

# CRACCUM

THE UNIVERSITY OF AUCKLAND STUDENT MAGAZINE

ISSUE 02, 8 MARCH 2021

ty of Auckland - Craccum

March 2021

## RNELL LIVING

The latest in the news...

d Uni  
cellor's  
for sale  
purchase

do minus bon  
accusantium  
totam rem  
quo ab illo  
architectu  
piliro. Non  
quia voluptas  
fugit, sed  
dolores eos  
qui molestia  
qui dolorem  
consequatur,  
numquam  
in labore oc  
quere

us et  
bon.

minus bon  
sanitum  
am rem  
ab illo  
architectu  
a. Non

"At vero eos et accusamus et iusto  
odio non dignissimos."



### Down 2 Fcuck?

Feeling alienated during this lockdown? Virtual sex is a legitimate practice that is actually being endorsed in some countries, and Lucy Parsonson talks to those in relationship who have tried the act.

PAGE 22

### First Years Confused, No One Surprised

Felicia Indrawidjaja asks first years if they have any idea what the fuck is going on. Spoiler alert: they don't.

PAGE 18

### Zooming Through Their Degree

Several second-year students unmute their mics and talk to our News Editor Ella Morgan about having the majority of all their lectures so far conducted through Zoom.

PAGE 10



# CRANK THOSE TUNES WHEREVER YOU ARE

Promotion Date: 1-31 March 2021

PROMOCODE:  
**PBXJBL**



**TUNES FOR 2**

**BUY ONE GET ONE 1/2 PRICE**

## JBL In-Ear Headphones **C100SI**

**2 for \$25**  
or **\$16.95** individually



### Features:

- JBL Signature Sound
- Lightweight and comfortable
- One-button universal remote with mic
- Colours in bundle may vary

#:HSTJBL00100 / HSTJBL00101 / HSTJBL00102

2 CRACCUM

## JBL On-Ear Headphones **C300SI**

**2 for \$44**  
or **\$29.95** individually



#:HSTJBL00030

### Features:

- High-power Drivers
- Lightweight Earcup Construction
- Self-adjusting Earcups

Strictly Limited Stock | No Backorders | No Rain Checks  
Only available at the PB Tech campus store or online via QR code



# TUNES JUST FOR YOU



## TUNE 120 TWS

True Wireless Headphones

PB everyday pricing \$169

NOW **\$99**

#:HSTJBL00120 / HSTJBL00121 / HSTJBL00122



## TUNE T600

True Wireless Headphones

PB everyday pricing \$149

NOW **\$109**

#:HSTJBL00600 / HSTJBL00601 / HSTJBL00602

# TUNES FOR EVERYONE

## PARTYBOX GO



PB everyday pricing

**\$639.95**

### Features:

- 100 watts of powerful, booming JBL Pro Sound
- Synced light show
- JBL wireless mic included
- IPX4 splashproof protection

#:SPKJBL782148

## GO3 NEW

PB everyday pricing

**\$69.95**



Portable Bluetooth Speaker

### Features:

- Original JBL Pro Sound
- Bold style and ultra-portable
- IP67 waterproof and dustproof
- Vibrant colour options

#:SPKJBL782272 / SPKJBL782275  
SPKJBL782293 / SPKJBL782271



## NEW CLIP4

Portable Bluetooth Speaker

PB everyday pricing

**\$99.95**

### Features:

- Rich JBL Original Pro Sound
- IP67 waterproof and dustproof
- Upgraded integrated carabiner
- 10 hours of playtime

#:SPKJBL782263

# VISIT YOUR CAMPUS PB STORE TODAY

THE UNIVERSITY  
OF AUCKLAND

(09) - 357 0882

[www.pbtech.co.nz](http://www.pbtech.co.nz)

[orders.uni@pbtech.co.nz](mailto:orders.uni@pbtech.co.nz)

### OPENING HOURS:

Monday-Friday: 09:00am - 06:00pm

Saturday: 10:30am - 03:30pm

Sunday: Closed

Repair

PC & Gaming

Headphone

Tablet Repair

Mobile Phone Repair

PBTECH

Biggest range, best price every day

Level 2, Kate Edger Information Commons,  
9 Symonds St, Auckland CBD



OPENING HOURS:

PH: 9:00am - 6:00pm

AT: 10:30am - 3:30pm

Sun: Closed

(09) 357 0882

orders@pbtech.co.nz

MacBook Pro

# Unichem Campus Pharmacy



care + advice



Located at Level 1 Student Commons,  
9 Symonds Street, Kate Edger Building  
(beside Ubiq Bookshop & ANZ Bank).

## Services:

- Prescriptions
- Oral Contraceptives Supply
- Morning After Pill (ECP)
- Professional Pharmacist Advice
- Funded Nicotine Replacement Therapy
- FLU & Other Vaccinations
- FREE Measles Vaccine (\*if applicable)
- Ear Piercing
- Post Centre
- Passport/ID Photo
- Cosmetics & Skincare
- Haircare
- Vitamins & Supplements
- Umbrellas
- **Student VIP Loyalty Club**



**New Zealand Post**

# \$5

## GIFT VOUCHER

Shop. Swipe. Reward.



Redeemable only at Unichem Campus Pharmacy on purchases \$30 and over. Not valid in conjunction with any other promotional offer. Not valid on Gift Vouchers, Phone Cards, Prescriptions, Photo Processing, Postal Services, Vaccines, and Ear Piercing. Voucher may not be exchanged for cash and no change will be given. One voucher per transaction. Valid until 22/12/21.

**Opening hours:** Mon – Thurs: 8am - 6 pm Fri: 8am - 5.30 pm  
(Holidays: Mon – Thur: 8am-5.30pm Fri: 8am-5pm)

**Phone/ Fax:** 377-1991

**Unichem**   
**Campus Pharmacy**

# Contents.

- 6 Editorial
- 8 News
- 14 **Shitting On All The Southside Slander**
- 16 Trying Times: Students On Mental Health
- 18 Starting University In A Pandemic
- 20 **Pandemic Themed Cocktails**
- 22 Sex In The Time Of Coronavirus
- 24 Reviews
- 26 **Streaming Olympics**
- 32 The Need To Belong
- 34 It's The Old Mug!
- 37 **Puzzles**
- 38 Horoscopes

## The People to Blame

EDITORS IN CHIEF **EDA TANG & BRIAN GU**  
editor@craccum.co.nz

NEWS EDITOR **ELLA MORGAN**  
news@craccum.co.nz

CHIEF REPORTER **JESSICA HOPKINS**  
chiefreporter@craccum.co.nz

TE AO MĀORI EDITOR **MAIRĀTEA MOHI**  
maori@craccum.co.nz

FEATURES EDITOR **NAOMII SEAH**  
features@craccum.co.nz

ARTS EDITOR **MADELEINE CRUTCHLEY**  
arts@craccum.co.nz

LIFESTYLE EDITOR **LACHLAN MITCHELL**  
lifestyle@craccum.co.nz

VISUAL ARTS EDITOR **SOPHIE SUN**  
visualarts@craccum.co.nz

SUBEDITOR **FLORA XIE**  
subeditor@craccum.co.nz

COVER **KIKI HALL**

DESIGNER **NICK WITHERS**  
design@ausa.org.nz

ADVERTISING **AARON HAUGH**  
marketing@ausa.org.nz

EDITORIAL OFFICE  
TOP LEVEL  
STUDENT UNION BUILDING  
34 PRINCES STREET

f /CraccumMagazine  
@craccum  
@craccum\_mag

**SHADOWS**  
BAR & EATERY

CONTRIBUTOR OF THE WEEK

LUCY PARSONSON

PAGE 22/23

WINNER OF \$50 SHADS VOUCHER

TE AO MĀORI EDITOR  
SPONSORED BY

**stuff**



# A Feel Good Editorial

Last week, Eda talked about how it was a relief first years could enjoy their orientation week in person. This week, we've learnt better, so we'll keep our mouths shut about the prevailing COVID situation.

Let's talk about the **South Island Kōkako** (kōkā), instead!

This beautiful orange-wattled bush baby is in some real deep shit. You know this because it's taxidermied on its *Bird of the Year* mugshot. That's because its last accepted sighting was in 2007, making it officially harder to find than the Craccum office, except you don't win \$10,000 if you find us alive in there.

Coincidentally (and not at all why we brought this up), the University has more than 200 clubs for students to join, one of them being the University of Auckland Birding Society. If you think your time is best spent bird-watching, then it's really only this group of people that can help you.

With \$350k funding going to new and existing clubs last year, it opens the door for all sorts of interests to unite students on campus. And we truly mean *all sorts*. We've found some that are of particular interest.

From *Detective and Mystery Club*, Craccum hopes to take on some sleuths who can investigate the amount of asbestos still in our buildings, or perhaps which Arts course the University will slash next (side note: Craccum is introducing *The Whistleblower* this year where anyone can submit a news tip, anonymously. You will find this on our website: [craccum.co.nz](http://craccum.co.nz)).

If your online classes aren't enough to get you snoozing by 4pm, the

*Anaesthesiology Interest Group* can literally put you to sleep. Maybe they can hook us up with some of that 'sleepy milk', or 'gin and tonic' or whatever they call it depending on how old you are.

While we're dozing off, we'd like to hear some motivational quotes from *Auckland University Strength Society*. We don't know if this lockdown has left you physically stronger, but since we're all emotionally stronger, we think this society should be open to all. And when you don't think things get harder, they do. If there's anything that will make Eda feel good-er about her period than 30mg of codeine phosphate and a knock to the head, then count us in on *Feel Good Period Club*.

Anyways, despite the start to university that no one wanted, we truly encourage you guys to go out there and immerse yourself in the university community. It's great to see that Clubs Expo still took place virtually last Thursday, or that Uniguide hosted a week of virtual hangouts with students! These events will only grow as clubs start to get running, so our challenge to you this week is to pick one you like and go along! University isn't all about attending lectures - there's such a social aspect to it too.

We can't all hide like the South Island Kōkako. Spread your wings and fly!"

Yours faithfully,

**Brian Gu (he/him) and Eda Tang (she/her).**  
Co-Editors of Craccum 2021

\*CRACCUM HOLDS NO LIABILITY FOR ANY PERSONAL INJURY, EMOTIONAL DISTRESS OR FINANCIAL LOSS THROUGH BIRDING. IF YOU'RE ATTACKED BY A FLYING BIRD, PLEASE CONTACT THE AUCKLAND UNIVERSITY STRENGTH SOCIETY FOR EMOTIONAL SUPPORT.



Your  
bookstore on  
campus!

100% student owned

[ubiq.co.nz](http://ubiq.co.nz)





# The Equity Office – Te Ara Tautika

Nau mai, hāere mai and welcome!

The Equity Office leads the University's commitment to being safe, inclusive and equitable.

Our team provides advice, guidance and support for all our students and staff, with a particular focus on our Māori and equity group communities.

Equity group students include:

- Pacific students
- Students with disabilities
- LGBTQITakatāpui+(Rainbow) students
- Students from low socio-economic backgrounds
- Students from refugee backgrounds
- Women and men in those disciplines in which they are currently under-represented.



THE UNIVERSITY OF  
**AUCKLAND**  
Te Whare Wānanga o Tāmaki Makaurau  
NEW ZEALAND

[www.equity.auckland.ac.nz](http://www.equity.auckland.ac.nz)



# Calls for Student Involvement in Support Fund Allocation

JESSICA HOPKINS

**Students have expressed difficulties** to the Auckland University Students' Association (AUSA) with the University not having emergency hardship funds available over the summer period. AUSA's Welfare Vice President Ishie Sharma says their hands are tied when it comes to the allocation of the University's student support funding.

The University's emergency hardship grants provide support for all students in need of short term assistance. Emergency grants cover food, transport, accommodation, utility or medical expenses.

These grants are separate from the other student support awards, many of these that are listed on the University's website request monetary gifts from donors.

The AUSA's Welfare Vice President says that involvement from the student representative body in the allocation of support funding would help identify problems faced by students needing assistance.

"Unfortunately, AUSA is not a part of the decision-making bodies that make the major decisions about where the money goes, this is definitely a big part of the overarching problem."

Ask Auckland confirmed that eligibility for the University's Student Emergency Fund for general hardship support requires students to have attended their course for two weeks or more. This means that over the summer period, these funds are not available.

"AUSA is in the best position to advise the University on which barriers students are facing, in addition to providing practical suggestions to help these students in need."

AUSA's period poverty fund is also scheduled to have funding cut by the University mid-year, and they are now looking to apply for external grants.

Research led by the University of Auckland's own Associate Professor Terryann Clark and Dr Terry Fleming from Te Herenga Waka — Victoria University of Wellington's Faculty of Health, found that "period poverty perpetuates inequity and cycles of disadvantage, particularly for our poorest communities and for Māori and Pasifika students."

**“AUSA is in the best position to advise the University on which barriers students are facing, in addition to providing practical suggestions to help these students in need.”**

While campaigning for the Welfare Vice President role, Sharma stated one of her key policies would be for more hardship grants to be allocated with more inclusivity and diversity in mind.

However, she says there are many barriers to student involvement in decision making around student support funds.

"It is difficult for AUSA to influence these big decisions around funding when we are not included in the decision-making process. We are always advocating for us to be included in this."

Recently, the Faculty of Arts has taken steps to support students directly for the first time ever, announcing a new emergency fund to cover short term emergencies of up to \$500.

The fund is available to enrolled full-time and part-time undergraduate and postgraduate students in the Faculty of Arts experiencing financial challenges.

Graduate Teaching Assistant (GTA) and Arts Student Organisation Social Events Officer Natalie Dolan says the fund is more discrete and less invasive compared to the University-wide fund.

"For the hardship grant the University provides, you have to provide a lot of evidence, paperwork from your bank account, and personal details which is really gross and very intrusive."

Dolan says the Faculty of Arts took the initiative to put together their own hardship grant that is more accessible than what is offered by the University.

The Arts GTA says it is necessary for Arts students to have this fund as they are often hit particularly hard by financial hardship.

"There's a lot less paid internships and tutoring opportunities in Arts."

The AUSA offers hardship grants of up to \$250 for students who are facing short-term, emergency financial barriers.

"The Student Support Hub is also home to our Advocacy team who can help if students are facing issues with their lecturers, if they have trouble with their landlords, or even if they need general support."

Sharma says the AUSA Student Support Hub is open at Alert Levels One and Two and encourages all students who need support to come and visit.

"From free sanitary products and condoms to emergency food parcels, we are here to help."

Students can get in touch by sending an email to [studentsupporthub@ausa.org.nz](mailto:studentsupporthub@ausa.org.nz)



# Voter Turnout Increased for Young Māori in Last Year's Election

ELLA MORGAN NGĀTI RAUKAWA KI TE TONGA

Voter turnout for young people increased largely between the 2017 and 2020 elections, figures from the Electoral Commission show.

In the 18-24 age group, voter turnout for those enrolled to vote increased by 8.75% to 78.02% overall. Notably, voter turnout for Māori aged 18-24 increased by 7.9%.

