,600 injured. Public perception of the Israel-Palestine issue has been undergoing a shift in recent months, especially among youth. This is not due to unbiased and objective reporting of the genocide by legitimate news sources but increasing awareness as a result of exposure to reality through social media.

The siege on Gaza imposed by Israel following October 7th has prevented the entry of food, water, medicine, and fuel. Foreign journalists have also been unable to enter unless they are embedded with the IDF, while Palestinian journalists and media workers have been deliberately targeted by the IDF as part of a strategy to 'silence critical reporting". However, the world is so connected due to the internet that Israel is no longer able to keep the

narrative under their control. Journalists like Bisan, Plestia and Motaz use social media platforms to expose the crimes committed against civilians and, at the same time, have provided familiar faces for the masses to sympathise with.

In contrast, Western media has a track record of dehumanising **Arabs** and normalising suffering in the **Middle East** through the choices of terminology they use, for example, referring to the genocide of the Palestinian people as a war between Israel and Hamas.

Hamas is a violent group born of violence. They killed 1200 people and took civilian hostages, and these are crimes. And worse, they did this knowing what the repercussions would likely be on millions of their own people. But ask yourself what could prompt them to do such a thing. Perhaps they're just evil. Perhaps they thought they could trade their 200 Israeli hostages for some of the 1,300 Palestinians held on "administrative detention" without charge or trial in Israeli prisons (now 3,400). Perhaps they thought there were no other options. Let's not pretend that peaceful protest and a little more patience would have solved anything. The UN Secretary-General Antonio Guterres stated it mildly when he said that the Hamas attacks, whilst horrific, "did not occur in a vacuum". The danger of both side-isms is that it implies that there is equal footing. which couldn't be further from the truth. Nowhere is this guite as clear as the social media pages of Israelis and Palestinians. On one side, we see whole bloodlines being erased, doctors performing surgery without anaesthetic, children starving and in pieces and trembling from shock and trauma and grief, and on the other, people laugh as they listen to bombs falling and fret over the availability of gluten-free

1 https://unric.org/en/gaza-un-experts-condemn-killing-and-silencing-of-journalists/#:~:text=%E2%80%9CWe%20have%20received%20disturbing%20reports,strategy%20by%20lsraeli%20forces%20to

cookies. It is disingenuous to imply that "sad and tragic on both sides" (as our Prime Minister put it) is in any way equally so.

Luxon suspended funding for UNRWA while Palestinians starved due to Israel's claims, deployed six personnel to the Red Sea to aid the USA, and condemned Hamas immediately. It took him months to call for a ceasefire, and he is still yet to condemn any of Israel's crimes. The occupation of the Palestinian territories is illegal². The settlements in the West Bank are illegal³. Israel is an apartheid state4, and that's illegal. The blockade of Gaza is illegal⁵. Forced displacement is illegal⁶. Collective punishment and the indiscriminate carpet bombing of Gaza, where 40% of the population is under the age of eighteen years, are most certainly illegal7. The United Nations General Assembly and Security Council, the International Criminal Court and the International Court of Justice (ICJ) all agree that Israel has been in perpetual violation of international law since before Luxon was even born.

Read anything at all by any impartial observer: the International Committee of the **Red Cross, Amnesty** International. Human Rights **Watch**, **Doctors** Without Borders. **Unicef** and anv number of other independent aid agencies. These reports can be found in about five seconds flat with a basic Google search.

South Africa's argument at the ICJ outlined everything far more eloquently and comprehensively than I can here. Unfortunately, Western media outlets remained very quiet during South Africa's opening statement, despite the BBC then broadcasting Israel's argument. The case made for genocidal intent used Israel's digital footprint against them; the propaganda doesn't hold up so well in the face of Tiktoks made by IDF soldiers as they gleefully commit atrocities. Nor does it work when Israeli politicians publicly say things like "there are no innocent civilians in Gaza" or refer to Palestinians as "human animals".

Social media is not only an incredibly powerful tool for raising awareness but also for activism. With the BDS (Boycott, Divestment and Sanctions) movement, petitioning of politicians, and mass protest there is always the possibility of having an impact, no matter how slight.

On Saturday, thousands of people showed up to a protest in Britomart, receiving 5 seconds of coverage on the evening news while the cricket got 35 minutes. But no one who has seen what I have over the past five months can do nothing. I can't possibly list out all of the crimes that Israel is committing in its attempt to ethnically cleanse Gaza, but some images have stuck with me.

The babies in the ICU beds. The father holding small body parts in plastic bags. Bloodsoaked flour, and the child scraping it off the ground. If you do not also feel rage and grief, you're not paying enough attention.



² https://operationalsupport.un.org/en/israels-illegal-occupation-of-palestinian-territory-tantamount-to-settler-colonialism-un-expert 3 https://www.ohchr.org/en/press-releases/2024/03/un-human-rights-chief-deplores-new-moves-expand-israeli-settlements-occupied

⁴ A/HRC/49/25

⁵ https://www.amnesty.org/en/latest/news/2023/10/israel-opt-israel-must-lift-illegal-and-inhumane-blockade-on-gaza-as-power-plant-runs-out-of-fuel/6 https://ihl-databases.icrc.org/en/ihl-treaties/gciv-1949/article-49

⁷ https://www.redcross.org/content/dam/redcross/atg/PDF_s/International_Services/International_Humanitarian_Law/IHL_SummaryGenevaConv.pdf



My Graduate Teacher outlook in a Pacific Studies Contemporary Youth Paper at UoA

Understanding the complexity, will further empower youth



t's week 4, and we're talking about all things youth. Would you consider being a 25 year old doctoral student as youth? Probably not. However, through a traditional Pacific lens, usually no matter how old you are, you still have to conform to gerontocratic ideals as that is entrenched setting I am young (and sometimes you get treated younger than your age, but that's a different story for another day lol). But, I thought it was an opportunity to delve into a paper I am graduate teaching at UoA which is Pacific 206/306.

youth. And so I aim to reflect about my teaching, why it's significant and my own student experiences in this paper.

