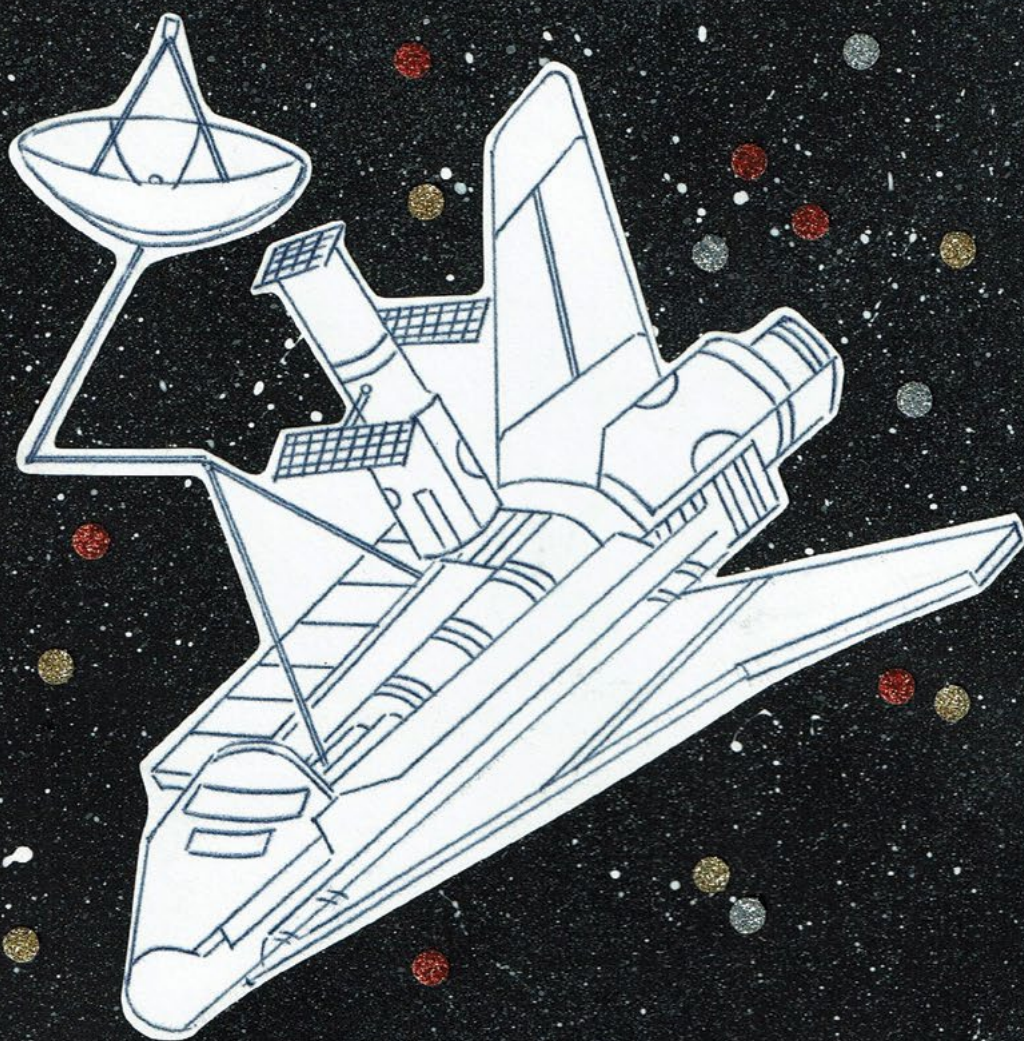


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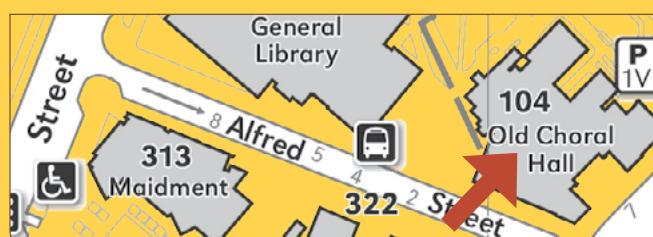
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EDITORIAL