Advance voting also increased for the 2020 General Election, with Electoral Commission figures showing that 1,976,996 people voted over the advance voting period last year compared to 1,240,740 in 2017.

Speaking to *Craccum*, University of Auckland politics lecturer Dr Lara Greaves highlighted the cannabis referendum as a key driver for youth voter turnout. "People got to vote on an actual policy. Normally we refer to our representatives to sort out things like cannabis and euthanasia, but in this case they got to vote on the issue, and an issue that seems to matter to a lot of people and matter to a lot of young people," says Greaves.

"In terms of Māori young people, [this is] an issue that those Māori young people know affects their group, and might not affect them but will affect their mates or their cousins. So I think that's where we see that potential increase, because that's such a huge increase for Māori young people in particular."

According to Greaves, other potential reasons for the increase include a long advance voting period that increased accessibility and allowed young people to model behaviour to each other, as well as the COVID-19 lockdowns causing people to realise the influence of the government on their everyday lives and motivate them to vote.

Prior to the 2020 election, Massey University lecturer Veronica Tawhai

received a number of complaints regarding the experiences of Māori voters at polling places. These included polling staff being unable to find Māori names on the Māori roll, giving voters incorrect information regarding the Māori roll or in some cases being unaware of the Māori roll completely. As a result, last August Tawhai called for Māori roll specialists to be present at voting places.

"Māori and particularly young Māori are constantly criticised for either being uninformed, uninterested or apathetic when it comes to participating in political activities such as voting," Tawhai told *Newshub*.

"And yet when our people attempt to be proactive in exercising our democratic rights, some are prevented from doing so due to ignorance amongst officials that are meant to be assisting in the process."

Under our electoral rules, Māori can choose to enrol on either the Māori or general roll and therefore vote in either Māori or general electorates. However, Māori can only change rolls every five years, a condition that the Electoral Commission recommended to be changed in 2017 so that Māori could move freely between rolls. In 2017 over 19,000 Māori requested to move between rolls but were unable to.

Looking forward, Dr Greaves says that last year's increased turnout is a positive sign for future elections.

"Voting is meant to be a habit. The whole idea is if you go when you're a teenager to vote, you learn how to vote and then you're more likely to do it as you age, and so I think that's quite positive from the perspective that we've got this great increase in voter turnout in Māori under 25. Now next time when there's not a referendum, or not a fun referendum, or a referendum that affects them, they're going to be more likely to vote."

# Limited Numbers of International Students Return to Campus

ELLA MORGAN NGĀTI RAUKAWA KI TE TONGA

A small group of international students have been able to return to New Zealand for study in 2021.

In January, Education Minister Chris Hipkins announced that 1000 international students would be able to enter the country and isolate in managed isolation facilities in order to study at New Zealand universities this year.

A small number of students have so far been able to go through MIQ in order to begin study, including students at the University of Auckland.

Overall, international enrolments are estimated to more than halve to around 10,000 due to the COVID-19 pandemic and travel restrictions. Auckland University Students' Association International Students Officer Kevin Guo told *Craccum* that this fall in enrolments has had a number of implications for the University and beyond.

"The financial implications the University has been facing as a result of the lack of international students coming to New Zealand has been huge. Because of this, we have seen an increase in the loss of jobs, faculty and departmental funding cuts, even the food vendors on campus are struggling."

Guo also highlighted "the loss in revenue that local business and the tourism industry are facing too, international students have always made huge contributions in these areas."

Liangyu, a media and sociology student from China, said that despite

missing her family she feels that she is lucky to be in the position she is in as an international student. She returned to New Zealand in early 2020, before travellers were required to isolate in MIQ facilities.

"A couple weeks later, due to COVID-19 becoming more serious, some of my friends came back to New Zealand via a third country, such as Thailand, which cost them lots of money. After the coronavirus pandemic hit New Zealand, lots of my Chinese friends were unable to get back because New Zealand's borders were closed. In fact, I know there are some Chinese international students who have never even been to New Zealand but have already done at least one third of their degree online."

Last year, the University of Auckland established two learning centres in mainland China to provide support for offshore students.

"While this method suffices as a temporary solution, we know that students who are stuck overseas are all desperate to get a spot on the exemption visa to come back and resume their studies or research here in New Zealand," says Guo.

In New Zealand, cuts to staffing at major universities have been attributed to the economic impact of decreasing international enrolments. However, the Tertiary Education Union has highlighted that domestic enrolments have increased, and the financial situation points to a larger problem with government funding for domestic students. Additionally, academics have highlighted that a lack of international PhD students will impact research projects that those students are usually involved with.

# Second-Year Students Start Third Semester of Online Learning

ELLA MORGAN NGĀTI RAUKAWA KI TE TONGA



A large number of second-year students who started at the University of Auckland in the first semester of 2020 have just started their third semester in online learning mode, having completed the majority of their study so far online.

Speaking to *Craccum*, a number of students highlighted the challenges they have faced so far as a result of studying in online learning mode.

Anna\*, a second year student studying towards a BMus/BA conjoint, said that lack of communication has been the largest drawback of her online learning experience. "In a classroom environment, it is easy to find out what's going on, what you're supposed to be doing, and you have that point of automatic contact to ask questions. Above that, you can easily chat with classmates about the course and where they're at, ask them questions and make friends. Coming into second year with only six weeks of in-person learning, it's been really difficult to make any friends at all, and quite isolating in that regard,"

Anna says.

Ria, a Commerce student also in her second year, similarly highlighted that it has been difficult to build connections with others while learning online. "It was hard to navigate the different changes between high school and tertiary education without knowing anyone to connect with, whether that be generally or for specific questions and support," says Ria.

Ranvir, a Commerce student who started study in Semester Two 2020, told *Craccum* it "would've been ten times easier if the classes would've been in person because that gives a better opportunity to the students to ask course related questions in class...when we note them down to ask in an online workshop, it's really tough to explain."

Outside of building connections and communicating with students and staff, motivation has proven difficult to maintain with shifts between in-person and online learning taking place. Lily, who studies a BA/LLB, participated in the University of Auckland Young Scholars Programme in Year 13, so has some experience of what she calls "normal university life".

"After a few weeks of online learning, my motivation to keep up with

my workload drained because I simply wasn't interested in mindlessly staring into my screen for 4-5 hours per day. When my quarantine routine fell apart, so did my study schedule. Dealing with a depressive spiral in the second semester of 2020 ultimately destroyed my capacity to concentrate on coursework, yet the constant upload of recordings was never-ending, so eventually I ended up accumulating 27 missed lectures at the nadir of my mental state."

Both Anna\* and Ria said that the quality of online teaching they've experienced so far has been dependent on the course they are taking. "Some of my lecturers have been so understanding, but others don't post Canvas announcements, leave us hanging when it should be lecture time, send out pointless and confusing emails, and don't appear to know how to work Canvas," said Anna\*.

"You can't hold these things against your lecturers — these are challenging times for them too. However, the lack of organisation makes learning a really challenging and stressful experience, and I believe that they need better support from the University."

All four students said that opportunities to engage with clubs, extra-curricular activities and the wider University community in their first year were limited by the COVID-19 Alert Level and restrictions on in-person events on campus.

In a statement published on the University website, Vice-Chancellor Dawn Freshwater stated that the university activities in Auckland have been moved online due to the change to Alert Level Three, and students should regularly check Canvas for more information as to what this means for their courses. All exams this semester will be held online, following a decision by the University in mid-February.

For official updates and information about COVID-19, visit the government's [Unite Against COVID-19 website](#). For University-specific guidelines and resources, visit the [University of Auckland website](#).

\*Name has been changed.

**All four students said that opportunities to engage with clubs, extra-curricular activities and the wider University community in their first year were limited by the COVID-19 Alert Level and restrictions on in-person events on campus.**



# Bringing Disability Justice to the Table: National Disabled Students' Association Formed

JESSICA HOPKINS

**Formed in 2021**, the National Disabled Students' Association (NDSA) is a non-partisan national body that represents disabled taura in Aotearoa and aims to challenge the collective barriers they face within the tertiary education space.

A new report by Statistics New Zealand shows that New Zealanders with disabilities are more likely to experience loneliness and discrimination.

NDSA's president Alice Mander (*she/her*) says the voices and experiences of disabled people are largely ignored, and that the tertiary sector is no exemption.

"The disabled community is criminally underrepresented in Aotearoa's politics, society, and media."

Stats NZ reports people with disabilities often suffer worse outcomes relating to their homes and neighbourhoods, and economic and social lives compared to neurotypical people.

Mander says issues facing the disabled community such as high poverty rates, experiences of violence, poor mental and physical wellbeing, and lack of accessible housing, are not being addressed.

"This undeniably contributes to feelings of loneliness and discrimination, and our main plan to support disabled students is to ensure that their experiences and issues are heard."

Mander says it is about time disabled leaders are seen on a national level like other community leaders.

"We are here to bring disability justice to the table."

NDSA endeavours to support and represent all taura who identify as disabled in Aotearoa, and say intersectionality is at the core of their mahi.

According to the NDSA, disabled means "a diverse and complex phenomenon that reflects the interaction between an individual's impairment and the barriers of their environment."

"This includes but is not limited to, physical impairment, mental health and psychological conditions, learning and/or sensory forms of impairment, neurodiversity, and chronic illness."

The association held their first Annual General Meeting in February, where a National Executive of disabled leaders were nominated by disabled taura from around Aotearoa.

Originally from Tāmaki Makaurau, President Alice Mander is a fourth year student at Victoria University of Wellington. She was instrumental in the development of the association in 2020.

The President describes herself as a "proud physically disabled woman" who "lives and breathes disability justice and disability pride." She says she looks forward to "empowering other disabled leaders and working to create a more accessible and equitable education system for all."

Vice President Tangihaere Gardiner (*They/Them He/Him*) attends the

Kokiri Centre through Otago Polytechnic. Through their role, Gardiner seeks to make sure "not only Te Tiriti is being upheld in the mahi of NDSA, but Te Whakaminenga o Te Rangatiratanga o Niu Tirenī is also being upheld, and the information given to us through the Matike Mai report is referred to and used according to the Tikanga and Kawa of the documents."

The executive also includes three general executive officers. Emma Cooper-Williams (*She/Her*) is a postgraduate student at the University of Auckland. Cooper-Williams says she has a lot of experience in disability activism and advisory and hopes her experience as a postgraduate student will bring more diversity to the NDSA.

Ella McFarlane (*She/They*) is a student at the University of Canterbury who was diagnosed with Autism Spectrum Disorder as a child. McFarlane wants to ensure students on the spectrum and other neurodiverse students have representation and support to help them succeed.

Lauren Dewhirst (*She/Her*) attends the University of Otago, and is the 2021 President of the Otago Disabled Students Association. Her focus will be on challenging the financial inequalities faced by students with disabilities.

A Representative Council of leaders of local disabled students' associations will also share issues facing their respective communities.

"Most of our mahi will be ensuring that the experiences of disabled taura are brought to the attention of Government agencies, the media, and tertiary institutions themselves."

According to Stats NZ, people with disabilities reported having less access to support, and lower levels of trust in public institutions.


Mander says their main focus this year will be forming necessary relationships to ensure that the NDSA is a sustainable association and that disabled voices are included and valued at a national level.

"We look forward to continuing to forge relationships with the other students' associations as well as ensuring that we are invited around the table in discussions with government departments such as the Ministry of Education and the Tertiary Education Commission."

The association will also engage with other community focus groups including students with learning disabilities at supported learning courses at Polytechnics, and disabled students studying in Prisons and Corrections Facilities.

The primary goal of NDSA is to bridge the gap between institutions and disabled taura by elevating disabled student voices at local institutions and spreading the message of disability pride.

"In our knowledge, only Otago and Victoria University have a disabled students' association while other campuses may have disabled student reps on their students' association. We aim to help disabled students establish organisations at their own institutions, so please get in touch with us if you are keen to help out at Auckland Uni."



"I do kind of feel like I am missing out on some of 'the uni experience' not flatting, but heaps of people in Auckland live at home because it is so expensive."

"I emailed accommodation services explaining that it was no longer safe to continue living at home and asked if they had any extra rooms I could rent as . . . many students had left halls to go back home. I received a reply from them months later."

"I am super privileged to receive the University's Māori Postgraduate Scholarship. . . If I didn't have a scholarship, there's no way I would be able to afford to live in university accommodation paying almost \$300 per week for a room in an apartment."

"I live in a flat with five people. I love it because I get to come home from uni to my friends and have a social life as well as studying."

**Whaka  
Rongo  
Mai**



# Whakarongo Mai! Students' Thoughts on the Auckland Rental Market

ELLA MORGAN NGĀTI RAUKAWA KI TE TONGA

As the semester starts, most students have settled into their accommodation for the year, whether it be in a flat, university hall, or at home with whānau. This week, *Craccum* spoke to four students about their living situation and heard their thoughts on finding accommodation in Auckland.

## Gina\*, 21, Arts

"I chose to live in self-catered university accommodation this year because it's in a great location close to campus and the city, has heaps of helpful support services and means I can live with my friends and be part of a bigger community. I am super privileged to receive the University's Māori Postgraduate Scholarship, which means I receive a living costs payment that covers my rent. If I didn't have a scholarship, there's no way I would be able to afford to live in university accommodation paying almost \$300 per week for a room in an apartment. Living in accommodation is really easy and convenient

and I have heard from friends that getting a flat and dealing with landlords can sometimes be such a hassle, so I am extremely lucky and privileged to be in the position I'm in."

## Josh\*, 20, Medical and Health Sciences

"I live with my parents because it's cheap and easy. I want to get good grades while I study so I can get a job and move out when I graduate. I feel like studying at home is probably easier because there are less distractions. I do kind of feel like I am missing out on some of 'the uni experience' not flatting, but heaps of people in Auckland live at home because it is so expensive."

## Lily\*, 21, Arts

"I was hoping that I could stay with my parents until the end of my degree, but a few lockdowns in, something snapped in my abusive parents and I knew I needed to leave.

I emailed accommodation services explaining that it was no longer safe to continue living at home and asked if they had any extra rooms I could rent as I knew that many students had left halls to go back home. I received a reply from them months later. By that time, I had found myself an apartment which was discounted due to the shortage of residents."

## Devin\*, 21, Commerce

"I live in a flat with five people. I love it because I get to come home from uni to my friends and have a social life as well as studying. We all get along well but sometimes we have to deal with shit from our landlord - stuff breaks, usual wear and tear, stuff like that and it's really hard to communicate because he downright ignores us or tells us he'll fix it but never gets around to it. But as far as landlords go he isn't the worst of them, and I'm just glad to have a roof over my head."

\*Names have been changed.



Spark<sup>nz</sup>

## SET UP FOR THE SEMESTER WITH WIRELESS BROADBAND

Studying is hard enough, your internet shouldn't be. Wireless Broadband is quick and easy to set up without the need to chat to the landlord. Just plug in your modem and you're good to go!

Plus, sign up now and you'll get \$10\* credit every month for the life of your plan.