This paper is so vital, as it allows the opportunity for Pacific youth or in this case my Pacific students to speak up about issues that concern them. For instance, ranging from health and wellbeing, identities (ethnic, spiritual, expressions, resilience, youth engagement and risk taking behaviours and exploring the impacts these have upon Pacific young peoples, their families and their communities.



Funny enough, I took this paper in 2020 when I was in my undergrad and instantly loved it because I connected with the content as it validated myself in an institution that sometimes makes me feel invisible or hypervisible. Now, in 2024 I am now in the GTA role under the amazing direction of Dr. Caleb Marsters who is the lecturer for this paper. And when I see my students start to feel mana (strong presence/power) and mafana (outburst of great emotion) in this paper it makes me feel inspired and also emotional at times

As I understand how it feels to struggle with maintaining your cultural identity and authenticity in a place like UoA where sometimes in certain courses that becomes invalid to bring all that in spaces that are overtly Eurocentric. Not saying that eurocentrism is a bad thing, but it can be for Pacific students a draining thing where you have to acculturate and assimilate, but you don't want to do that too much as that becomes detrimental to how Pacific people move, think and feel in those spaces.

As a result, having to code-switch a lot and your mental health starts to plummet. I get emotional when I think deeply about this paper, because it makes me reflect on the battles me and many Pacific leaders and scholars have to go through to authenticate their research and culture in certain spaces. But then you realise why we all do what we do, is that those coming up (Pacific youth) can aspire to those great lengths of successes beyond our wildest dreams from our own Pacific leaders.

Think about our Pro Vice Chancellor Pacific Professor Jemaima Tiatia-Siau, Former Deputy Prime Minister Carmel Sepuloni, First Pacific Vice Chancellor in NZ Professor Damon Salesa, First Pacific Female Judge Ida Malosi, Dr Melenaite Taumoefolau who is the first Pacific woman to get a PhD at UoA and she teaches at Pacific Studies currently and many more prominent Pacific leaders I can list. You see these incredible Pacific leaders I mentioned have paved the way for Pacific students to aspire to be great and that if they can do it, then we can too.

The thing I love about this paper though is that it allows us to unpack stereotypes and deficit framings that Pacific and also Māori communities tend to get lumped under. From my perspective, this paper allows a form of decolonial praxis to take place in the tutorials and lectures when we unpack stereotypes. In addition, it's a place where we champion Pacific youth and empower them to hopefully do great things in the future, but also being aware of the issues we face. And we face a whole lot.

Pondering on the intergenerational trauma from colonisation, dawn raids, the historic influenza being brought to Pacific shores, racism, sexism, inequitable intersectional gender pay gaps, housing deprivation, mental health, suicide rates etc. As I teach this paper, I aim to have the hard but necessary discussions around these issues to hopefully bring awareness and cultural competency into the space. And of-course moving away from the victimisation mindset, and being empowered to have a mana enhancing approach in dealing with these nuanced issues.

Sometimes as a GTA it feels like I am on a soapbox preaching to the congregation and just yapping a lot, and sometimes I need to take a step back and let the incredible students who are Pacific and non-Pacific students in this paper speak and answer the provocations. As they hold knowledge and lived experiences that are so invaluable that theories and academic literature fail to encapsulate fully.

I feel a huge sense of pride when I see Pacific youth connect and feel inspired, because I reminisce about my undergrad days where I started to unlearn habitual things and started to speak up even if my voice wavers, and I am on the verge of tears, you speak up. I learnt in this paper to exercise my freedom of speech and to speak my truth. Thus, when I see my students speak their truth, and understanding there is more than one truth and it is diverse truths into the space being shared on sensitive subjects from all different students (Pacific and non-Pacific) safely shows the engagement and strength they would need in tertiary environments and outside of the classroom.

The best words to describe my pedagogical outlook is to reaffirm the 6 B's that Former Minister of Pacific Peoples Aupito Sio says to Pacific communities that:

"Our young Pacific generation are the 6 B's: Brown, Beautiful, Bilingual, Bi-cultural and

Love During Youth The highs and lows of young Love.



ove. There is nothing like being in Love during your years of youth. The Love you experience now is unique, something you will only experience once. The bittersweet first Love. You will experience exhilarating highs and heart-wrenching lows. Enjoy it all because it will never be the same once you officially leave your youth years behind. The Love you feel at this age will shape you into well, good or bad, versions of yourself.

The Thrill of First Love

'You will always remember your first Love.' That's what they all say, so it must be true, right?

Heartbeats racing, butterflies in the stomach, the constant thought of them, the eye contact, the subtle physical touch. It's the staying up all night thinking about them, the worries, and pure joy. Every day goes by too fast, and every moment with them is never long enough.

It's like we've all shared the same experience. Your first time feeling the emotions of Love. When you're in Love, the world becomes brighter, and you start noticing the small

things... Okay, maybe I watch too many dramas. First Love is a rite of passage, leaving an indelible mark forever engraved in your heart that will stay with you throughout your life.

The heart-wrenching lows

Of course, when there are exhilarating highs, there will always be a low. There is no avoiding it; if you haven't had this experience, lucky you. I think it's safe to say a good majority of us have, though. Miss communications to misunderstanding. You might be jealous and controlling. You might be too nice or not nice enough. You might be in a manipulative relationship. (RUN!!!) These little things could all stir the relationship up, and you might experience your first heartbreak. Going through a heartbreak is like riding a rollercoaster of emotions. Whether you push through or not, it all becomes part of that unique experience you get to live in.

When something begins, there will always be an end. That end may not necessarily happen now, but it will come eventually.