with Helen Yeung and Jasmin Singh


WELCOME TO THE VOID




Helen: I just want to say I'm falling into a void of darkness from my honours dissertation and dealing with finding a house during this renting crisis. But welcome to issue 3! Shoutout to my supervisor who tolerates my slow email responses and progress in writing. This week's issue is unthemed but we're featuring some great pieces like this morbid little editorial here. Seriously though, I'm really excited for the community section this week. Our beloved editor Emelia had the privilege of interviewing Dayeon Lee, the director of *Women in Health Network*, in regards to her work and the importance of the organisation.



Jasmin: House hunting is a pain, as is getting furniture delivered to your 9th floor apartment at lunch time. Fun all around for everyone involved. Going back to the morbid theme of our editorial, we found some blood plushies from the blood donation drives happening around campus at the moment. We now have 2 twin plushies that represent each of us in the office.



Helen: Our arts editor literally just asked me "why is your life not more eventful?", that's true Chris, I have no idea why either. I mean I was running a stall at Summer Zinefest last Saturday if that counts. If anyone ever wants to make zines please feel free to email or Instagram me @chinesegoth for more dark content. Speaking of social media, is anyone interested in running Craccum's social media and working with a group of aunties in the office? We provide lots of support and snacks. Please enquire via email.



Jasmin: Helen's zines are amazing, I support (and contribute to) the A+ content and you should too dear reader. This week I got the chance to interview one of my friends and upcoming Auckland rapper Lost Loves. The interview involved some cute revelations about one of his songs and some thoughts on being a brown man in a white man's world. Helen's review of Orphans Kitchen is also very funny and a must read if you are thinking of eating there ever (spoiler: just don't). We hope you enjoy our first unthemed issue of the year!

WORLD NEWS

Italy' Anti-establishment Push Makes it Ungovernable

BY ULYSSE BELLIER

On March 5th, Italy's general elections brought two anti-establishment parties to compete for government while none has a majority in the Parliament.

The populist and anti-European movement Five Stars won about 31% of the seats, and the far-right party The League about 18%. With other allied parties for the right, the latter cumulates 36%, the highest score for any coalition in this election. The governing centre-left collapsed at 19% and its leader Matteo Renzi resigned the day after, saying that his party will refuse to be part of an anti-establishment coalition.

The 13 point rise of the League since the last election has been welcome by the French National Front, while former UKIP leader Nigel Farage congratulated "colleagues" of the Five Stars movement. Both are heavily anti-Europe, which is used as a scapegoat for many national troubles, such as unemployment and the migrant crisis.

This highly fractured political spectrum plunges Italy into weeks of instability. Matteo Salvini, the leader of the League, and Luigi di Maio, the Five Stars movement's chief, announced separately last Monday their intentions to form a government led by their party. Salvini explicitly refused to govern with di Maio. After weeks of procedures and coalition talks, Italy may have a government. It will be Italy's 65th in 73 years. ■

The Beast From the East

BY CAMERON LEAKEY

A cold snap has swept across Europe over the last two weeks, closing airports and claiming the lives of many civilians. The weather pattern, dubbed 'The Beast from the East' resulted in temperatures reaching as low as -42 Celsius in Norway. The cold air, combined with 'Storm Emma' in the United Kingdom resulted in Blizzards and strong winds across Britain. The temperature dropped below zero in both London and Rome, cities that are normally expected to maintain temperatures above zero for the entirety of winter. The airports in Geneva, Dublin and Cork all closed due to the severe snow and blizzards. Casualties were reported in Italy, Spain and in Poland with Poland reporting the majority of their casualties to be homeless individuals. In Warsaw, the night-time temperature dropped down to -15 Celsius. In an inverse of normal expected temperatures, the Arctic Circle is now experiencing one of its warmest winters. With temperatures in February in Britain sitting at -5 Celsius and in the arctic at 6 Celsius. Warsaw continuously is holding temperatures lower than Greenland. ■



Land expropriation without compensation in South Africa

BY JACK GRADWELL

Last week, South Africa's new President, Cyril Rhamaphosa, announced plans to expropriate (seize) land from white farmers without compensation.