### READY TO GO WIRELESS?

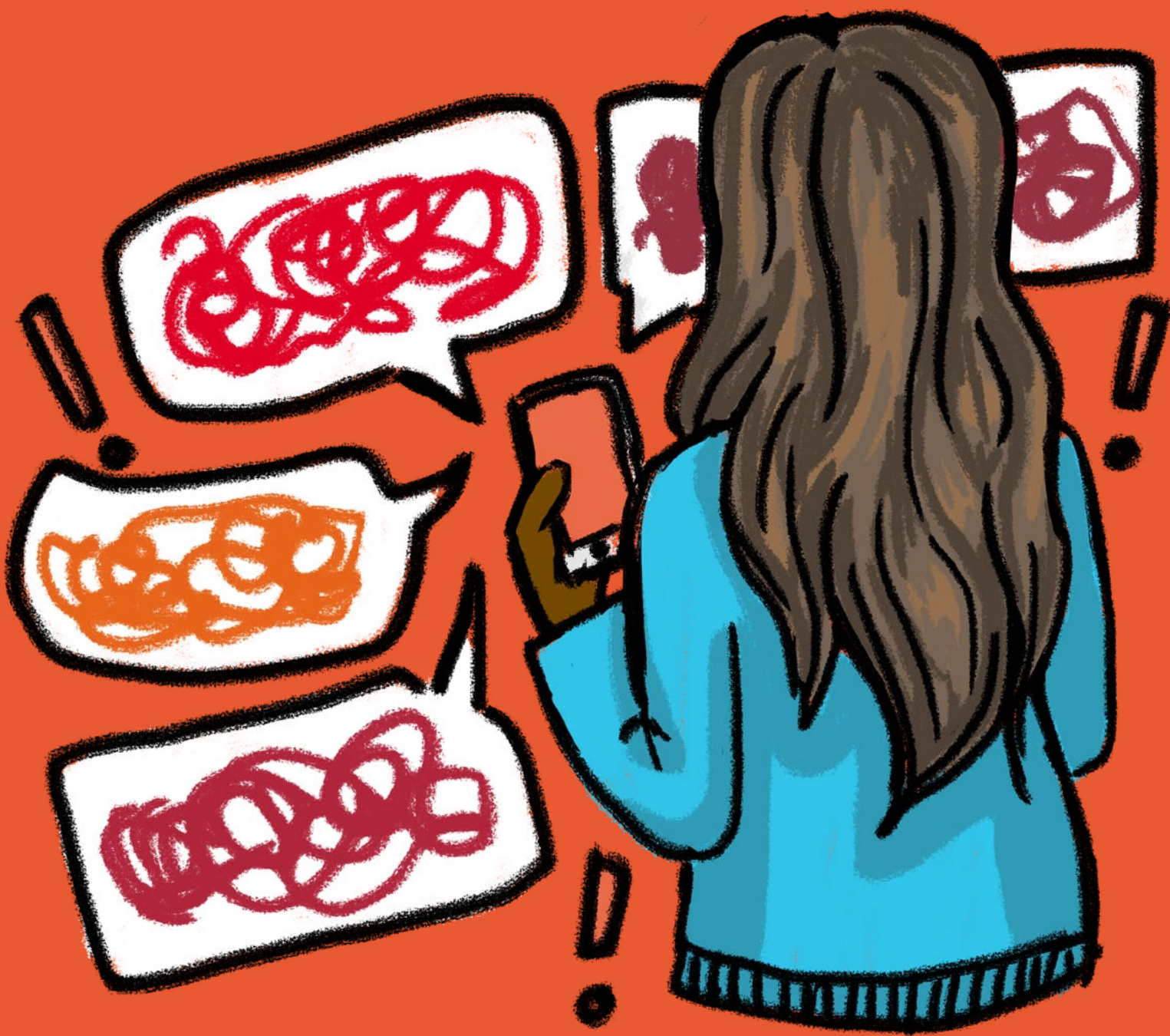
**0800 800 123** **SPARK.CO.NZ/WIRELESS**

or head to your local Spark store.

**\$10\***  
CREDIT  
/month

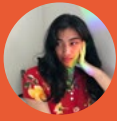


\*Offer ends 31 March 2021. Credit not available to existing Spark Wireless broadband customers, existing copper customers sent a free wireless modem, new customers sent a free wireless modem or plans requiring an antennae. Credit ends if you or Spark terminates plan. Data caps or fair use policy applies. Wireless not available everywhere. Modem not included in plan pricing, Spark modem required for Wireless. Spark terms & credit criteria apply.





# Shitting On All The Southside Slander.



MAIRĀTEA MOHI TE ARAWA

We see your TikToks, sly memes and Instagram posts saying "east side would never" and while it was funny at first, it's only promoting a cultural divide. A report by the Human Rights Commission details an increase of racism and prejudice towards Asians, Pasifika and Māori communities. As we've come to know, the latest Covid cases have come out of South Auckland and with it, a plethora of memes, jokes and bashing of the southside. While the gags may seem innocent, they're often pitting the whole country against South Auckland. And while there's nothing new in New Zealand's casually racist culture, it's only intensifying with all this Southside slander.

The report written at the end of 2020 highlighted not only an increase in prejudice, but also that many communities feared for their safety and mental wellbeing while online or outside. The report stated that the biggest form of prejudice was digital abuse found in the form of harsh comments and negative posts. The southern neighbourhoods of Māngere, Manukau and Papatoetoe have received an intense amount of unjustified hate under the guise of 'shaming people to do the right thing' But as it's been reported by the NZ Human Rights Commission, stigma and shame has led to people being less likely to report their symptoms and less likely to go for a test. Shame has also been found to manifest itself into self hate and has many communities

**The southern neighbourhoods of Māngere, Manukau and Papatoetoe have received an intense amount of unjustified hate under the guise of 'shaming people to do the right thing.'**

wondering about their place in Aotearoa.

Taika Waititi was right. New Zealand IS racist. And we're seeing the country's true colours come out in the racist subtweets and Facebook comments. Toxic Facebook comment sections have Racist Riley's screaming that we should build 'borders' around South Auckland to discourage their high mobility. One thing though Riley: South Auckland homes the country's only international airport and heaps of its quarantine hotels. Majority of our cases have been caught at the borders of our airports, which is in, you guessed it, Manukau! Manukau and other South Auckland suburbs also make up 75% of testing centers. And it is Māori and Pasifika, the two groups who take up the majority of essential work, who have the highest rates in taking Covid tests. So between the airport and the number of test centres if you're really looking for a case, then of course you're going to find it in the south. (My hands are looking for a case too, so talk shit one more time.)

Another reason for the high mobility rates besides moving people from the airport to quarantine facilities is because the south also has the highest number of essential workers. Mobility is just evidence of people going to their jobs. We've seen with the recent breakout case that people have been complaining about the, very good might I say, work ethic of case L (the KFC worker). Instead of asking, "why did they go to work", lets try asking, "why did they feel like they needed to go to work", or, "why isn't there any support or sympathy by employers." Anyone who's worked in retail has probably experienced coming into work half dead because no one could cover your shift. We've already heard of a CBD shop owner making employees come into work despite showing symptoms and this isn't the first instance of employers taking advantage of their workers, nor will it be the last. Let's try shifting the blame onto the institutions and the people in charge of them, instead of people trying to survive through this financially trying time.

During the first lockdown many South

**During the first lockdown many South Auckland highschool students had dropped out of school to take up employment to support themselves and their whānau. These students would have also contributed to the mobility coming out of the southside**

Auckland highschool students had dropped out of school to take up employment to support themselves and their whānau. These students would have also contributed to the mobility coming out of the southside. These kids, remember they're still kids at the end of the day, should be commended for their efforts and hard work. Hearing all this slander just leaves me with the question, "where's the empathy?" I'm not asking about empathy from just the general population, but empathy from the Government also. I'm asking where's the state support to stop students leaving school? Where are the grants to help families in need? **Where's the aroha you told us to push Jacinda?**

So if you're done shaming kids, hard workers and people making a living for themselves we'll be here. Besides shaming and slandering isn't very 'he waka eke noa' of you. Do better Aotearoa.

# Trying Times

Students on Mental Health at the University of Auckland

CHRISTOPHER MCCARDLE

"There's help available, but only if you're sort of at the edge of the cliff," says Thomas'.

There's no denying that 2020 was shit. Online learning, a literal plague, and David Seymour's stubborn refusal to spontaneously combust.

These are the foundational years of our lives, and we're living them in what sometimes seems like the end of the world. Everyone has been impacted by the lockdowns. It's the uncertainty, the claustrophobia, the isolation. It's the sense that it might go on forever, and that it might come back at any time. It's traumatic. It's being a university student in 2021.

One of the big struggles of this year and last year has been online learning, with some students feeling unproductive even though they studied from home. Other students had genuine barriers to sustaining a productive home working environment. I spoke to

students who wanted to voice their personal challenges over this time.

Mary's' struggles really began when she was forced to start working under Level Three. Thomas was stuck during Level Four living in a hotel where he was working. For Mary, the situation was made more difficult when she was not only working during the week, but also exhausted after work.

Our interviewees felt the support offered through the University was inadequate given the situation, but they also acknowledged that the University's mental health professionals were working as hard as possible given limited resources. For most, it was the University administration policies that were disheartening.

Rebecca' described it as "a big joke," and Mary agreed, calling it a "fend for yourself" approach. She didn't feel like the University accounted for the fact that "[w]e were actual

students who had actual problems." They felt the University was more concerned about itself as a business. Some students felt the University had failed to communicate clearly or take action. Although UoA's administration acknowledged the potentially harmful impact of the lockdown on mental health, many feel like their policy consisted mostly of empty gestures. John' said he felt UoA was "almost never sincere."

In a statement responding to student concerns, the University told me that they went to "extraordinary efforts" to support students last year. This included spending \$3.5 million on hardship support and \$5.3 million on health and mental health services to students. The University acknowledged the mental health issues faced by students but told me that "to suggest that the University of Auckland does not prioritise the wellbeing of our students is just not true."





The University wanted to direct the attention of students to a number of changes that they have introduced in response to aid student mental health. These included the creation of Te Papa Manaaki/Campus Care, a student wellbeing team, and additional focus on the prevention of harmful sexual behaviours.

The University also offers six sessions of free counselling to all students. However, there was at least one interviewee who said he'd been turned away for not having severe enough issues. Another complaint was that the limit of six sessions forced students to ration them.

In response to these concerns, the University stated that they had "the most accessible counselling service of any university in the country." According to their statement, the University's counselling system operates on a "brief intervention model." The University aims to provide support to students to remain in and complete their study, rather than ongoing treatment or crisis management. The University is aware that some students struggle to find appointments, but told me that "it is [often] because of their availability rather than ours." The University also pointed to various other services they offer, like an online e-therapy tool and the Puawaitanga telephone counselling service.

When community transmission was revealed in the Auckland CBD in Semester Two, there was an immediate call from students to move exams online. Those interviewed felt that the University had taken too long to issue an update about exams, and this negatively impacted their study. Students also felt that the inconsistency of Semester Two exams created an unfair advantage for those who sat them online.

The University did take action in Semester One, offering a grade bump to the next grade boundary (e.g. from B- to B, or B+ to A-) which was more than what other New Zealand universities offered. However, there was a lack of similar action taken in Semester Two. This was somewhat ironic, given that many students reported that the second lockdown impacted them more negatively than the first. The first lockdown carried with it a sense of being a team of five million. When it ended, it felt like a triumph. The second lockdown showed us that we were wrong, that COVID was here to stay.

Thomas said there should be a focus on mental health funding, "Particularly, [when] we're talking about the Vice Chancellor having a \$5 million house they're trying to sell at the moment." He felt that "spending partially



public money on a massive establishment like that is kind of irresponsible."

Mary called for administrative reform: "The University actually has control over its policies around mental health... and around processes for applying for compassionate consideration, and for late deletions." These could be changed to urge them to make them better, resulting in tangible differences for the student population.

John believes that "[the mental health crisis at Auckland University] is getting worse every day. COVID-19 has just brought it to the surface." He says, "It was there a year ago. It was there two years ago. It was there five years ago... The weight is now on [the University] to do something meaningful, to use the vast funding available".

It remains to be seen what additional action the University will take in a year of continuing lockdowns and existential dread. However, UoA's new policy of shifting all exams online appears to be a positive first step.

But that's not the whole picture. Students also felt that UoA should be more responsive to mental health concerns outside of COVID-19. 2020 discovered depression and anxiety like Columbus discovered America (he didn't). 2020 was not an isolated event. Even when the lockdowns were over, Rebecca said that "things kind of just stayed hard." A few interviewees said they actually coped pretty well over 2020, but this was only because they'd had shit years before that taught them how to cope. However, there was an understanding that there's only so much the University can do. Sometimes it's about taking ownership of our own mental health.

Students interviewed firmly believed that every struggle is unique, and every path to healing is unique. Everyone had a different thing that worked for them. Some liked

meditation, others liked cooking or exercise. Diana\* found starting a Tik-Tok account to be great consolation in these trying times. Diana also found that completing small goals each day, like buying milk, or walking 100 steps, gave her a sense of accomplishment that made everything easier. For her it was about "getting that positivity through, no matter what."

Thomas found having friends around to ask them little questions (e.g. "Are you eating? Are you sleeping?") was really helpful for staying healthy. We need to recognise the connection between mental and physical wellbeing. Sometimes doing little things like eating right can really help your mental health. Importantly, students said to always keep reaching out, and making connections.

There is only so much help a *Craccum* article can give you. Last year was shit, and this year is shaping up to be pretty shit too. But even though it feels like the end of the world, that doesn't mean it is. Personally, after the interviews, I was struck by how fucking strong we are. Everyone I talked to was able to laugh, smile, and be surprisingly optimistic after the crap year we've had.

It might not feel like it, but we'll get through this.

HELP CAN BE FOUND VIA THE UNIVERSITY COUNSELLING SESSIONS AT ([HTTPS://WWW.AUCKLAND.AC.NZ/EN/ON-CAMPUS/STUDENT-SUPPORT/PERSONAL-SUPPORT/STUDENT-HEALTH-COUNSELLING/COUNSELLING-SERVICES.HTML](https://www.auckland.ac.nz/en/on-campus/student-support/personal-support/student-health-counselling/counselling-services.html)).

IF YOU'RE IN CRISIS CALL 0800 LIFELINE OR TEXT 1737.

# Starting University in A Pandemic

Perspectives from First-year Students



FELICIA INDRAWIDJAJA

"Even this week, I have no idea what we're doing for online lectures."

Maria's words reflect the huge sense of uncertainty for those starting university this year: fresh faced, but disappointed in the online format. Online uni and the unpredictable nature of COVID makes many uni students nervous. But for first-years starting a brand new chapter of their lives this week, this is especially true.

That's not to say that the students interviewed didn't agree with the lockdown. They felt that it was important to keep us safe. However, it's easy for second-year and above students to forget how disorientating the first year is, even without the pandemic.