All good things come to an end

When you have tried everything in your power to make it work but still, something isn't right, it's not the same as before, it may be time to let go. Instead, focus on the lessons learned. You learn the importance of being independent, self-love, and boundaries. You get to be on a journey of self-discovery. After a heartbreak, you will become stronger and wiser. Perhaps you will move on to your next Love.



Or not, you may still be with your first Love and stay with them, or you may grieve your first Love. As the rollercoaster of youth unfolds, it's the memories of Love-both the joyous and the painful-that shape our understanding of affection, resilience, and the beauty of fleeting moments.



I am an Urban Maori. I am Proud.

A Personal Exploration of Māori Heritage and Identity



am an urban Māori and I am proud. I was born and raised in Tāmaki Makaurau, where I have experienced an odd disconnect from my hāpu/ iwi and whenua my entire life. I grew up as a Pākehā and was never exposed to my korero nehe nor Māori heritage; this led me to question my belonging and my identity later in my life now.

Growing up and not knowing who I am or who my whanau truly are gave me a tough time when I became independent and started my self-discovery journey. I encountered many barriers and challenges in my life when it came to attempting to gain resources to learn about my culture. But, it was only with my own initiative, turning away from generational trauma, that has allowed me to embrace all of my cultures and start exploring them equally. It's here that I started to understand and believe that learning your roots and background allows you to develop your identity and explore who you can become.

While talking and interviewing some students I came across ideas of how some Māori people have been forced into labels or feel like they need a certain label to belong. "I think labels might be the problem, I think adding something before Māori insights separation...

When we add plastic, urban or elite, those words are used to separate and divide us. We need to focus on the Māori part, not what part comes before." All Māori should feel the right to just say they are Māori; there should not have to be an urban māori, half māori or plastic māori, terms that Māori people get labelled in. Personally, I use the term urban Māori as an excuse for not knowing my culture well enough. However, as I adventure further into my journey I am discovering that I do not need to use that term because it does not define me, it can not define anyone.

Another student's opinions on terms/labels: "I think it is quite degrading to quantify someone's heritage based on their ability or inability to connect with the culture itself... terms or labels just puts the question of are they worthy enough to see themselves as Māori or not Māori."

While interviewing another student they said a noteworthy quote: "You can't know who you are and you can't go forward without knowing who you are, otherwise you will always be stuck in the past. Where do I come from? Where have I been? Who can I be? These questions will always pump through

your mind throughout your life if you don't understand who you are." I believe that understanding your korero nehe will give you knowledge to develop your identity. Going forward in life, having a better understanding of who you can become will unlock your potential. There is no rush in discovering and learning within your own journey; you can do it now, or later in life. Go at your own pace and she'll be right.



Whanau = Family and Kin

Tāmaki Makaurau = Auckland

Pākehā = European descent

Whenua = Land

Iwi = Māori tribes

Hāpu = A division of a Maori people and community (sub-tribe).

Urban Māori = Māori people that live in urban areas; outside of their iwi or hāpu whenua. Often are isolated outside of their community.

Korero nehe = Ancient History or Text







THE FIRE KAMERIA

In memory of Akira Toriyama (1955-2024)



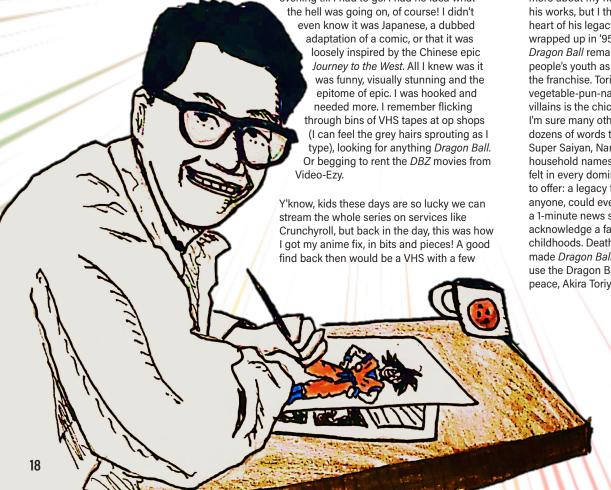
he last time I thought of Akira Toriyama before his sudden passing earlier this month was at my partner's family home. I was locked in conversation with her younger cousin, Tristin, who's just started high school, about various topics around drawing as he's a budding street artist. He mentioned that he really enjoyed reading this Spider-man manga and how the art hooked him, that he could read volumes cover to cover in no time. This comment immediately reminded me of my experience reading Dragon Ball. The manga's gripping action sequences were masterfully crafted by Toriyama to guide the reader's eye through the page seamlessly, with perhaps one kick from Vegeta leading to the next corresponding punch from Goku in the subsequent panel. Toriyama once said that this technique of flow via panelling, called koma-wari, was the most crucial aspect of making a good manga. He was a master of koma-wari and a reason why his landmark manga series is the 4th bestselling of all time.

His iconic art style was not just well received by readers but praised by fellow mangaka. such as Hirohiko Araki (the creator of JoJo's Bizarre Adventure), who once said he struggled to imitate it as "Toriyama-sensei's art [has] an amazing technique that can convey both flatness and three-dimensionality at the same time!" Having drawn the piece accompanying this article myself, I cannot agree more. It looks deceivingly simple, but only a few have mastered it, such as Toyotarou, the artist behind Dragon Ball Super's manga, and the animators at Toei behind the anime. Which reminds me I need to address the elephant in the room: the global cultural landmark that is the Dragon Ball anime series.