While his African National Congress (ANC) Party has dismantled the political and legal inequalities of the Apartheid era, economic equality has yet to be achieved – something in part attributable to the preponderance of corruption since the ANC assumed power in 1994. The result is that growing numbers of Black South Africans have deserted the party and moved their support to the radical left-wing Economic Freedom Fighters party. By moving to seize the land, the ANC will experience a bounce in the polls. However, this may also scare away foreign investors and deprive the country of much of its most skilled and experienced farmers. Some commentators suggest that South Africa could meet the same fate as Zimbabwe did after pursuing a similar policy in 2000 – a drastic fall in both agricultural production and living standards – however, time will tell.

In the past week, New Zealand First and Labour vetoed David Seymour's motion to condemn the seizures. Wary of criticising South Africa's government owing to the need to engage with Pretoria in future, the fear that condemnation could be construed as support for apartheid era policies, and the existence of support for similar policies in New Zealand among some Maori voters. ■

Let's not focus on his accent, guys

BY LACHLAN MITCHELL

On the 27th of February, the being of hair grease and oil runoffs known as Simon Bridges ascended to leader of the National party, with Crusher Maximus thrown into the Phantom Zone and threatening revenge from afar (Whale Oil). But more pressingly, two conversations immediately started happening: the state of his Maori heritage and his accent. It's not my place to comment on his heritage, so I'll keep it simple: dissecting whether he is or isn't Maori is not what we should be doing, focus on how it took over 150 years for anyone of Maori descent to become the leader of any major New Zealand political party. Focus on his and his party's stances on distinctly Maori issues. Reducing lineage down to percentages only does disrespect.

Secondly, must we harp on about the guy's accent? There's so much more to talk about, so much more to hold him to task for than how he verbalises certain syllables. It does a disservice to the political process and allows the nuances of the issues to be lost in what is little more than arbitrary clickbait. It reeks of classism – reducing him to a lower status due to possessing a thicker, 'less refined' accent. It only serves to give fire to claims

of elitism that seemingly plague the left, it gives rise to buzzwords that drag down the argument. In short: stop it, Remuera. There is so much more to focus on, particularly what he uses his words *for*. Bridges is a slimeball, and seems to be blissfully unaware of the fact. Or, if he is, he plays the 'shout it down and hope they forget the original question' tactic incredibly straight – Steven '11 Billion Dollar Hole' Joyce has taught him well.

Focus on one of his defining attributes, his complete and utter negligence for the environment and his unashamed fight for corporate desecration of our lands. Focus on how he claims to desire a blue/green alliance, but that his track record on the environment is one of the worst in parliament, ranging from defending the destructive practices of offshore oil exploration (ever seen that John Campbell interview? Jesus.) to allowing mining on DoC land. Even oil exploration in dolphin breeding grounds! They're just trying to fuck, mate!

He has absolutely no interest in actually preserving our wonderful scenery and our finite resources. And they most definitely are finite. This is incredibly foolish in light

of his expressed support a National/Greens coalition, fully aware that this is only a stopgap and that the large majority of Greens voters would abandon the party, crushing it perhaps permanently. He is completely antithetical to anything the Greens have to offer and that is what we should be focusing on, not how he happens to articulate the U sound. The only benefit to stating that he is for the environment is to hopefully pull the wool over the eyes of the confused voter come election time. National have cannibalised all their friends and David Seymour, Leia in chains, will not be enough from to support the great Jabba from now on. Do not forget that.