The shift from secondary to tertiary education can be a big one. Even without online formats,

**The shift from secondary to tertiary education can be a big one. Even without online formats, there's a big change in the way content is taught. For those starting this year, amidst the uncertainty of COVID, the beginning of uni is an increasingly disorientating time.**

there's a big change in the way content is taught. For those starting this year, amidst the uncertainty of COVID, the beginning of uni is an increasingly disorientating time.

With the mini lockdown last week, faculty orientations were shifted online. Full days of exploring the campus, meeting new people and getting familiar with uni life was condensed into two hour Zoom meetings. There were mixed reviews on this format.



Maria, who moved into halls, was glad to have been able to have the social aspect of O-Week during Levels One and Two, but found "more of the actual, learning about your degree was a bit harder because it was on Zoom calls."

Even though orientation usually marks an initiation, this year, students didn't feel this way. "We didn't get the sense that we were actually starting uni," Joe said. "Just another call on Zoom. [It] didn't really get to us."

For international students and students from out of Auckland, the online orientations were a missed opportunity to see the sights. Sophie, who recently came out of managed isolation after flying in from Australia, voiced her disappointments. "I really would have loved to go and see the campus, because I

**Full days of exploring the campus, meeting new people and getting familiar with uni life was condensed into two hour Zoom meetings.**

hadn't been to Auckland before. So I'd never seen the University," she said, "so obviously, it being online was a bit upsetting."

Students had to use their own initiative to find resources. For those in halls, it was only a short trek onto campus. But for students not living in central, there was only a sliver of opportunity before Level Three struck again. Mason, who lives on the North Shore, was supposed to visit campus and buy textbooks the day before University started. The change in alert levels means that he hasn't been able to do this.

Being surrounded by people in the same boat at halls kept the students updated. Maria admitted that "it helped having other people in halls who were more onto it than me" when completing the DELNA and Academic Integrity Test. All the interviewed students living in University accommodation said they visited campus to get their bearings.

For those looking for more support, AUSA mentioned a range that the University is offering, from financial grants to providing loan devices and study spaces for students who cannot study at home. Additionally, orientation events are being delayed until Alert Level One, which means that these students might

have another chance at a first week on campus.

For the students interviewed, however, the more subtle issues were plaguing them. In terms of textbooks and course material, first-years were either unsure of what they needed, or didn't get access to them in time for the second lockdown of the year.

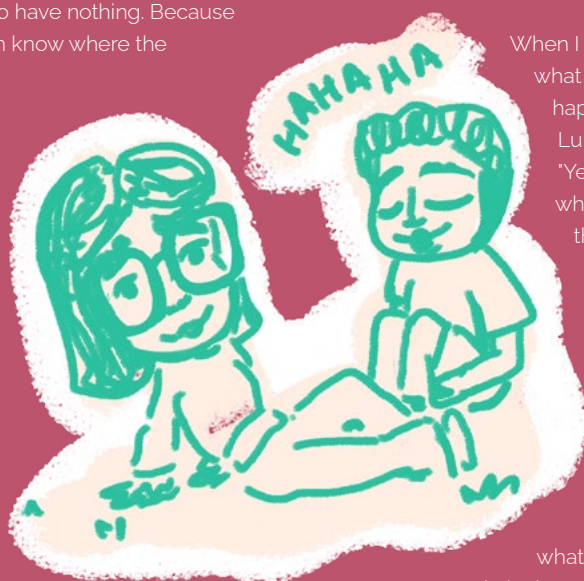
Maria said, "We've been put in a situation where I already know that on Zoom calls, they're going to say 'oh bring out your books' and we're going to have nothing. Because people don't even know where the bookstore is."

However, Sophie mentioned that some professors are understanding of the fact that some students won't be as prepared as others. She said, "For one of my classes, the lecturers put the first chapter on Canvas so that we can read it on there."

The sudden switch to online learning has brought mixed responses from lecturers, though students understood that moving online posed its own challenges for staff. For some classes, lecturers and course coordinators have been quick to email information about how online learning was

to ensue. For other classes, not so much. For one of her classes, Sophie "still hasn't [heard] from [lecturers] about tutorials, lectures, anything. They haven't sent any messages." (Editor's Note: Please note, this doesn't reflect Sophie's current situation as she was contacted much earlier.)

Even within faculties, students had different understandings of their course. Two engineering students, Luke and Joe, had conflicting responses the night before class was to start.



When I asked if he knew what was going to happen the next day, Luke casually said, "Yeah, yeah, I know what I'm doing." On the other hand, Joe said, "We haven't even been getting that many emails from professors. So we know the lectures are supposed to be tomorrow, but how are we like, what are we meant to do in them?"

This emotional strain extended beyond admin and academics. The altered online experience of first year was disappointing to many. Mason said, "I was getting all excited for next week because that's when everything happens, you'll meet people and go to different events. But now we can't." For those living away from other students, the lockdown can therefore feel isolating.

For students living at the halls, this lockdown has seen many Aucklanders going back home to their families. Sophie said, "I think for me the hardest part has been that a lot of my peers... have gone home to their families during this period," however, "I don't have that option. I have to stay here because I can't get back to Australia."

The general feeling of the first-year students was a yearning to be on campus to begin their university routine. Even the easy-going Luke said, "I'd rather it be in person, but I guess it's out of our control."

Despite the uneasiness, the students also had an understanding of the importance of

**"It just doesn't have the human qualities, like asking your teacher and hanging out with your mates. It's almost dystopian in a way."**

keeping safe in the COVID climate.

Sophie wished the orientations were in person, but was empathetic: "I can't critique the University for that because they took it as a precaution. It would have been too chaotic to change last minute."

In regards to online learning, Maria said, "obviously we are doing it for COVID and I completely understand it, but in terms of settling for students, it's really hard."

Joe sums up the situation for many doing online learning, not only for first-years: "From my past experience, like last year, online learning does get the content across. It just doesn't have the human qualities, like asking your teacher and hanging out with your mates. It's almost dystopian in a way."

**FOR THOSE LOOKING FOR EXTRA SUPPORT AND RESOURCES, STUDENT SUPPORT CAN BE FOUND AT [HTTPS://WWW.AUCKLAND.AC.NZ/EN/ON-CAMPUS/STUDENT-SUPPORT.HTML](https://www.auckland.ac.nz/en/on-campus/student-support.html)**



**"We haven't even been getting that many emails from professors. So we know the lectures are supposed to be tomorrow, but how are we like, what are we meant to do in them?"**



# Pandemic Themed Cocktails

For your Zoom party needs



NAOMII SEAH, SHERRY ZHANG & BEN MOLLISON

Here we are, lockdown again.

By the time this article is published, we could all be basking in the knowledge that Level Three is over, and life can be relatively normal again. Or, we could still be in the claw-like clutches of COVID-19, trapping us inside with all these hours to fill.

Fear not, if you're looking for some fun ways to bond with your flatmates, or your parents, we have the perfect solution for you: it's cocktail night baby.

We all want to be that one girl baking loaves of sourdough and practicing yoga, but sometimes, all that pressure to have the perfect lockdown schedule gets to a person. It's time to unwind.

Maybe you have half a bottle of wine from last weekend's BYO. Or maybe you have half bottles of spirits lying around from the days when drinking on weekends with your friends was still doable. Maybe you have a basket of fruit on the verge of rot, like we did. Waste not, want not.

Here are five pandemic themed drinks to get you through the pandemic that you can make with whatever's in your pantry.

## 'Gin'seng Immune Booster

### Ingredients

- 1 tsp / liberal shake of brown sugar
- Pinch of goji berries
- ½ tsp ginger
- ½ teaspoon cinnamon
- 1 packet ginseng tea
- 1 (liberal) shot of gin

### How to

1. Boil water.
2. Add sugar, goji berries, spices and ginseng tea.
3. Add gin. Maybe one more.



**Naomii:** Okay so, maybe you don't have these ingredients lying around in your pantry, but I did. My Mum gave me packets of ginseng tea right before the Level Three announcement. I was sitting in my kitchen, preparing for a quiet night, when the announcement came. Suddenly, there were people in my kitchen, fresh off a birthday BYO. I looked to my right to see the dregs of a gin bottle lying around. Whatever, I guessed I was drinking now.

What I didn't expect was that this drink frigging slapped. With a little extra effort, this was a bonafide fancy cocktail that I'd be happy to consume in any non-lockdown situation. Additionally, all the herbs made me feel like I was drinking a health supplement, and I was ready to go in less than ten minutes. Gwyneth Paltrow, eat your heart out.

Tasting notes include parental disappointment, and the chinese medicine soup my Mum makes me drink when I have a snuffle.

**9/10** *Point deducted because it can't actually protect you from COVID.*

**Sherry:** Excellent mouth feel. Top notes from the brown sugar, smoothly flowing to complex depths from the ginseng root. It all masks the cheap gin I'd found left by some poor kid at our last flat party. All in all, would drink again. And lots of it.

I had started the night before lockdown rigidly sober as Round the Bays was the next day. But since the 8.4 km run was no longer knocking on my door anymore, a mug of

'Gin'seng Immune Booster' took me straight up to the level the rest of the flat was already at.

**9/10** *would be 10, but also parental guilt.*

**Ben:** With the morning's Round the Bays also on my mind, I'd taken the quiet approach to my evening with a nice cup of tea. Suddenly, Jacinda's on the radio and my night cap isn't matching the frantic energy of a flat celebrating the last hours of freedom before the socially distanced supermarket trips, Zoom lectures, and YouTube yoga take hold.

Turns out, I could have my cake and eat it too. The additions of goji berry, spices, and sugar made the abrasive smell and taste of old gin go down smooth while I still got to enjoy my cuppa. It could even have been a good pre-bedtime drink had it not been for the five or six equally old, and increasingly questionable alcoholic concoctions that followed it up.

**9/10** *made slightly sour by pre-lockdown sadness.*

## Hair of the Bong

### Ingredients

- Old bong water
- 1 shot vodka

### How to

1. Bro surely you know how.

**Naomii:** Like I said: waste not want not. Auckland is in a water shortage after all. I didn't think this one would really do much for me, but the flavour of the bong water made me feel cross-faded, so that's... a win? Definitely a placebo effect, and a good way to ingest too many carcinogens. Save the environment.

Tasting notes include ash, piss and a little throat vom to round out.

**Lung AND stomach cancer / 10**



**Sherry:** Ditto. Mainly cuz I don't want to try it, so just take her word for it.

ew/10

**Ben:** On so many levels, why?

Did Naomii receive the clout she deserved for trying this? Do you have anything to gain from making a **Hair of the Bong**? Was this the worst cocktail ever conceived?

I don't know the answer to these questions, but then again I'm too nauseous to care.

**Don't try this at home/10**

## Mystery Sangria

### Ingredients

Half bottle of BYO red  
Mouldy peaches  
Singular sad feijoa  
Four packets fruit tea  
Orange  
Mystery leaf

### How to

1. Cut mould off peaches. Or don't, I'm not your Mum.
2. Dice up feijoa and oranges, reserving some peel
3. Boil water
4. Pour over fruit and add tea packets
5. Add half bottle of wine
6. Pick a leaf that sort of looks like mint off of a random tree and garnish. Voila.

**Naomii:** There's a weird sour taste to this one that I couldn't place. It was probably the mystery leaf, or otherwise the mould on the peaches. On the plus side, the peaches were so far gone they had probably fermented a lil extra alcohol. It's organic. This one was fun because the alcohol content is so low. Sit on your deck, pour over some ice, close your eyes, and imagine you're on a beach in Spain.

**Possible hallucinations / 10**

**Sherry:** It's fine. All I get is tea. Tastes reminds me of cheap Victoria Secret perfume. Inoffensive smell, watery and pretty enough. But has the bite of something off.

6/10

**Ben:** This drink had all the promises of being good—an interesting blend of fruits, a unique flavour profile. It ended up tasting like cold, watery herbal tea with a bitter aftertaste. If any of these drinks are worth trying to improve though, this might be the one. To be safe, just leave out the leaf.

7/10 *needs a lot of work.*

## The COVID-19 Test

### Ingredients

- 1 tsp pepper
- 1 tsp garlic powder
- 1 mashed tomato
- 1 shot vodka
- 2 splashes tabasco sauce

### How to

1. Chuck mashed tomato in a small glass
2. Pour over vodka
3. Shake in tabasco
4. Grind pepper and tap garlic powder onto a clean surface
5. Cut into a line.
6. Snort pepper, take shot.

**Naomii:** Like a COVID test, this drink will leave you with a weird headache and dripping sinuses. The actual flavours were pretty yummy though.

**not contributing to a COVID test line unnecessarily / 10**

**Sherry:** I'm not sure if it's actually good. I expected to yak after a sip, but it was actually fine. A call back to Gigi Hadid's vodka pasta

recipe that blew up on TikTok? I wished I'd snorted it, but I'm intolerant to garlic.

10/10 *it was fun watching Naomii cry at the kitchen table.*

**Ben:** Yeah, surprisingly not bad. Also avoided putting anything up my nose due to PTSD from a previous COVID test where the nurse shoved the swab up three times because one of my nostrils was too narrow.

6/10 *could drink again. Could, not would.*

## Stop the Spread

### Ingredients

Hand sanitizer

### How to

1. Don't

**Naomii:** Definitely killed all the bacteria in my mouth. Might be a quick replacement for dentist teeth cleaning (just kidding). Weird aftertaste from the aloe-vera.

**alcohol poisoning / 10**

**Sherry:** I've stopped using the lord's name in vain, swearing, gossiping and bitching. Cleaned my potty mouth right out.

**Born again/10**

**Ben:** Kid-Ben would have thought this was an obvious way to kill some mouth germs. Kid-Ben also ate mud.

**Halitosis cure/10**

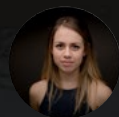
\*Disclaimer: Craccum does not endorse making or drinking any of these. Especially not hand-sanitizer.

**\*LOCKDOWN CAN BE A HARD TIME. IF YOU REQUIRE HELP CALL THE ALCOHOL DRUG HELPLINE AT 0800 787 797 OR TEXT 8681 FOR A FREE, NON-JUDGEMENTAL AND CONFIDENTIAL CHAT.**



# Sex in the Time of Coronavirus

Virtually the Same



LUCY PARSONSON

**SHADOWS**  
BAR & EATERY  
CONTRIBUTOR OF THE WEEK

**It's a warm day** in late summer. Watery sunlight filters through my windows, falling on the grey carpet and on my skin. Quarantine-pale and tingling with anticipation, my hands move over my body, cupping my breasts before moving down my torso. I can see my boyfriend's face as he watches me, serene, blissful even, on the phone screen. I let out a nervous laugh when he asks me to show him more. It's my first time trying something like this and I'm not sure if I'm doing it right. What's the procedure for video sex - is there even one?

I never thought I'd find myself baring it all over a video call. Much less in between a full schedule of Canvas quizzes and Zoom lectures. Then again, I didn't see a global pandemic coming either. With my boyfriend and I stuck ten thousand kilometres apart and no prospect of a reunion any time soon, virtual sex has become an important part of our relationship.