For me and countless millions worldwide, the *Dragon Ball* anime (and the succeeding movies, *Z*, *GT*, *Kai*, *Super*, etc.) was our introduction to Japanese media in general (alongside perhaps *Pokémon* and Ghibli films). I remember being probably 4 or 5, at my aunty Paula's house, glued to the screen watching the original series on Cartoon Network all evening till I had to go. I had no idea what

episodes of GT, but I would still sit in my room and watch them late into the night. Eventually, I managed to piece together the whole story by chipping away at the 630+ episodes via DVD and Streaming, something I feel you can only be fucked doing/have the time to do when you're a teenager. Other memories include when I got a PS2, and the Dragon Ball Boudokai fighting games were at the top of my wish list. Even today, Dragon Ball has a strong legacy in gaming, as if I ever jump on Fortnite, I always play as Lord Beerus (my favourite Dragon Ball character). I happened to grow up in a house with homestay students from Japan, Korea, China and Hong Kong, and we often bonded over our shared knowledge of the series. I distinctly remember one student from China; Justin was his English name (embarrassingly, I can't remember his Chinese name anymore), showing me, to my amazement, a GIF he made of a kamehameha battle sequence. One of them gave me the first volume of the series in Japanese, which I can't read, but hold dear nevertheless.

This last-minute piece ended up being more about my nostalgia than recollecting his works, but I think memories are at the heart of his legacy. The Dragon Ball manga wrapped up in '95, and the anime in '18. But Dragon Ball remains a core memory of many people's youth as we grew up alongside the franchise. Toriyama's ensemble cast of vegetable-pun-named lovable heroes and villains is the chicken soup for my soul, and I'm sure many others feel similarly. He added dozens of words to humanity's vocabulary, like Super Saiyan, Namekian, and Kakarot, now household names. Toriyama's legacy can be felt in every dominant cultural form we have to offer: a legacy that goes beyond what I, or anyone, could ever squeeze into a page or a 1-minute news segment. Still, I wanted to acknowledge a fallen architect of many of our childhoods. Death isn't like the flu, as the fanmade Dragon Ball Abridged jokes; we can't use the Dragon Balls to wish him back. Rest in peace, Akira Toriyama.



'HEAR ME ROAR'A "ROCK-DICKLESSLY" GOOD TIME AT THE AUCKLAND ART'S FESTIVAL



firmly believe that all music critics are hypocrites if they can't play. And I can't play. So I won't offer a graded review of this concert, lest the Muses abandon me due to my hubris. But if I dared to give scores, I would give 'Hear Me Roar' ten stars out of five.

At first, I felt like a fish out of water among the crowd entering the town hall. A young man, with his mother, in a sea of predominantly middle-aged women wearing colourful dresses, celebrating International Women's Day no less. But when you're uncomfortable, you're in the right place as a journalist. When the purple haze of the smoke machine lifted, and the four wāhine Kiwi music legends (Annie Crummer, Betty-Anne Monga, Boh Runga and Julia Deans) took the stage, all

the unease I was feeling was gone. What remained was a stellar, genre-shifting tribute to the world's greatest female songwriters, with accompanying NZSL interpretation too. My highlights included an earthquakeinducingly powerful rendition of Lorde's Green Light led by Crummer and a thunderingly accurate performance of Kate Bush's Running Up That Hill by Runga, who absolutely nailed all of the exact, distinct vocal inflections of the original. The singers often related personal stories about why they chose to perform their songs while covering artists such as Tina Turner, Dolly Parton, Nina Simone, Sarah Vaughan and Carol King. Also, the lead guitarist and the show's musical director, Dixon Nacey, showcased his skills as a Swissarmy guitarist, seamlessly nailing every genre

thrown his way.

Overall, it was a hands-down fantastic show, which I wish was recorded, and it's a shame there were some empty seats. Why drop half a grand to see international acts like SZA live (don't kill me, I'm going too okay) when we have spectacular talent right here in Aotearoa, which is much more affordable? If 'Hear Me Roar' sounded like your pace, I HIGHLY recommend getting tickets to other Kiwi cover groups such as the Come Together shows and The Bill Withers Social Club. They're not impersonators but local legends using international artists' tracks to show off. Check out the Auckland Arts Festival before it wraps up, people!





THIS ONE TIME AT AND AMP

GETTING ARTSY AND GETTING LAID: A HOW-TO GUIDE.



TIM EVANS (THEY/THEM)

his one time at band camp...", the infamous sentence opener, followed perfectly by tales of an outrageous sexual escapade snuck beneath the noses of supervising parents. It is a natural consequence of putting nerdy, pent up teens in close proximity to one another for too long. Tragically, the band camp opportunities decline when you leave school, but don't fret - I am here to confirm that learning piano can get you pussy, or whatever Bo Burnham said. Here is my noncomprehensive list of musical ways to get your dick wet, or find a loving, committed partner if you're nasty.

JOIN A COMMUNITY MUSIC GROUP

New Zealand has a notoriously small music scene. That's where you, the up and coming sex-capade aficionado step in. You can provide fresh blood to the uncomfortably close and mildly inbred dating pool. Picture it: you show up to the first rehearsal and suddenly you are the mysterious newbie. People can't take their eyes off you, nor should they. Talk to everyone, flirt with the committee members, make sultry faces at the director. Use every move you can think of to make your mark. And from there, well it is an easy walk home to your new lover's bed. You can thank me later, I know your mouth will be busy for a while.

BECOME A NUDE MODEL

Looking for someone a little more refined than a theatre kid turned horny young adult? Nude modelling for visual artists is a way to display your assets to the more cultured in the community. While not inherently sexual, whipping it out for an hour and getting stared at intently builds a level of intimacy that rarely happens another way. Plus, visual artists are often of a more reclusive persuasion. Laying

your cards on the table on their terms is just the kind of indirect flirtation which will have them painting you like one of their french girls. Just don't blame me if you get paint where the sun doesn't shine.

LIE ON YOUR DATING APP PROFILES

If you're sadly lacking in the artistic prowess to achieve another option (let's face it, some people aren't gonna be the next Beyoncé or Steven Spielberg), then I suggest blatantly lying. A dating app profile is just the place to embellish your skills. Who needs to know? Say you're a pianist and talk about how strong your fingers are. Call her beautiful, with a face made for the screen. Hell, tell him you're a dancer and can do the splits on it. Whatever you decide to lie about, they'll be impressed by your artistic inclinations and all you need to prove is that you're good in bed.