Simon No-Bridges, as he is known in some circles, is someone to focus on. He represents a new direction for unashamed corporate exploitation of our diminishing environment. He is a liar and possesses the charm of an oil slick and despite this inherently limiting factor, will try to confuse us all the same. Do not get caught up in meaningless discussions about his accent. It only limits us. ■

Meat Club Butchers O-Week Campaign with Bull-Headed Tee-Shirts

BY LILY HOLLOWAY

O-Week was a time for most students to socialise under the sun and to over-commit to clubs they will never attend an event of ("A club for those who have pets called Prince Harry? Sure! Why not?"). Contention seemed to be off the board, for the Pro-Life and Campus Feminist Collective stalls were kept relatively far apart, but alas, controversy is never THAT far away in the congregation of political animals that is university. This year's inaugural disagreement was sparked by the T-shirts worn and sold by the university's Meat Club, depicting a silhouette of a sexy cow woman with the caption, "got meat?" The flame was fanned by Act party leader and resident meme David Seymour who donned the t-shirt in a photo he posted on social media.

Green MP Golriz Ghahraman was quick to point out the sexist nature of the T-shirt on Twitter stating Seymour was adding to the problem in a "post #metoo world." Seymour and others were quick to point out that there was, in fact, a muscular male cow T-shirt available too. Evidently not as popular. Wonder why. In addition to the male cow being depicted in a muscular power-pose as opposed to a seductive

lean one, it is important to consider the social and political context in which these T-shirts exist. Businesses have in the past, and continue to, use women's bodies and sexuality as a marketing tool to sell products and ideologies. While companies like Carl's Jr are the obvious offenders, even organisations like PETA have been criticised for using women in the adverts in a way that portrays them as objects rather than subjects. So while it is acceptable for companies to run demeaning campaigns and profit from them, it was (and to some degree still is) unacceptable for women to be even part-owners of their body, autonomy and sexuality.

Therefore, while depictions of sexy men, such as the male T-shirt and Old Spice tv adverts among others, may seem superficially similar, they are not steeped in the social history of fighting to be taken seriously, fighting to be heard and fighting for fair and diverse media representation. It is because of this that the purposefully controversial T-shirts are seen as a kick in the teeth for women who are exhausted from years of trying to explain why their bodies are not marketing tools when they are not yet even fully their own.

Viewing women's bodies as dehumanised objects is part of the culture that propagates and even promotes other harmful acts such as sexual harassment. This is because if women are constantly depicted as sexual objects, it is easier for them to be viewed as lesser beings and as objects men feel entitled to act upon. This is especially pertinent when the young women around the university are especially at risk of sexual harassment and assault. Even if this was not the case, as Ghahraman put it, "Let's not call anyone a piece of meat on campus, and let's not overly sexualise anyone."

To their credit, the Meat Club issued a Facebook apology stating that in hindsight their T-shirts "may have been insensitive". What is particularly worrying, however, is the number of commenters on their post calling Ghahraman a "cow" among other derogatory remarks (that do not bear repeating) about both the MP, and those calling out the club. They are the perfect illustration of why this is about more than the T-shirts themselves. ■

The necessary evolution of curiosity

BY KRISHNA SURESH

I want to preface this by saying that I wouldn't want to live at any other point in time but now. That being said, we live in a world that is saturated by delights for the senses. Take the new S9 as an example, you're chomping at the bit for it now, but you know it'll become another arbitrary point in Samsung's history next February. In such a world, 'true' curiosity is a rare experience.

Curiosity in and of itself is not a hard trait to muster. Just want to know something, and, you're curious. Suffice to say, this was the definition plastered to curiosity in the 17th Century, the time of Newton and other prolific, curious minds that helped to shape the scientific method to the heights we see now. But that was the 17th Century, and the experience of curiosity, culturally, hasn't been allowed to change or evolve since then. As a matter of fact, you can be curious about something and that curiosity is quelled in 30 seconds with a Google search. Such a rare experience has become diluted and nullified since the time of powdered wigs and paperbacks, where objective truth was knowledge, and knowledge was the great equaliser of men. My god, how far we have come... Something can be rare and uninteresting, because of how common its rarity is. How can we be expected to remain fervently curious if every opportunity we have to be is snuffed out in this digital age. Paradoxically, I think I find the answer to this qualm in an archaic concept, the soul.