Although it's nothing new, virtual, or video call sex has become the new normal for students everywhere in long distance relationships thanks to Covid-19 travel restrictions. In fact, it's a practice officially recommended by Argentinian and Dutch governments. Turns out, there are some very good reasons why.

At a press conference with Argentina's Ministry of Health, public health expert José Barletta encouraged Argentines to try virtual sex as a way to cope with separation during lockdown periods. Barletta cited video calling and sexting as the safest options during quarantine, while warning that hands, screens, and any toys used should be thoroughly washed before and after.

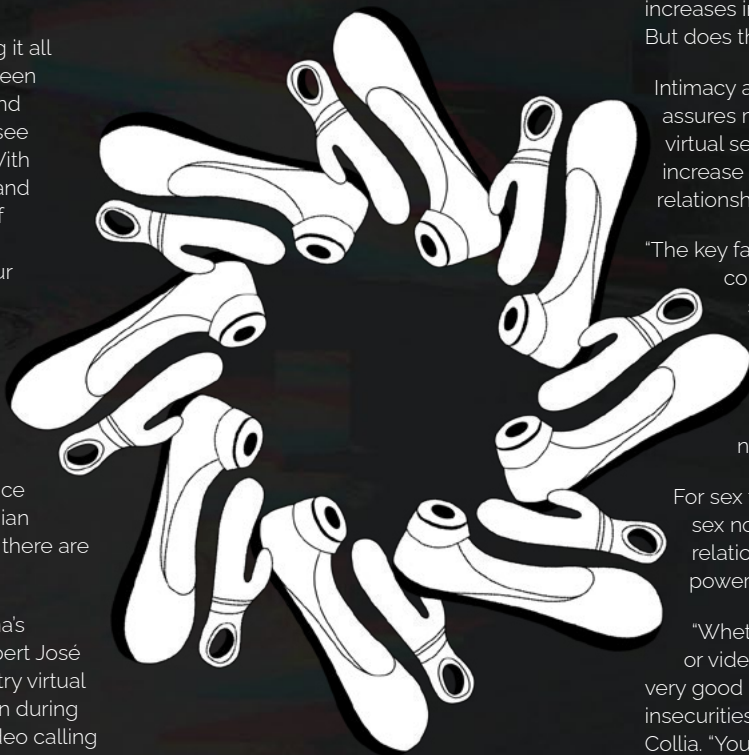
Similarly, the Dutch National Institute for Health addressed sexual needs during Coronavirus on their website. They acknowledged that, if you are alone during quarantine, "it makes sense that you would also want to have physical contact." For those quarantined without a partner, their recommendation was to consider, "sex with yourself or with others at a distance... Think of telling erotic stories, masturbating together."

Although a taboo subject for some, governments around the world aren't shying away from addressing sexual health as an essential prerequisite for wellbeing.

## Together, apart

For Santiago and Nairobi, virtual sex is something special and intimate. With Santiago living in Argentina and Nairobi studying in England, video call sex makes the distance a little more bearable.

"We have been away from each other for months, and the desire doesn't disappear. It's a way to feel close," comments Santiago.



"For me, it's a private thing that I share only with him," says Nairobi. "Obviously, I would prefer to be physically together, but it's no better, no worse, just totally different."

Virtual sex has also become a safe and necessary alternative for Vicky, who is dealing with separation from her partner in Buenos Aires amid a strict quarantine, now exceeding seven months.

"It increases the trust in my relationship," says Vicky. "It definitely helps our sexual connection, which is a fundamental part of the relationship for me."

Although not ideal, virtual sex can bring out new aspects of a relationship, comments

Vicky. "It's a way to get creative in your relationship and to get to know yourself better, what you like and what you don't, by exploring your own body," she says.

## Asking the experts

With couples (and singles) around the world bringing about a new sexual renaissance via the internet, there's no doubt virtual sex is en vogue. Nudes-sharing and virtual sex groups across the internet have also shown huge increases in activity over quarantine periods. But does the practice have a tangible benefit?

Intimacy and sex coach Pauline Ryeland assures me that, yes, "without a doubt", virtual sex can improve the quality and increase the longevity of a long-distance relationship.

"The key factors of any relationship are communication, intimacy, and sex," she says. "If you're apart for a long time, it's really important to be able to do those things, because otherwise that side of the relationship is not being nurtured."

For sex therapist Marcela Collia, virtual sex not only benefits long-distance relationships, but also serves as a powerful tool for sexual empowerment.

"Whether it's writing, sending nudes, or video calling, I think [virtual sex] is a very good exercise for people who have insecurities or lack assertiveness," comments Collia. "You have to think about what you want, put that into words and become more confident about your body in terms of sending a picture. Maybe when you have sex with your partner, you do it with the lights off. But when you take a picture of yourself, you have to look at that picture and actually press send."

## Awkward moments

Although a great alternative for the real thing, there's no avoiding the fact that virtual sex can be, well, awkward.

"I remember I was living at my aunt's house [the first time I tried it], so it wasn't easy to find a good time to do it," recalls Nairobi. "At the beginning, I was a little ashamed, because I wasn't used to it; seeing yourself in the camera is also different. But in the end, it felt natural"

For Santiago, the key to getting over the awkwardness of virtual sex is confidence. "You need a little bit of imagination and trust in your partner," he says. "In just the same way as normal sex, if you don't have imagination, sex becomes routine. But with virtual sex, you might need a little more confidence because you can feel quite exposed."

## The best (virtual) sex of your life

According to Ryeland, mindfulness is the key to good virtual sex. "The standard virtual sex is people just masturbating and observing each other," she says. "That's a bit of fun but it's not a true connection. When we're masturbating, we're usually doing it really fast and hard to get to that goddam orgasm. But, there's a journey to get there, and this is the journey."

While it may be a foreign concept for some, Ryeland suggests that bringing more awareness to virtual sex can increase enjoyment.

But what exactly does that look like? Start by spending a few mindful moments with your partner before getting down to business, Ryeland recommends. "When we do a couple of breaths together with eye-contact, that's going to connect us more," she says.

If you're comfortable taking it a step further, trying a "hand on heart, hand on groin" practice might be up your street, says Ryeland. Spending a few minutes with your partner, breathing and sending awareness into the heart and groin area before virtual sex can help increase arousal and reduce nerves.

Just as we must all learn self-love before we can love another person, we need to explore our own bodies to fully enjoy sex - virtual or otherwise, Colliia emphasises. "Before you share it with someone else, you need to know about your own pattern of sexual arousal and orgasm. Please get to know your body!" she advises. "Then you will be able to manage the [sexual] experience as much as you want."

Lastly, don't feel any pressure to get to the grand finale on camera, adds Colliia. There's absolutely nothing wrong with feeling that you won't/can't cum during virtual sex. Take some time afterward to finish the experience in a way that's comfortable for you. In the end, it's all about enjoying yourself, always checking in with your partner and making it a pleasurable experience for you both.

## Security is sexy

When you're in the middle of having a great time sharing your body online with your SO,

the last thing you want is a feeling that you're being watched. With personal data becoming less and less private over the internet, virtual sex can carry with it a sense of danger. And not the sexy kind.

Good news is, you can put those worries to rest by using a secure video calling service. For private calls, Facetime and Whatsapp are the best options as they are secured with end-to-end encryption, whereas popular choices Zoom and Facebook Messenger are not.

Although not everyone's cup of tea, virtual sex is allowing our sex lives to live on across countries and through screens. "This is something we should be celebrating," observes Colliia, "that even in times of such emotional distress, we can adapt to the extent that we still seek out new ways of finding joy, pleasure, and excitement."

I guess that's the beauty of virtual sex. It's a rebellion against the fear and discord that has characterised so much of the last year. It is an opportunity for unity and comfort in the midst of a pandemic. And amid cancelled flights and denied travel requests, it is my personal rebellion against the horribly uncertain future of my relationship. Because just for a moment, ten thousand kilometres doesn't feel so far away.

**JBL**

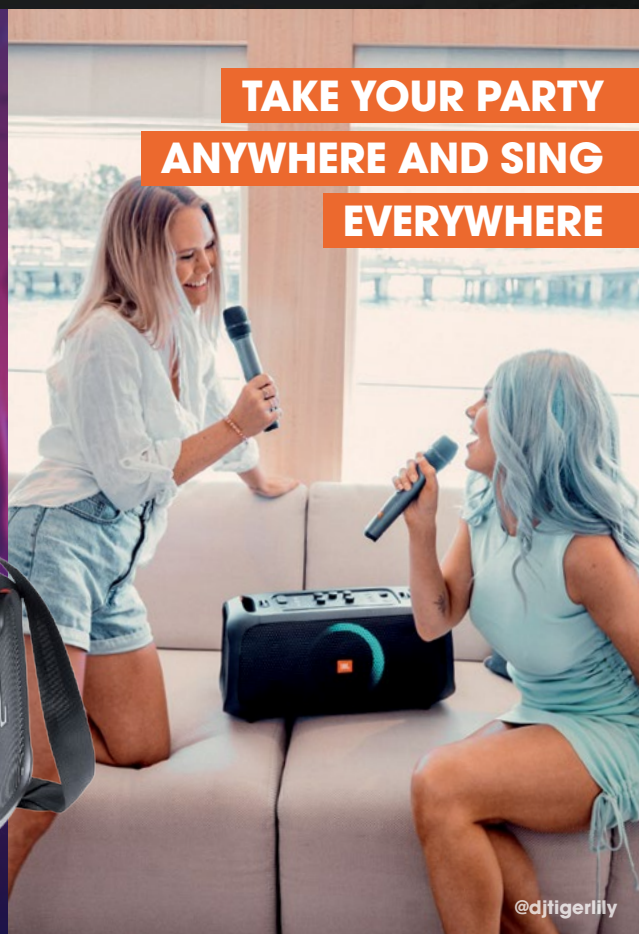
# PARTYBOX ON-THE-GO

**PORTABLE PARTY SPEAKER WITH  
BUILT-IN LIGHTS AND WIRELES MICS**



@JBLnewzealand | JBL.co.nz

**TAKE YOUR PARTY  
ANYWHERE AND SING  
EVERYWHERE**



@djtigerlily

IPX4 Splash proof
 Light up the party with a dynamic light display
 100 watts of powerful JBL Pro Sound
 Guitar and Mic inputs



# Reviews.



## FILM **PADDINGTON** DIR. PAUL KING

THOMAS GIBLIN

"Mrs Brown says that in London everyone is different, and that means anyone can fit in."

What could be the cure to those feelings of angst generated by the many ills of the world? Answer: A small, fuzzy, brown, marmalade-loving bear that wears a navy blue duffle coat and a red hat. Meet Paddington, who is looking for a home in the sprawling metropolis of London after fleeing from his home in Darkest Peru. The bear manages to find refuge with the Browns, a wonderfully bohemian family. The mother, Mrs. Mary Brown, played by **Sally Hawkins**, falls in love with yet another anthropomorphic animal, although this time platonically. She provides the warm, gentle hug of love and affection that Paddington needs to begin to feel comfortable in this strange world, far from Darkest Peru.

The film does not just offer a comical, kid-friendly tale of a bear far from home: it also provides a heart-aching commentary on what it is to be human. Themes of parenthood, anxiety, and innocence (to name a few) are explored through fantastical **Chaplin**-esque moments of jeopardy and typical British dry wit, providing both laughter and tears. Rather than just being a 'kid's film', it is instead a film for adults that children can watch too. Big Pixar vibes. Paddington is not a bear for children but rather a friend for all, and hopefully, the bear that brought such a smile to my face can also be a friend to you.

[AVAILABLE ON NETFLIX](#)



## CRACCUM STAFF PICK **DEMON SLAYER: KIMETSU NO YAIBA THE MOVIE: MUGEN TRAIN** DIR. HARUO SOTOZAKI

SOPHIE SUN

So, fully outing myself as a weeb in the second week of uni, I went to watch *Demon Slayer: Kimetsu no Yaiba the Movie: Mugen Train* in big, beautiful IMAX. As the very complicated name suggests, this movie is set on a train. We find our classic team of idiots sent on a mission to help the Flame Hashira, Kyōjurō Rengoku, investigate ominous disappearances that radiate strong *Murder on the Orient Express* vibes.

Somehow, in the span of a 2 hour movie, **Tanjiro** has managed to grow his skills faster than law students writing essays. However, despite Tanjiro trying his best, **Koyoharu Goutaro** (the creator) loves making him and the audience suffer with numerous plot twists that physically shake you to your core. Someone give this poor boy a break.

If you love sitting in a cinema with surround sound, physically short of breath, on the brink of tears, and genuinely wondering how the plot could develop any more, this is the movie for you. Not to mention all the impressive technical aspects. There is nothing quite as beautiful as when the dramatic music stops and the cinema is dead silent. All that you hear is the subtle background noises of leaves rustling. Every blade movement, every jump and leap is animated with action packed precision.

In defense of anime, this movie blends art and entertainment in the most unpatronising way possible. You get caught up in the action, in the joy, in the sadness, and by the time the ending credits have passed and the lights have turned on, you want to watch it all over again.



## NEW TO STREAMING **TO ALL THE BOYS: ALWAYS AND FOREVER** DIR. MICHAEL FIMOENARI

GABRIELLE DE BARON

I'm not usually one for romcoms, but I guess we all make exceptions when Netflix hypermarkets a film with an Asian lead! *To All The Boys: Always and Forever* is the third movie of the infamous *To All The Boys* trilogy, which was originally a book series written by **Jenny Han**. The movie adaptations have been steadily released by Netflix since 2018.

Only the first book felt truly juicy; Lara Jean, the protagonist, goes through a hot teenage crisis of having all her previous loves respond to her deeply romantic written letters which were posted secretly by her pesky sister. But the books that followed have a pretty pretentious stench; they claim that true, lasting love does not depend solely on age. I usually agree, though, in this film we see Lara Jean and Peter continue their questionable relationship in their senior year. Half of the film is just Lara Jean deciding where to go for uni and Peter's location being the basis of that. Then, when she decides where *she* wants to go, Peter lashes out and becomes unreasonable. However, all conflict disappears when Lara Jean forgives him again and they continue to remain 'in love'. The other half of the film is just a VSCO-filtered mess.

I am not a cynic, but *To All The Boys: Always and Forever* make love look like it's not worth falling into. Throughout the trilogy the couple just show a lack of communication and maturity, but if I am being honest, that's what makes the film so gag-worthy and, simultaneously, worth the watch (sober or not!). It's definitely a good experience, with a healthy helping of cringe. I'd give it a three out of ten at most, but, honestly, the points are because it was entertaining and funny for all the wrong reasons.

[AVAILABLE ON NETFLIX](#)



## MUSIC

## DAFT PUNK

GUY-MANUEL DE HOMEM-CHRISTO, THOMAS BANGALTER

JAY ALEXANDER

Turns out the robotic, **Daft Punk**, are human after all: the duo have bid the music world farewell. The sight of a YouTube upload on the 23rd of February excited a bevy of fans, especially due to the fact that their last release with **The Weeknd** hit the scene nearly 5 years ago. Their catchy, trademark sound has been sorely missed since *Random Access Memories* launched even further back at 7 years ago. In the time since, fans have been speculating about what they might do next.