CHECK OUT THESE THREE COOL CLUBS ON CAMPUS, COME BACK FOR NEW CLUBS EACH ISSUE.



AUCKLAND LAW REVUE

The Auckland Law Revue is a student-run comedy stage show made up of a collection of skits, songs, and dances featuring YOU! We are looking for Cast and Crew - no talent required. Scan our code for more info, including our rehearsal schedule in the application form.



UNIVERSITY OF AUCKLAND DEBATING SOCIETY

The UOA Debating Society is a club for everyone! Want to improve your speaking and interviewing skills? Want to socialise and make new friends? Want to travel the world and attend prestigious Debating events? We got it all! We meet every Thursday, 6pm and have an opening night at Shadows!



AUCKLAND PHARMACY STUDENTS ASSOCIATION

APSA is a small club run by pharmacy students for pharmacy students AND more. We are a small club who host a wide range of social, cultural and educational events for everyone to enjoy. Come check out or Instagram @APSA.insta for more details.

This Week on the Craccum Podcast

BENNEDICT WEST

The theme of this week's issue is Youth and why can't we talk about youth? We are still youthful at least for now....

Old chunk of coal Benn West and a spry chicken Ben Lai will be hosting the Youth Editorial for this week's Craccum Podcast. It's gonna be Ben-Overload as we discuss articles in this week's magazine and waxing poetic about our own misspent youths and

what youth means to us. This AUSA paid for recorded therapy session will finally figure out where everything went wrong for us

Also Arts Intern Tim Evans will be joining the podcast as we interview Kenyan-New Zealand Reggae Artist Muroki. He will be joining us for a conversation about his new projects and being the first person signed to Benee's Label Olive Records. Don't miss this week's edition of the Craccum Podcast, as we finally are feeling legitimate.



I may be far from what anyone would call a youth, but climate anxiety hits me hard. I'm not toxically masculine enough to say that I don't occasionally shed some tears at the future we all face. But here's the thing, we're not alone in our rutted wallows of existential dread. There's a sort of twisted comfort in knowing that around the globe, countless others are pulling their blankets over their heads, not just because it's Monday but because the weight of our warming world is a bitter load to swallow, especially when you've got a quiz on Thursday you haven't studied for. The buzzword for this bad vibe? Climate anxiety. It's that gnawing pit in your stomach when you see another headline about wildfires, hurricanes, or glaciers turning into pools of water. It's the guilt over using a plastic fork because the guad ran out of wooden ones and the slippery slope of wondering if any of it really matters in the grand scheme of things.

But here's a little plot twist, feeling this way doesn't mean you're weak or irrational. It means you're paying attention, and that's the first step toward making any kind of change. Recognising the problem is a lot like noticing you're out of clean socks: it's a sign you need to do some laundry. In this case, the laundry is our planet, and it's about time we all chipped in to clean it up.

So, how do we lift this weight? First, by remembering that the doomscrolling device in our hands is also a tool of incredible power. When used for good and not evil (or just procrastination), social media can connect us with like-minded people who are also sick of feeling helpless. Online communities are planting trees, cleaning oceans, and lobbying for policies that could actually dent the carbon footprint left by the boomers.

Second, it's about realising that small actions aren't so small in the grand scheme of things. Choosing to bike instead of drive, supporting local and sustainable businesses, reducing meat consumption, or even just voting for leaders who recognise our planet is more than a

disposable playground can start to tip the scales (maybe the boat has sailed on that one for 4 years), but you get my point. Imagine if every one of us made just one better choice a day—suddenly, we're not just individuals fighting a losing battle; we're a movement.

And finally, let's talk about those tears I mentioned. They're not a sign of defeat; they're a sign of empathy and strength. They mean we care, and caring is the first step towards action. We need to allow ourselves to feel these emotions, to sit with them, and then to use them as fuel. Anger, sadness, and frustration are powerful motivators. Let them drive us to join a protest, write to our representatives, educate others, and join one of the clubs on campus or start a sustainability project of our own. Maybe we could take some native plant seeds and scatter them on some public land someplace.

The truth is we might not be able to fix everything, but that doesn't mean we're powerless. Each of us has more influence than we realise, and together, we can make waves. Next time we're feeling like burying our head under the covers, remember that action is the best antidote to anxiety. And who knows? Maybe the world with all of us working together, can start to look a little less like an impending disaster and more like a challenge we're ready to face, head-on.

Remember, 90% of all the scientists ever lived are alive today. Be the future we want to see, and the future is now.

It's vital we don't neglect our mental health. Climate anxiety can be heavy, so finding ways to manage it is important. Whether it's through meditation, speaking with a counsellor, or simply having open conversations with friends, taking care of our mental well-being enables us to fight another day. Luckily UoA offers Puāwaitanga Counseling Seven days a week and is tailored for students, which can be an incredibly helpful resource.

WHAT TO DO WHEN CLIMATE CHANGE FEELS UNSTOPPABLE



HOW TO TURN CLIMATE ANXIETY INTO ACTION



HOW CLIMATE CHANGE AFFECTS YOUR MENTAL HEALTH



A SEVEN-YEAR-OLD'S ADVICE TO ETERNAL YOUTH, BECAUSE WE'RE DOING IT ALL WRONG.



y cousin is possibly the smartest person I've ever met. At age 7, she knows everything—from the fact that she will be a backup singer for Taylor Swift to how she believes that bedtime is actually a concept that adults made up to have free TV time.

When I asked her if she could give me 30 minutes from her extremely busy schedule in return for free ice cream, she giggled and told me that I wasn't very good at making deals. "You're giving me free ice cream to let me talk?"