We are having to be increasingly creative in how we advertise ourselves in our future careers with the threat of automation. There is a clear expectation that this generation must have the

soft skills necessary to exhibit a coherent understanding of several disciplines. To this end, we have the fuel to ignite a new facet of curiosity and imagination within our experience. With such an expansive knowledge as a requirement, curiosity in the modern age should go beyond the hunger to know something, and should synthesise fundamental conventions within us to advance a more open and fair society... what a whopper of a vision statement. Curiosity should inform the soul more so than satisfy it. What is the point of wanting to know something if it isn't to change or advance your own perspective? Where does your perspective need to advance to? These are the questions that should be at the foundations of curiosity in this day and age.

I look at the Falcon Heavy launch in early February as a catalyst of the idea of an evolving curiosity. It stands now as potentially reviving an era of space exploration, of having the curiosity to say, "We WILL put a man on the moon", with absolutely no idea how that was gonna happen. It was curiosity that informed our collective soul that to be an advanced species, humanity must be space-faring. I feel that this was our last truly curious moment, and now here we see history

repeating itself. Perhaps, to kick us in the ass and get a move on.

My mother is an early-childhood teacher, and is always telling me fun, quirky stories about toddlers and kids exploring and being disruptive - a recurring theme, I realised. Why is this? What part of a child's psyche compels them to do so? Curiosity once again rears its wonderful face. Up until the age of, let's say 5 years old, your curiosity will most likely injure you in some way: "What's that shiny thing over there that's sharp - ohh, it's cut me". Such an infant mind is able to create deep connections to a curiosity we, as developed adults, think to be abstract and unattainable. Here is my call to arms. Picture a world where we think like children. I mean, REALLY think like children. Amazed at everything, terrified of nothing, seeking knowledge and a voice to share our thoughts. In this simple existence, ignorance, violence, labels, rife issues within our society wouldn't exist. Curiosity would be an educative, fantastic force that permeated through all of us. When we live in a time where barely anything stagnates, why would we want curiosity to? ■

"It stands now as potentially reviving an era of space exploration, of having the curiosity to say, "We WILL put a man on the moon", with absolutely no idea how that was gonna happen."



Following Fairy-Dust

Bailey Verry discusses the new National's leadership, Gen Xers and Jacindamania.

After slugging it out behind closed party doors, National Party have named their new leader as Simon “I Love Roads” Bridges. Despite the available choices of Judith “The Crusher” Collin, Amy “Stern Librarian” Adams and Steven “Dildo Face” Joyce, this time around National has chosen a slightly fresher face to try and breathe new life into the party that is still salty about Winston standing them up.

Given a passing glance, it almost looks as if National are trying to replicate the “Jacindamania” that swept the nation last year as there are clear parallels between the leaders. Bridges is also a “young gun” in politics at the juvenile age of 41. Like Ardern, time served in the youth wing of his party fast-tracked favour within National and has resulted in the two major New Zealand parties having Gen X leaders. Though, unlike Ardern, Bridges has not spent years cultivating

a presence with students and soon-to-be voters (see DJ Ardern) to generate his own minor ‘youthquake’ so it is unlikely that his age will mean much young voters – a key demographic for the now Prime Minister’s popularity.

Bridges also brings an under-represented demographic in politics to the forefront with his Maori heritage. This has given him the historic position as the first Maori leader of not only the National party, but of either major New Zealand political party. Given the many issues facing Maori in New Zealand society, should Bridges choose campaign these issues he should be on even footing with Ardern’s championing of gender equality. That being said, in several interviews over the years Bridges has stated that he feels a certain disconnect with his *hapu* as his culture was not a big part of his life growing up, and has only briefly touched on it in his adult life. A cam-

paigh that leaned too hard on his heritage may seem disingenuous to some given his past comments and lack of track record showing his commitment to Maori issues. There is only so much mileage you can gain from a loose connection and it will be an interesting test to see how far Bridges can get on it.