However, the ominously titled 'Epilogue' appeared and startled everyone as the duo announced their retirement. The news made waves throughout the industry, with good reason. In their 28 years, **Bangalter** and **Homem-Christo** have infused the musical world with party house funk and groove. Many of their tracks have become classics. No one can deny having heard of "One More Time", "Get Lucky" and "Around the World". Each of these tracks and so many more allowed the duo to create a strong global community filled with joy, peace and euphoria, leaving their choice to retire baffling.

However, if we look at what's left in the wake of their departure, we can see that Daft Punk aren't leaving us with empty hands. The final seconds of "Epilogue" link back to their first music video "Da Funk", truly illustrating that they understand how fans have integrated their music into their lives and will happily listen to it all over again. Because, after many parties, clubs and casual listens, their timelessness is unparalleled as robot legends who rocked our world.



## TV

## THE BACHELORETTE NZ

VICTORIA NICOLL

In this household, we love *The Bachelorette*. 3.5 stars out of 5 on IMDB. Impressive. In this house, we also love Jack. He has golden retriever energy and great hair. I won't be taking questions... Jack. Deserves. Better.

We also love Lexie. More than any of the blokes, to be honest. She has a determined approach to the show and she knows what she wants. It's pretty refreshing for any show in The Bachelor franchise to have a woman in the forefront who's self assured and not willing to take any crap. For that, Lexie, I salute you. It's impressive to see a leading lady navigate her way through *The Bachelorette* within a Covid-19 context, and still manage to enthrall an entire nation of viewers. Lexie has not only managed to do this, but she's managed to make it pretty entertaining to watch. The escapism factor is real, folks. The Skype home date with Todd also gets a special mention: Trans-Tasman gnocchi making? Incredible. Resourceful. Gnocchi.

As a self-confessed reality TV lover (hello, *Love Island*), I reckon this year's edition of *The Bachelorette NZ* stacks up pretty well against its predecessor. Also, Art Green. Back on our TV. I'm never going to say no to that. The *Bachelorette* is never going to be high-brow, intellectual television. That being said, I reckon it presents a pretty decent picture of dating during Covid-19, and the impact that reality TV has had on how the dating world works more broadly. Good on ya, Lexie. Love you.



## PLAYING AT ACADEMY'S \$5 WEDNESDAYS FERRIS BUELLER'S DAY OFF

DIR. JOHN HUGHES

MADELEINE CRUTCHLEY

Originally hitting theatres in 1986, *Ferris Bueller's Day Off* has become an absolute playground for coming-of-age films and cinema more broadly. *The Big Lebowski*, *Home Alone*, *Deadpool*, *Easy A*, *Spiderman: Homecoming*, *Booksmart* and *Soul* all make intertextual references to the 80's cultural giant. **Joe Keery** even starred in a Dominoes ad, parodying the most iconic moments. The film follows Ferris and friends as they skip school on a clear summers' day, galavanting around Chicago, engaging in various happy hijinks.

The first ten minutes is particularly effective in setting the overall tone. Hughes utilises music and dialogue in such a cheeky and fun way to characterise Ferris, Cameron and the monotonous world of the American suburbs and high school. Upon rewatching, the tone is especially silly, but executed with a great reverence for different film techniques. The performances turned in from the teens are still pretty impressive. Unlike the roles he filled throughout the rest of his career (live action Inspector Gadget anyone?), **Matthew Broderick** kicks up some charisma to turn in a really charming performance. The fourth wall breaking still feels fun, and is a good refresher about how that, sometimes trite, approach can work well.

In the years since **John Hughes'** decade long run, *Ferris Bueller* holds up the best. It keeps innocence and fun at the forefront, even when it dips into more grounded, serious moments. It's a great example of how good coming-of-age films can be, and reminds audiences that genre is not an excuse for laziness.

**TO GO INTO THE DRAW TO WIN A DOUBLE PASS TO FERRIS BUELLER'S DAY OFF AT ACADEMY \$5 WEDNESDAY, EMAIL ARTS@CRACCUM.CO.NZ AND TELL US ABOUT THE LAST FILM YOU WATCHED (EVENT IS PRONE TO RESCHEDULING BUT TICKETS ARE STILL UP FOR GRABS!)**

# Streaming Olympics



MADELEINE CRUTCHLEY

Over the last year or so, there's been very little stability within UOA student life. So far, because of COVID restrictions, we've had major disruptions in everyday campus life, wavering guidelines for exams, assessments and practical studies, and very little financial support from the government. At the best of times, student life is often unstable; housing, internet, work, money, and relationships can all be subjects that induce anxiety. However, on the days when internet connections do stabilise, streaming services and the content that they host can offer comfort for some students. With such a myriad of platforms available though, the choice can become very overwhelming, very quickly.

Craccum surveyed a portion of the student body's interest in streaming versus traditional TV during lockdown. Unsurprisingly, 95% of students contributing to the poll said that they preferred streaming services in their consumption of content. In another contest, students exhibited a strong preference for Netflix over any other platform.

**"I think Netflix-partying is really good, a great way to talk to your friends during lockdown... It's a comforting way to talk to your friends about a movie, especially when we're stuck inside."**

One student said that, though they felt conflicted, they were won over by the sitcoms available on the site: "Honestly, Disney+ and Netflix are tied but I've been using Netflix more because of *New Girl* and *The Office*." They also noted a particular dislike towards NEON, suggesting that the shows the platform hosted were not worth the price tag.

Another student explained that the convenience of Netflix was a big draw: "I always have the app on my iPad and I can easily download what I want to watch at someone else's house or on public transport if I'm out." They expressed some confusion towards using another platform, stating, "Disney+... some of my friends have it and, as much as I love a classic Disney movie, I can't see the point in it other than an occasional watch and it's very expensive."

The social aspect of streaming was also brought up by a student, who said, "I think Netflix-partying is really good, a great way to talk to your friends during lockdown, but I wish I could see their faces. It's a comforting way to talk to your friends about a movie, especially when we're stuck inside."

Interestingly, a few students noted some corresponding frustrations with the limitations of streaming services. One said, "I wish Netflix had older shows that you can't find easily online. I wish I didn't have to survey so many streaming services to find the things I want to watch. Maybe I'd like to be able to actually buy a movie and keep it, instead of paying monthly for services." Echoing this sentiment, another noted a big downside being, "[p]aying for multiple services to get what I want to watch. I have Netflix and Disney+, there are a few things I really want to see but they're on

Amazon Prime or NEON. Paying for another service isn't in my budget." Several students also noted frustrations with the pay-for-access model that many streaming sites utilise, stating that they would rather buy for keeps (especially because the access to films on platforms like Netflix was not consistent).



To hopefully soothe some of the frustrations that come with using streaming services, here's a list of the best and worst services available for use in Aotearoa, for

UOA students. Entertainment can become a sponge in your budget, so it's important to squeeze it out and make sure you're soaking up the best stuff. Or the worst, if you're into hate-watching. *The Kissing Booth* makes for some exquisite, exasperating entertainment.

## Netflix

**\$11.99-\$21.99 MONTHLY**

Netflix seems to be the platform that pioneered the new model of our TV viewing habits. It was home to some really popular, 'must watch' shows in its early days, making a name for itself with heavy-hitters like *House of Cards*, *Orange Is the New Black*, and *Stranger Things*. Though, most would agree that there has been a drop off in quality within the last few years. However, Netflix is the service that has something for everyone; there's kids stuff, prestige stuff, and action stuff. It also has some of the worst, laziest stuff, but that can also be great for a mean-spirited, drunken watch along.

It's pretty rare that Netflix alone will quench your thirst for content, mainly because of the way content pops on and off the platform. The increasingly competitive space of online



streaming also means that there are more quality shows popping up on other sites, so you can be missing out if you only invest here.

**6/10** *Steal it from literally anyone you know, who needs FOUR profiles?*

## Disney+

**\$12.99 MONTHLY (UP FROM \$9.99)**

Though Disney+ only launched in 2019, the streaming site has quickly captivated a large section of the market. The company has muscled their way in with their vast, deep archives (developed through their various hostile takeovers), first dropping their more nostalgic flicks, then some of their Fox acquisitions, before their most recent debut with Star (a channel for more 'general entertainment', aka things that do not sit well within the main brand). Disney+ easily eclipses any other platform in its pop-cultural relevance; it's home to Marvel, Star Wars, Pixar, capital D Disney, *The Simpsons*, *Avatar*, the Aliens franchise, *Titanic*, basically any media icon a BuzzFeed listicle might celebrate. With the recent price tag jump, Disney+ is pretty pricey but if you're someone heavily invested in mainstream pop culture, it might be worth it for you. The app is kind of ugly though.

**6/10** *These points are for Moana and Ratatouille.*

## Apple TV+

**\$8.99 MONTHLY (WITH A 7-DAY FREE TRIAL!) OR 1 YEAR FREE WITH THE PURCHASE OF AN APPLE DEVICE**

Apple TV+ has a really interesting collection of films and shows available, filling in quite a few of the blanks left between the last two platforms. There are a good few music documentaries, alongside some okay dramas and some pretty funny comedies. You are also given the option to rent and buy films on the app, but that feels pretty cheeky on top of your monthly costs. It's nice that it's free with your new Apple products though, seeing as they cost you an arm and a leg.

**4/10** *There's a show with Chris Evans in suits, being a good dad.*

## Neon

**\$13.95 (WITH A 14-DAY FREE TRIAL!)**

Topping the chart in terms of cost (unless you're balling out on your Netflix subscription), Neon is a very strange platform. It gets a good few drama series and blockbuster films, and is the only way to watch *Euphoria* in NZ, but

is highly overpriced. This is a site where you should really exploit the free trial.

**3/10** *Does anyone remember Astro Boy? That's on here lol.*

## Amazon Prime

**\$8.99 (WITH A 7-DAY FREE TRIAL!)**

An offshoot of Jeff Bezos' empire, Amazon Prime sneaks in with some surprising bits of deliciousness. It hosts some original content, as well as some really great indies.

Unfortunately, it doesn't really have enough bulk to fill out its services. It's got the best Andy Samberg movie though.

**3/10** *And Bezos' wallet grows.*

## Youtube

**FREE! (OR INDIVIDUAL COSTS FOR FILMS)**

This is often the last resort platform for streaming. Usually, time on YouTube is spent zombie staring at beauty gurus, drama channels, celeb interviews (no hate, it's fun as), before stumbling on some lovely video with a bit of genius in it. When it comes to actual films, YouTube does have a good few that help to fill in the gaps. However, they range massively in price from about \$2.99 up to \$24.99 in most cases. Often, there's also a bit of shadiness in the potential quality.. sometimes you can pay to watch and then end up with a film at only 720p.

**4/10** *The algorithm is scary and keeps recommending me Logan Paul movies.*

## TVNZ On Demand

**FREE! LIKE, COMPLETELY!**

There are no tricks to this one. Sign up with your email and you have complete, unrestrained access to the best that TVNZ has to offer. There's a surprisingly good selection online, boasting titles like *Normal People*, *We Are Who We Are* and *Hunt for the Wilderpeople* alongside sillier, ageing sitcoms.

One student actually gave a special shout out to TVNZ On Demand too, stating that they were impressed because the service is free and has "good, binge-able content. I've been

watching a lot of old Scrubs recently."

**7/10** *It's free, but you pay by watching some extremely obnoxious ads.*

## Māori Television

**FREE!**

There's a really wide range of content available on Māori Television On Demand, channelled into categories like kai, art, comedy, news, sport, haka, and documentary. It also indicates the amount of te reo within each programme, making it a really helpful tool if you're in the process of learning the

language (and want to do some studying that doesn't really feel like studying). It's almost home to the most local content, beating out TVNZ by volume easily. Unfortunately, like TVNZ, there are a lot of ads that buffer in the would-be breaks, and the archives are not quite as deep as they could be.

**8/10** *This service is so free, you don't even need to put in an email.*

## TV and Radio at UOA

**FREE! ALONGSIDE YOUR INCREDIBLY EXPENSIVE UNI FEES!**

The URL for Television and Radio should be tattooed on the heads of first years. As an extension of the uni website, there is a deep archive that catalogues a long history of films, shows and documentaries that have screened on NZ television. This makes it a prime location for finding content that has its feet on the soil of Aotearoa, unlike most other services. The archives are much deeper than many others, probably because it's collated for "academic" reasons. You do have to skip through ad breaks, but it's a small price to pay.

**8/10** *Don't forget you have access! I can't count the amount of YouTube movies I've bought without realising I could've finally put my art degree to some use.*

...

So, make sure to exploit your free trials, parents, flatmates and exes. If all else fails, there's always the high seas. Just take out the big ships and leave the small ones alone. Arrrrgh. Hoist the sails! A pirate's life for me.





# O' Week - What I Thought I'd Wear

FaceTime shoots with Flora Xie @floraescent











# “Death to Boredom, Too!”

Osama's Top Tips and Tricks For Navigating Lockdown Yet Again



LACHLAN MITCHELL

By now, we're a year into rolling lockdowns across the world. It's so routine now. Even *Buzzfeed*, the Dome of the Rock for content thieves and fake email jobs, has to have run out of unpaid interns to strip mine for lockdown content by now. But *Craccum* can go deeper - for you, Auckland, we will. We're not just preparing you for the next lockdown, we're preparing you for all of them. We're going to the repositories of the one man who knew Alert Level 4 in his soul, the one man who embodied the essence of quarantine like no other. And all for the low price of forever having your name on multiple government watchlists. Thanks to the CIA, we're passing on the wisdom of Osama bin Laden's recovered hard drives from his Abbottabad compound.

Here are just some of the super fun lockdown activities we sourced for our readers. Put on the Vengaboys, baby. We're Abotta have a good time.

## Watching Over 130 Tom and Jerry Episodes

For those of us with children, this one may immediately jump out at you. Osama, when not plunging the world into two decades of Forever War and untold levels of generational grief, was a family man. He knew what kept his kids entertained. The timeless joy of a cat failing to capture a mouse, and all the grievous harm he suffers in the process. Thanks to the CIA Plus streaming service, over 130 downloads of 120p quality Arabic-subtitled subtitles of this Hanna-Barbera classic are available for your family right now. Chloë Grace Moretz could never star in something of this quality.

## Crochet Slay

The sourdough trend was educational, yes. But was it practical? Was it something that could truly be a skill, outside of the rarefied world of the farmer's market? Osama bin Laden knew something different. Now, far be it from *Craccum* to condone any of the thoughts of Al Qaeda's long-deceased leader, but... he kinda knew what was up with

crocheting? Like, for real. Like ten different videos on it. Nothing that saved him from the fires of Jahannam, but there's something to be said about the usefulness of the woven arts. The precision of mind, the sense of accomplishment, the sense of control... textiles truly take us to a different world.