WHAT ARE YOUR TIPS FOR STAYING HEALTHY AND FIT?

I play netball and have won player of the match three times. By the way, this was something that I already knew because I am the best. I also chase my dog around after school because she's really, really fast and keeps stealing my things. Get a dog and play a sport.

DO YOU HAVE ANY RELATIONSHIP ADVICE FOR ME, AND ANYONE WHO READS THIS?

I think you should be with someone who is nice to you. My dad always tells me that if a boy tells you he's mean to you because he likes you, you shouldn't believe him. Cause like, sometimes this guy in my class is really mean to my friend and then he told her because he likes her curly hair, but that was super weird. Yeah, so marry someone nice.

DO YOU HAVE A BOYFRIEND?

I have, like, three. One of them asked me to marry him last year but I said no because my mom said I'm not allowed to date until I'm 15.

WHO ARE YOUR BEST FRIENDS AND WHY DO YOU LOVE THEM?

I have lots of friends. But my best friend is my brother because he always makes me laugh and also watches Is It Cake with me even if he actually wants to watch cricket. He's also really funny. You should have funny friends.

IF YOU EVER FEEL SAD, WHAT DO YOU DO?

I get ice cream, but only Movenpick because they have the maple syrup flavour. That always makes me happy. I also like having dance parties.

WHAT DO YOU WANT TO BE WHEN YOU GROW UP?

I'm going to be a backup singer for Taylor Swift because then I can travel around the world and also sing at the same time. Also, I get to wear really pretty clothes.

IF YOU COULD BE ANYWHERE IN THE WORLD RIGHT NOW, WHERE WOULD YOU LIVE?

Ummm, I would go where my parents live because they always plan really fun activities. Also, we would need to live somewhere where my brother can play cricket and somewhere that has a dance class for me. I also want to be somewhere that is warm and where I don't have to wear shoes all the time.

WHAT IS YOUR FAVOURITE ITEM RIGHT NOW?

I told you, my seashells. I collected them last week, and I like the sound they make when you press your ear to it. Also, the Hair Salon game on your phone... can we play?

Do You EVER FEEL PRESSURE?

Sometimes, but not really. I feel like grown ups feel more pressure though because they have to work a lot. I don't work yet so I don't feel stressed.

DO YOU THINK MONEY IS IMPORTANT?

Yeah, kinda. Like, you need money to buy ice cream and pay for singing lessons and stuff. But then also, my dad always tells me that you're always really rich if you have a good family and when I was young, like 4, I didn't understand that but now I kind of get it. I still think you need it though but shouldn't have fights and stuff over it.

DO YOU WANT TO GROW UP?

Uh, not really, because you're grown up, and you don't live with your parents. A lot of grown-ups don't stay with their parents, and I think I'd miss them a lot.

Do we want to grow up? Because if you ask me, I don't think we really know what 'growing up' means. Our youth is spent chasing after things—we always find the need to be doing something, being something, when we probably have absolutely no clue who we are. A seven-year-old puts it into a simpler perspective. To be young is to surround yourself with people who make you laugh and family that has your back; a version of yourself that finds seashells on the beach precious and chases their dreams, no matter what they may be.

We have a lot of goals and chase after many things. The key to eternal youth, as taught to us by a little girl, is to live your life in reverse. The ultimate goal is simple: returning to the person we were when we were seven years old



PUTTINGON AFXCKING GODTIME

OUR INVITATION TO HELP FUND YOUR EVENTS

If you are a club/association at the University and you put on an event during one of our Weeks, we'll fund your event.

Self Care Week (April 15th - April 19th 2024)
Pride Week (May 13th - May 17th 2024)
International Week (August 5th - August 9th 2024)
Women's Suffrage Week (September 16th - September 20th 2024)
Politics Week (September 30th - October 4th 2024)

Find out more and apply at: http://ausa.org.nz/weeks-tender/





Queer Vibes Oh, you're straight?

ROSE TAYLOR-MEADE

"You two make a cute couple."

"Really? Uh, thanks."

"So how did you guys get together?"

"I mean, after some general confusion about my sexuality, a lot of self-deprecating crap from both of us, and the two of us doubting whether the other would want to date their colleague, there was a conversation that started with me finding a really roundabout way of asking as much."

"Isn't there always teachers that are together though?"

"Yeah, well."

"Well, go on then, how did it happen? Details, come on."

Her POV:

So it was year 13 camp and we were all sitting around this lantern kind of in a vague circle, like this lantern was some shitty excuse for a campfire. The kids had been told a while ago, lights out, quiet down. Naturally, some had been taking longer to do so than others. I'd been doing a walk round, reminding them that, a) sound travels, and b) there are, at this point, people around them that do in fact want to sleep. As I was doing this there had been this one idiot making dumbass statements about how 'if you're not into trans people, you're transphobic.' I was about to politely remind them of the two aforementioned factors when this statement was promptly followed by someone from a nearby tent yelling, 'bloody hell Ryan, you're full of shit, just shut up for once!'.

So now I was wondering, by that logic, being a lesbian must make you some sort of man-hater, feminazi? And surely being a gay man would have to make you rather a misogynist. Are people not allowed preferences?

So I'm retelling this, and I remember Ethan saying to me the whole sitting round a single light source, he couldn't help but feel it was slightly cult-like. Well, Guides, Scouts, done them both, it's all a bit cultish really, so there's that. Don't worry, most people were already questioning my sanity. That would've confirmed his suspicions, I'm sure.

His POV:

"Would you go out with someone you work with?" I asked him. Steve opened his mouth, about to answer then paused. "No, not you, just trying to work out whether it's worth saying anything. It's not like I stand much of a chance anyway."

"Of course it's worth saying something. At least you'll know."

"Even if she's not into guys?" I questioned, I appreciated his optimism.

"You know that for sure?" he asked, presumably not convinced. I wondered if he had an inkling.

"It seems to be the general consensus," although I wasn't convinced. Or didn't want to be.

"Which department are we talking about?"

"Physics." That was all he needed, Antonia was the only lady in her department. He grinned.

"Ah. No, she's into guys," he paused for a moment, "I can't rule out her swinging both ways," Steve said, "but she's definitely into guys."

"Really? Ah, you taught her, didn't you."

"Yep. I think it's safe to say she's got some pretty high standards, but I think your chances are pretty good."

Her POV:

"Would you go out with someone you work with?" I asked.

"I guess, yeah. It's not a deal breaker, if that's what you're asking?" he paused for a moment. "How far should I read into that?"

"As far as you want to, I guess."

"So, you're fishing? Trying to see if I'm interested?" he asked, smirking slightly.

"Maybe." I was glad someone was finding this entertaining.

"Why didn't you just ask?" he asked, borderline incredulous. I shrugged, there was no point claiming I knew what I was doing.

"I kinda did. It's fine if you're not I get it. I'm sorry, I-" Oh who am I kidding? I'm fucking hopeless, let's be real.

"No, it's not that," he cut me off before I could say anything else.

"Okay?"

"No, I like you. I just didn't think there was any point, didn't think I stood much of a chance."

"Really? Why not?" Now I was the one who was incredulous.

"Well, you seem to have really high standards for one."

"Do I?"

"Yeah, and it'd have to be someone pretty special for you to find time for them. No offence but your schedule's crazy." None taken, he had a point.

"Well consider yourself lucky then. And don't be stupid Ethan, of course I've got time for you. But really, why me?"

"Why? Why not? You're amazing. Besides, haven't you heard?

"Heard what?"

"Intelligence is sexy."

"Oh really? You're not bad yourself."

"Oh please. You're a fucking physicist. I'm nothing on you."

"If you insist."



His POV:

"For a while there I wasn't sure I was your type," I admitted. I really wasn't sure how she'd react.

"My type? Really? What does that mean?"

"Really. For a while I thought you were lesbian. I hoped you weren't, despite everyone telling me I didn't stand a chance. I guess we believe what we want to, right."

"Really? Honestly, what is up with that?"

"Which part?"

"Why the hell does everyone keep thinking I'm a fucking lesbian?"

"I mean, there's always the plaid shirts and the pixie cut."

"Oh, for christ's sake."

"This isn't the first time then?"

"No," she said. I was getting the feeling there was a story here.

"Go on then, Toni. You've got me intrigued now."

"Well, it was more queer than specifically lesbian. It's a strange experience, having people surprised to find out you're straight. It was Gang Show closing night, a couple shows ago. It was a kind of after party, cast and production team. Got talking with the choreographers, being similar ages, we gravitated towards each other a fair bit."

Her POV: (flashback)

"Now that show season's over, I'll actually be able to spend time with my boyfriend, that's a novel idea-"

"Wait. Oh, you're straight?" Andrea said suddenly, apparently surprised by the fact.

"Yeah. Why?" I asked, genuinely confused as to why she might've thought otherwise.

"I've been getting serious queer vibes from you," Andrea admitted.

"I mean, okay."

"Yeah me too," Eliza added.

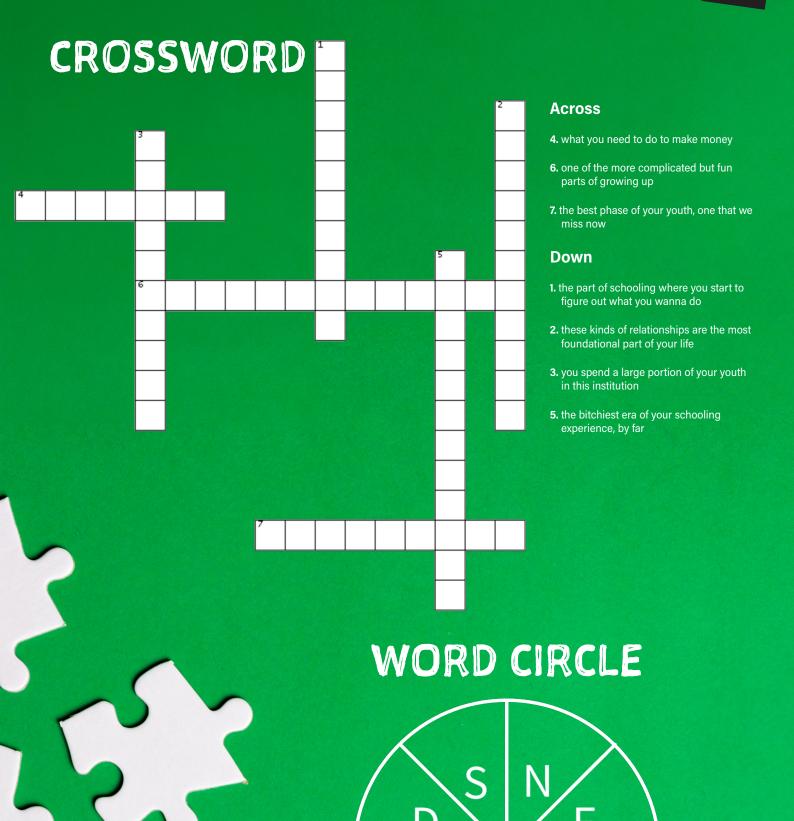
"Okay now I need to unpack this further, why is that? I need to know now. Like, what was it about me that made you think that?" They had definitely set off the psych nerd in me.

"For me it was the confidence," Andrea explained.

"Yeah, and the hair," Eliza chimed in. I guess I kinda got that.

"Yeah that too," Andrea agreed. "The confidence and the hair. I know I shouldn't make generalisations but, yeah, I seriously thought. Mainly cause of people I know, like of all the straight girls I know, none of them have your sort of confidence."