## Masturbate Now

This is less of a recommendation than an acknowledgment of what we all do. Now, technically, the CIA did not publish the porn from Osama's hard drive. Officially, it's because the CIA, godless warmongers, thought a few wet white pussies might offend our delicate little sensibilities. However, the current belief is that Osama bin Laden had not just bin Squirtin, but was using untold gigabytes worth of gangbangs and throatfucks to communicate with the outside world - inserting text between certain places in the video files, and associates would take Girls Gone Secular to internet cafes to transfer the communications. Now you learned something! Oh, he also had, like, hundreds of pixelated underground '90s Japanese porn games. You learned that too!

## Dig Out Animal Crossing <3

It's been exactly a year since *Animal Crossing: New Horizons* released. Your villagers are missing you! Your island is covered in weeds! While Osama had to be content with the relatively forgotten *Wild World*, you have Nintendo's 2020 cash cow ready at your command. Who knows, maybe you and him share some villagers? Maybe you both stayed up until the dead of night to talk with Celeste? Oh, to know.

## Destroy the Great Foul Demon, the Pestilence, the United States of America

This *is* Osama bin Laden, after all. There is much on the hard drive dedicated to the various efforts against the Mother of All Suffering, the Bloodletter of the Innocent,

the Nation of Sickness and Succubi, the United States of America. Indeed, the pillaging of Palestine is a favoured topic in the documents. Learn of the evils perpetrated on the good souls of this nation, learn of all the pain thrust upon them by the West. The Western Poison infects all the realms of Life, spits venom on the beauty of God. Look at how they massacred our lands, their armies sourced straight from Jahannam. They are puerile nations, wallowing in the shit of their broken cities and wicked, unbridled consumption. America is Satan's grim legacy on this temporary realm. Learn, and use your knowledge to attain the great awakening, namely, that the world must be ridden of the Whore of Babylon. May God be with you as we smile at each other and strike at the heart of all evil.

**The timeless joy of a cat failing to capture a mouse, and all the grievous harm he suffers in the process.**

# Psychology and Me

## The Need to Belong



FLORA XIE

**So, you've been back** to Uni for a week. Classes have started and you've probably met a lot of people that you've never met before. If you're someone like me, you're probably too shy to introduce yourself to the sea of strangers in your classes, and would probably prefer to stick to people that you already know. But what about when you don't know anyone in the class? Or what about when you sit down next to a group of people who all know each other and are having a great time chatting away?

It's a strange and awkward feeling, isn't it? It might even cause some to feel a little nervous or anxious. But why?

Social relationships are essential to us because they provide us with support, happiness, and feelings of social acceptance. We all have this fundamental need to belong, and this need may be stronger for some than others. Either way, social non-acceptance or rejection are very unpleasant experiences to endure, especially in a new and unfamiliar environment. In fact, there's evidence that shows that the areas of your brain that are associated with physical pain are active when you experience social rejection.

Psychologists have suggested that our self-esteem is closely tied to other people and our social groups, so the primary purpose of our self-esteem is to function as a signal that tells us how well we are fitting in with others. Our state self-esteem is what monitors our current relational value — the degree to which others view their relationship with you as one that is of importance and value.

When our state self-esteem is high, it tells us that people around us are reacting to and perceiving us in a positive manner. However, when our state self-esteem is low, it tells us that people around us are not reacting positively, which suggests that we should make some changes about ourselves because there is the possibility of social exclusion or rejection occurring.

Now, individualism and uniqueness are things that are constantly being promoted to us, but most of us still conform to the social norms around us—why? The psychological concept of the need to belong has important implications on our proclivity to conform. When we are feeling lowered state self-esteem, it motivates us to pursue social inclusion.

Studies have shown that after experiencing rejection, we are more likely to conform to a new group's opinion, even when we know that opinion is incorrect. We'll start forming judgements that align more with the social group, become more aware and vigilant of the social environment, and mimic others around us non-consciously to ensure that we are like our social group. This need to belong drives us to think and behave in certain ways that will boost our relational value, and avoid rejection in our social groups.

What this means for us, is that when we feel like we are being excluded or rejected from a social group, we may feel the need to work harder and prove ourselves as being worthy inclusion and acceptance. We may put more effort into doing a task if that task provides us the opportunity to gain social acceptance, and this may mean agreeing to do things that you normally wouldn't do, or giving into pressures that usually wouldn't affect you.

But of course, there is the other side of rejection. We don't always go out of our way to please others when we've been rejected—sometimes we derogate others when we feel bad about

ourselves. Researchers have found that feelings of exclusion are linked to greater aggression and antisocial behaviours towards the excluder. However, these reactions oppose the potentially positive motivations to be included again, and may lead to further rejection or isolation.

So, how do we strike a balance between the two? It's difficult to overcome the painful feelings of rejection and exclusion when it occurs because we have such an innate tendency to want to belong. However, it's important to know where your boundaries are. You don't have to conform to everything your social group believes and does, and I know that sounds like a very obvious statement, but when you find yourself in certain situations, your ability to reason well falls apart.

Similarly, we may feel an urge to be petty or passive aggressive (or even just out-right aggressive) towards people who reject or exclude us, but it's important to keep in mind that such reactions may only lead to further negative situations for us.

Do something outside of your comfort-zone that challenges conformity to social norms. See how you feel and think about what you were motivated to do—the more aware you are, the easier it will be for you to make the changes you want.





# Dinner and a Movie

## Fried Green Tomatoes & Vegan Jackfruit Slider



**XZADIA JOHNSON** @CHEFXZADZ FOR MORE RECIPES!

*Fried Green Tomatoes* (1991) directed by **Jon Avnet**, originally written by **Fannie Flagg**, is the story of close friends, Idgie and Ruth's, adventures in Whistle Stop, Alabama. The story is revealed to us, through narrated flashbacks, by Ninny, an 82 year old rest home resident who has befriended an unhappy housewife, Evelyn Couch.

The title of the film - *Fried Green Tomatoes* was truncated from the book title *Fried Green Tomatoes at the Whistle Stop Cafe*. Whistle Stop is the shanty town, where the story is set, that has grown around the train tracks that run through it. The cafe, well known for its barbecue ribs and legendary special sauce, is run by Idgie and Ruth who serve the white churchgoing townsfolk and the needy of all races - the fact, of which, causes them much trouble.

This film is truly a sign of its times. It is set in 1930s (Jim Crow) rural Alabama, highlighting the racial and social inequities of that era, though its approach to lesbian relationships is more subtle. Such a genre can be extremely challenging and confronting due to the numerous forms of terrible injustice embedded within the society portrayed. Some might argue that a story placed in such a setting isn't worth their time, but I think just the opposite is true. We can appreciate great stories, characters and values that come to life in such storytelling. The story is an emotional rollercoaster - I was in floods of tears almost immediately - but we are also treated to moments of comic relief, heartwarming scenes and a thread of mystery.

Evelyn Couch, a quintessentially Southern woman from Alabama is the audience of Ninny's grand tales. Their friendship becomes one of the happy accidents in the film and as the story progresses, we see Evelyn's character develop. Often in flashback films, I am less interested in scenes in the present day as I

am invested in the flashback story unfolding. However, Evelyn's personal growth throughout this film is uplifting. Evelyn becomes inspired by the characters in Ninny's stories and as she slowly gains more self-respect, she finally has the confidence to live authentically.

Ninny's tales of Idgie and Ruth and their inseparable "friendship" are compelling. These two characters are bonded by their kindred spirits as well as a series of shared traumatic experiences. Through a series of extraordinary and difficult events - witnessing the gruesome death of Idgie's brother, Idgie's desperate rescue of Ruth from an abusive marriage, and the violent threats and actions of the Klu Klux Klan who actively discourage Idgie and Ruth's kindness and care for their black friends and neighbours - it is clear why the pair are forever connected. Despite these difficult aspects of the film, there are some wholesome and playful scenes and some warm moments in which we understand that their closeness may be more intimate than it appears.

It is interesting to note the decision of the director to underplay the lesbian relationship. The author, who had initially been assisting with the screenplay but who bowed out due to differences of vision, and both actresses had wanted to explore the topic of sexuality more fully. However, in the early 1990's, there were few mainstream films that explicitly addressed sexuality and Jon Avnet settled for longing looks, and intimate food fights to flavour the story with platonic intimacy.

I think this film is important, because it proves how far we have come since both the setting depicted and *Tomatoes*' '90s release. Yet, it still remains relevant to issues we continue to battle today. Our society has not completely overcome these obstacles, and there is still work to be done, but perhaps we can appreciate that we are marginally less 'twisted' than previous eras.



## Vegan "Pulled Pork" Jackfruit Slider

### Ingredients

#### "Pulled Pork" Jackfruit:

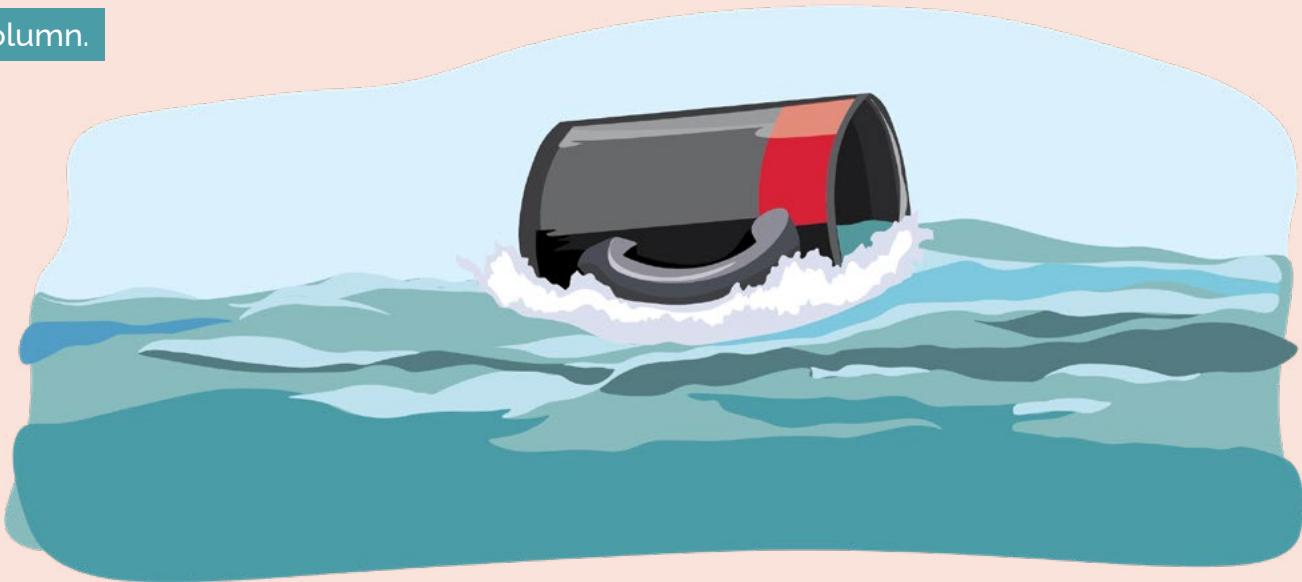
- 1 can young jackfruit
- 1 small red onion
- 1 tbsp oil
- 3 cloves garlic
- 1 veggie stock cube
- ½ cup vegan BBQ sauce (I used Culley's)
- 1 tbsp paprika
- Salt and Pepper

#### Slider:

- Bread buns
- Non-dairy butter
- Coleslaw
- Culley's creamy coleslaw dressing

### Recipe

1. Preheat the oven to 200 degrees.
2. Finely dice red onion, place in a pan with oil on medium heat.
3. Drain and rinse canned jackfruit, and cut off firm core pieces.
4. Add jackfruit to the pan once onions are translucent, and stir in with paprika, crumbled stock cube, and salt and pepper.
5. While this cooks, toss your coleslaw in the dressing until evenly coated. Set aside.
6. Slice bread buns in half, and put in oven until lightly toasted (3-5 min)
7. Add BBQ sauce to the jackfruit, mix well. Use a potato masher to smash jackfruit into a "pulled pork"-like texture.
8. To serve, butter the bread, and add a generous helping of jackfruit, and slaw to the bun.
9. Enjoy!



# It's the Old Mug!



JOSHUA JAYDE

**It's that time again.** Every four years the world is graced with a high-budget, high-drama, winner-takes-all race; we're talking billionaires, legal disputes and copious amounts of rigging. No, it's not the American Presidential Election, but you're not far off – welcome, everyone, to the 36th America's Cup!

If you've been living under a rock for the past year, here's a quick update: the America's Cup (or the Auld Mug, if you want to sound bougie) is the world's most illustrious sailing regatta, where a defender (that's us!) races against the winner of the Challenger series in a best of eight series for the Cup. Emirates Team New Zealand won it off the Americans in Bermuda back in 2017 despite confusing their boat for a bicycle. Trying to take it off them, having beaten the flying Americans and the failing Brits, is Italy's Luna Rossa Prada Pirelli (try saying that 3 times fast!).

The Cup has come a long way since a team of rich New Yorkers bullied a local English regatta into relinquishing their trophy. For over 100 years, the America's Cup was a fiercely even and fair competition, with the New York Yacht club only just managing to defend the cup 25 races in a row.

That all changed in the 1980s, with Australia finally taking it off the Yankees only to give it straight back to San Diego and then New Zealand being defeated by the New York Supreme Court just a few years later. Undeterred, the Kiwis battled back to win in 1995 and became the first team outside America to defend the cup, holding off the

Italians in 2000 and entrenching our position at the forefront of sailing.

However, our reign was brought down by, of all places, Switzerland. That's right – a landlocked country on the top of a mountain, famed not for its sailing prowess, but for its banks. Filled with famous Swiss sailors such as Sir Russell Coutts (born Wellington, 1962), Brad Butterworth (Te Awamutu, 1959), Murray Jones (Lower Hutt, 1957) and Simon Daubney (I think they got the point, Josh), Alinghi returned the Cup to Europe for the first time since the 19th century, and New Zealand failed to take it back in 2007.

Due to a legal stoush between Alinghi and the Americans, New Zealand wasn't even invited to the next one which seemed like it would be a long time before Auckland would see the Cup again. But in 2013, Team New Zealand worked out how to get their catamaran flying on a foil and changed the America's Cup forever. Just take a moment here. These boats weigh tonnes, and they are all but off the water in a light breeze – absolutely incredible.

What would follow would be the most bitterly fought regatta in America's Cup history. The Kiwi boat, with its superior upwind performance, flew out to an 8-1 lead in San Francisco. ETNZ would have even won the Mug if not for the wind and some very suspect rules cancelling Race 12, leaving New Zealand's dream stranded more than 2 kilometres ahead and a fraction of that from the line. There it would stay. Oracle Team USA, led by Australian Jimmy Spithill, made some mysterious change

to their boat overnight which suddenly, magically even, made their boat impossible to beat. They would go on to win 9-8, with Spithill's villain status in New Zealand secured and a nation's dream of sticking it to tech giant Larry Ellison brutally crushed.

Enter Peter Burling and his cycling team. The Olympic champion sailor shook off the pain of 2013 (taxpayer money does wonders for that), navigated nosedives, biased rules, and Sweden for the chance to avenge the nation's wounded pride. Unfazed by Spithill's aggression on the water and the truckloads of money being thrown at Oracle Team USA, Burling spun circles around the poor Australian with the extra power and control the cycle-grinders provided him on his way to bring the Auld Mug home.

So now, to Auckland. Luna Rossa have proven themselves every bit as litigious, well-financed and just generally shitty as Oracle before; but beyond that, they are a very slick sailing side. They're led by the man himself, Jimmy Spithill, who has talked about his "many sleepless nights" since Bermuda – probably due to the weight of all that California tech money – and will be determined to take the Cup to Italy.

The America's Cup – come watch these manifestations of the forefront of technology, funded by enough money to lift thousands of people out of poverty, sail for a week over a mug with a hole in the bottom. Yes, it may be the most striking symbol of all that is wrong with the world; but hey, at least it's fun?



# teaka teaka teaka



GABRIELLE DE BARON

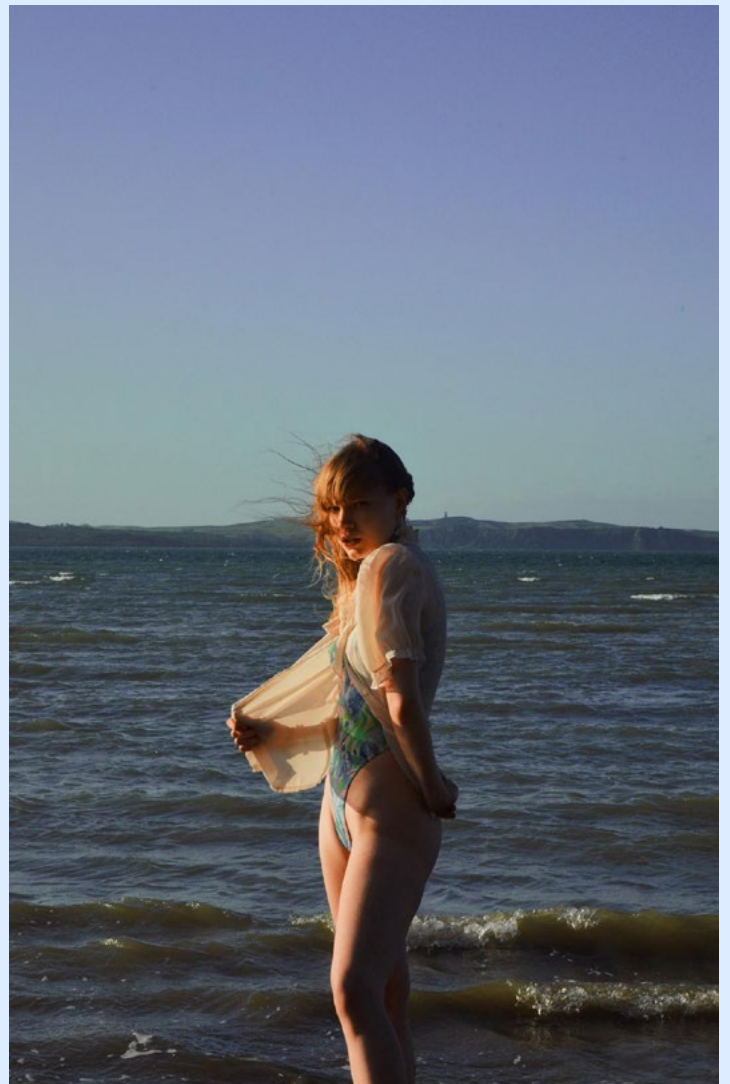
three songs to pair with the art:

"loose" by **Daniel Ceasar**

"SOS" by **ABBA**

"DHL" by **Frank Ocean**

“I guess the part  
about photography  
that intrigues  
me the most is  
how temporality  
is immortalised,  
especially in moments  
like this where the  
wind and warmth can  
never be replicated.”





**FAIR • SUPPORTIVE • INDEPENDENT • CONFIDENTIAL**

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



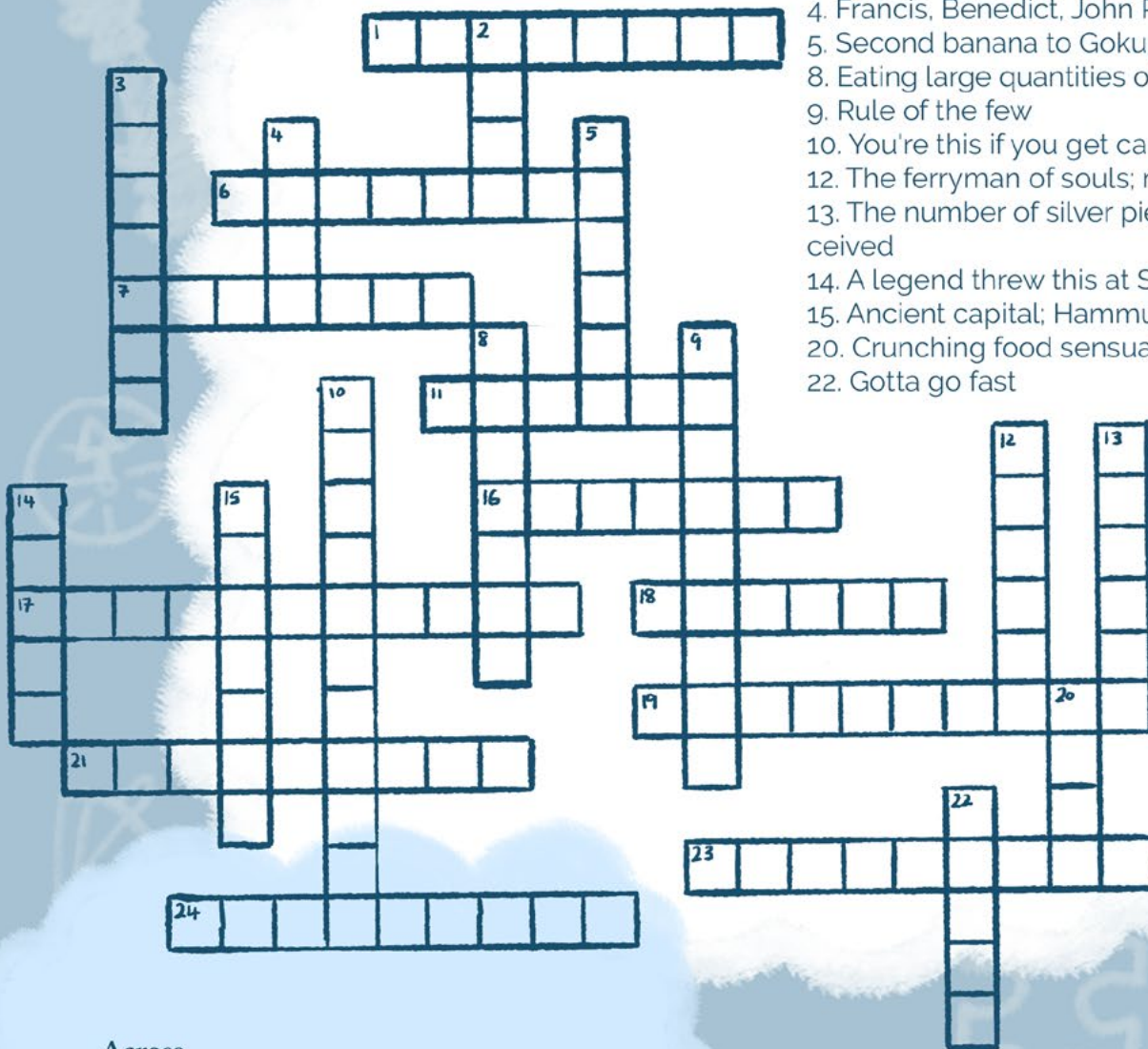
**student support hub**

**ADVOCACY • FOOD BANK**

**📍 AUSA house, 4 Alfred St, Opposite the Main Library**  
**☎ 09 309 0789   🌐 [www.ausa.org.nz](http://www.ausa.org.nz)   ✉ [advocacy@ausa.org.nz](mailto:advocacy@ausa.org.nz)**

# PUZZLES

ILLUSTRATION BY SOPHIE SUN

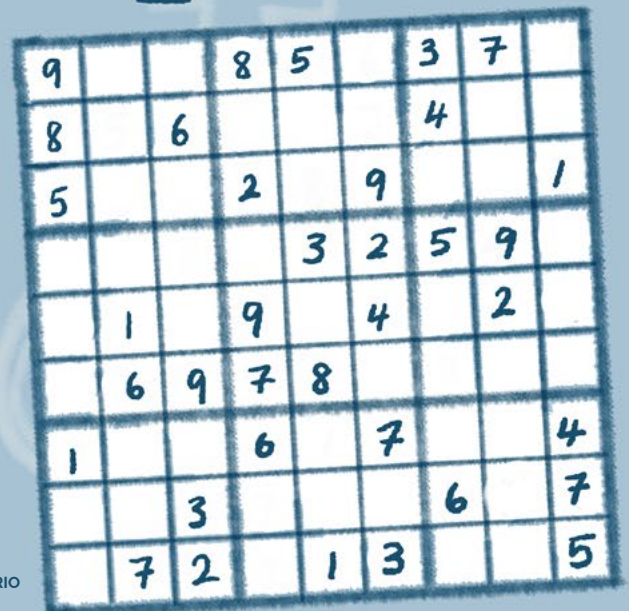


## Down

2. Colourless Korean alcohol
3. Māori welcoming ceremony
4. Francis, Benedict, John Paul
5. Second banana to Goku; receding hairline
8. Eating large quantities of food on video
9. Rule of the few
10. You're this if you get cancelled
12. The ferryman of souls; moon of Pluto
13. The number of silver pieces Judas received
14. A legend threw this at Steven Joyce
15. Ancient capital; Hammurabi ruled here
20. Crunching food sensually on mic
22. Gotta go fast

## Across

1. Ingrid Bergman movie; emotional manipulation
6. Superman's fortress
7. Dante's hell; burn baby burn
11. Fracking; 60 year old demon in 20 dollar wig
16. You cross over them; fucking loser MP
17. '80s song describes 99 of them
18. Seer that can predict the future
19. A kind of wine; elite type of socialist
21. Prideful, careless confidence
23. Had pottery sex with Swayze
24. Soldier of fortune



## WEEK 1 ANSWERS

ACROSS: 2. BUTTERCUP 4. MYRRH 11. THATCHER (THIS WAS WAY TOO HARD LOL!) 13. OBELIX 15. VACCINE 17. RANGINUI 19. INDOMIE 20. THAILAND

DOWN: 1. REPORTER 3. FUNKYTOWN 5. AMBERGRIS 6. GARLAND 7. GUCCI 8. PROMETHEUS 9. BRITNEY 10. SANRIO 12. ENVY 14. GROOVE 16. CANNIBAL 18. SANCTUARY

# Horoscopes

Craccum was not planning to trot out the Pokémon horoscope for a few weeks, but... Diamond & Pearl remake announcements, so yeah, *Delma Vinkley* had little choice.

## Aries (Mar 21 - Apr 19)

Using your Static ability, you'll be sure to attract like-minded, high energy people like yourself this week. Your natural swagger will not let you down. Your lucky numbers are 3 and 17.



## Taurus (Apr 20 - May 20)

Do not be rash, powerful Tauros. You are right to be suspicious of people's motives, but do not use Protect when you can afford to open yourself up. Your lucky numbers are 34 and 41.



## Gemini (May 21 - Jun 20)

Your poison is handy, sometimes. An annoying little fairy can melt away under your carefully sprayed acid, and we are all the better for being rid of their fake optimism. But be careful to not overestimate your acidic utility, or you'll faint before you know what happened. Your lucky numbers are 77 and 88.



## Cancer (Jun 21 - Jul 22)

Little Corphish, you are a sweet thing. More adorable than your craggy appearance first suggests, more delightful than your upturned eyes could ever let the doubters know. Consider letting someone snuggle next to that fantastic little exoskeleton of yours. Your lucky numbers are 10 and 20.



## Leo (Jul 23 - Aug 22)

The badge is just one battle away, but it will be your toughest yet. Ground yourself, lock on to your foe, and do not make yourself an easy target. Then your weaknesses will become your greatest strengths. Your lucky numbers are 11 and 73.



## Virgo (Aug 23 - Sep 22)

Gardevoir, your innate ability to see the world for what it is has placed you head and shoulders above the rest. You deserve your praises this week, as you have carefully negotiated your own peace of mind, unlike most. Your lucky numbers are 22 and 46.



## Libra (Sep 23 - Oct 23)

You, most attuned to the graces and joys of the world, will find it easy to rest on your laurels this week. But do not become complacent - the water type has many vulnerabilities, and your laurels can become ashes if you don't pay attention. Your lucky numbers are 2 and 9.



## Scorpio (Oct 24 to Nov 21)

Make use of your minions this week, great Vespiquen. Birth them from you, direct them with your impeccable sense of command and authority. Get what is yours, as the world is too distracted to stop you. Your lucky numbers are 33 and 59.



## Sagittarius (Nov 22 - Dec 21)

You are more intimidating than you realise. But...that's not a bad thing. Stare down your opponents, rear your ugly head and lower their attack immensely. Then beat them down with your cold logic, and reap the rewards. Your lucky numbers are 12 and 15.



## Capricorn (Dec 22 - Jan 19)

Shut up, Meowth. You just don't stop talking. No one wants to hear your crackpot theories, no one wants to play Jackbox on Zoom with you. Just leave it be. Read a book, work on silent communication, do anything else than speak. Yep, Meowth. That's right. Your lucky numbers are 0 and 100.



## Aquarius (Jan 20 - Feb 18)

We could all use your loving embrace this week, Chansey. Life has just been too hard for many of us, and only you can provide the sensitivity and softness that we need to heal. If someone cries on your shoulders this week, it's because they trust you. Your lucky numbers are 4 and 8.



## Pisces (Feb 19 - Mar 20)

Lockdown twice happened under your watch - you are old enough, ancient enough, you should have known what was coming. Trainers the world over have great reason to distrust you. Look behind you when you go on your daily walks, as there will be enemies afoot. Your lucky number is 54. You don't get two.





WEDNESDAY 31ST MARCH | 9PM TILL LATE | SHADOWS BAR | R18

# FREQS IN THE SHADOWS

## SLY CHAOS



BENNY BOY

Support from  
STiX, RIXY b2b BRI

THE OFFICIAL  
PARTY  
IN THE  
SPARK  
AFTERPARTY



George<sup>™</sup>  
beats working...

SHADOWS  
BAR & EATERY





AUSA AND UOA  
PRESENT

# PARTY IN THE SPARK

SHAPESHIFTER [DJ SET] • QUIX  
JESSB • WATTSSON

WEDNESDAY 31ST MARCH | SPARK ARENA  
TICKETS FROM TICKETMASTER