I guess there are worse things.



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HOROSCOPES



We've going to be experiencing some major energy shifts during this week! On Tuesday, the sun will move into Aries. So, if things have been feeling more stagnant during this past month, you can expect a more fast-spaced, energetic and direct atmosphere in the air. The sun entering Aries marks the astrological new year! That's when the sun has gone through all the 12 zodiac signs! Yay! March is a time when the year starts to build character and shows its colours.

Please Read your Rising sign!

I offer astrological birth chart readings in private. That's when we can discuss in depth your chart and reach insights that can help you navigate your life more effectively. If you ever wondered about beyond just your sun sign, flick me a message!

ARIES

The sun will be shining right on the area of your life that will bring you vitality and energy. You could be dying to start something new, like getting back into exercise, starting a new job, or launching a project. You could also be paying more attention to your appearance, experimenting more with your style or wanting to build a better relationship with your body.

TAURUS

This next month could be a time of intense emotions for you. A time of purging and letting go of old wounds. It may feel very intense and transformational. You might be feeling slightly more anxious and keeping your energy to people that are closer to you. You may also be deepening your trust in people and exploring spirituality more.

GEMINI

Your social life could be popping off this month. You can expect to attend more events, spend time with friends and meet new people. There can be a lot going on and everything at a very fast pace, so there might be that occasional stress and chaos of trying to get to places on time and organising your schedule so you don't overcommit. In general, you could be having a lot of fun and going on different adventures



during March-April.

LEARN MORE

CANCER

You could be feeling more seen by people during this time. This month can bring a focus on your public image and reputation or some of your career moves. You could be starting a new job or ending your current one, and you could be reflecting on your long-term goals and what that looks like for you. You may feel more appreciated by people and find joy by taking action on a long-term goal you have for yourself.

LEO

This month you could be planning to go abroad, or you could be really wanting to immerse yourself in a different culture. Alternatively, the transits of march could be impacting your studies, it can feel like all or nothing. You might be putting your heart, blood, sweat and tears into your degree and feeling the passion ,or you could reach a conclusion that what you're doing is not necessarily for you. Passion is a keyword for March- April.

VIRGO

You could be feeling very reflective around this month. You could be looking into how to be more in tune with your emotions and sensitivity. You could be craving emotional intimacy more, and you might feel very inquisitive about yourself, wanting to understand more about how you operate and navigate through the world. It's a wonderful time to start therapy. There could also be an emphasis on your financial life, and you will be looking into ways you can improve it.

LIBRA

This month can have a big emphasis on the relationships in your life. You could be reaching a new cycle in a romantic relationship and learning a lot from each other. Alternatively, it is also possible that a relationship comes to an end if it hasn't been going well for a while. This could apply to a close friendship as well. Additionally, you might find yourself craving more intimate relationships in general and putting effort into harmonising and nurturing the connections you already have.

SCORPIO

This month is a really good time to focus on your work (whether it's university-related or not) and your routine. You might be paying more attention to your health and overall well-being. You could encounter a lot of new work opportunities that allow

you to put into practice whatever you've been learning. You will want to experiment with different systems in your routine and learn what works best for you. It could also be really beneficial to exercise regularly to deal with any anxiety that can come up.

SAGITTARIUS

You could feel very inspired during this month. You could be connecting more to your creativity and expression. This could be a vibrant and exciting time. If you're an artist, this could be a very good time for you to embrace this energy. Whether it's painting, dancing, gardening, or any other hobby, you could be indulging in a very silly little time where you enjoy the simple pleasures of life. If you have children, you could be spending a lot of time together and connecting.

CAPRICORN

During this month, you could be considering moving to a new home or undertaking renovations and redecorations. There will be a lot of focus on your family life and its dynamics. It's possible that certain conflicts may arise, or you could be spending more time together. You could be feeling more nostalgic and sensitive during this month and want to be closer to the people who are dearest to you.

AQUARIUS

You could be feeling more communicative and open during this month. You could be inclined to venture out more, and explore new neighbourhoods and cute cafes or restaurants. Or even taking a nearby trip. You may also feel more motivated to engage in any projects related to communications, like writing articles or a thesis, reading, public speaking and socialising with others.

PEIXES

During this month, you could be feeling more of a need for material comfort and security. Your attention could be focused on your finances, as you assess how to take practical steps to improve them or learn how to manage them better. You may feel a stronger desire to align your actions and decisions with your core values and invest in things that truly matter to you. It can also be a really good time to access your talents, skills and abilities and totally believe in your capabilities!





MONDAY

FREE POOL WHEN YOU SPEND \$10 OR **MORE***

HAPPY HOUR

EVERYDAY 3PM - 5PM AND 9PM - 11PM

TUESDAY

BUY ANY TAP DRINK & GET A BURGER AND FRIES FOR \$10*

WEEKLY SHADS PUB QUIZ

\$3 STUDENT COFFEE

FREE VENUE HIRE

FREE VENUE HIRE FOR ALL OA STUDENTS FOR STEINS, BIRTHDAYS, **QUIZZES AND MORE.**

Email us to discuss and book your event: events@shadows.co.nz

WEDNESDAY

2 FOR 1 PIZZA*

STUDENT NIGHT FT DJS

SPECIALS

STUDENT NIGHT **EVERY WEDNESDAY**

Your home of Live Sports

THURSDAY

2 FOR \$25 COCKTAILS*

INDIE TUNES

FRIDAY

DJ

ROTATING FOOD & DRINK SPECIALS

* Terms and Conditions Apply





Wine · \$8 Odd Company · \$8 Heineken · \$9 Scapegrace G&T · \$10 **EVERYDAY** 3PM - 5PM 9PM - 11PM

SHADOWS BAR - OPPOSITE THE MAIN LIBRARY . OPEN MIDDAY TIL LATE . MONDAY - FRIDAY









Wednesday 20 March

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