But perhaps most interestingly, upon being named leader Bridges broke a key convention of politics: admitting fault in a party policy. Like Ardern conceding that 2004's Foreshore and Seabed Act was an absolute shitshow, Bridges has confirmed that there is - maybe, slightly, kinda, sorta - a housing crisis in New Zealand (unless you own more property than Amy Adams, in which case congratulations are in order.) Not a major step in stating the blindingly obvious, but an improvement nonetheless. Which makes us wonder if a new leader is merely lipstick on a pig or a seismic shift in the National Party?

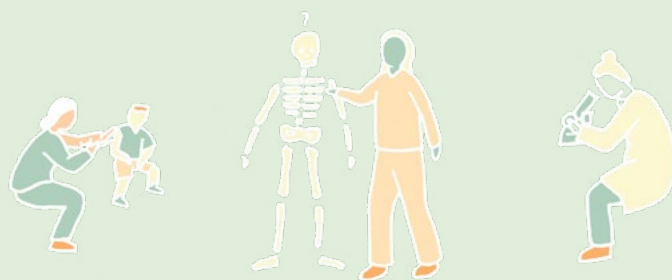
Some speculate that Bridges' appointment is a placeholder while waiting for the glow of 'fairy dust' to wear off. Think Phil Goff. Or David Shearer. Or David Cunliffe. Or Andrew Little. After all, there must have been a reason why party veterans Nikki Kaye, Jonathan Coleman and Paula Bennett didn't take a run at the top job. I'm sure they all remember Bill English's frankly embarrassing defeat in the 2002 general election. However, what may have deterred them and ultimately won Bridges the job is experience, or lack thereof. With the last nine years fresh in the country's mind is all the baggage that came with it, such as, you know, the crippling poverty. Bridges being slightly less central over the years has made him come out of the wash slightly cleaner than the rest.

But with this new choice of leader I like to dream a little bit bigger than the least worst option. The introduction of a younger man might be the opportunity for the now opposition party to grow up. Instead of pulling out the 'John Key Guide to Politics' maybe they will retire the 'Fun Dad' strategy that died at the hands of Bill English's petty and pathetic re-hash, in favour of a clear stance about actual issues outside the economy. Because what is more important than the man, is what direction he takes the party.

“Instead of pulling out the ‘John Key Guide to Politics’ maybe they will retire the ‘Fun Dad’ strategy that died at the hands of Bill English’s petty and pathetic re-hash, in favour of a clear stance about actual issues outside the economy.”

After the election, Bill English made sure his MPs were spamming Ministers with questions more than pop ups on a 13-year-old's computer, effectively making ministers incapable of doing their jobs because they have an obligation to answer lodged questions. He then went on to criticize ministers for not doing their duties as they forced to spend all their time on his parties' queries. Sheer petty and vindictive behaviour like this on Bridges part will not do anything to dispel Ardern's pre-natal reign. On the other hand, should National introduce social policy measures (that don't include ineffective youth boot camps) that rival Labour's signature strength before the 2020 election, Ardern might have to worry about something other than whatever Mark Richardson is shit-talking about her that week.

Despite being some of National Party's top brass over the last few years, Simon Bridges managed to come from almost the back of pack this leadership race. The former Transport Minister has been in and out of the news, speaking on several issues and projects over the years, but the problem is that no one *really* remembers him. Call it Phil Goff Syndrome. Or David Shearer. Or David Cunliffe. Or Andrew Little. One thing that Jacinda Ardern is not, is forgettable. So the real challenge posed to the Honourable Simon Bridges, is to come close to shining as bright as our new Prime Minister. ■



In Conversation with the Women in Health Network

Emelia Masari had the privilege of speaking with Dayeon Lee, the director of WiHN, a NGO and also a group at University.

What inspired you to start Women in Health Network?

I think this could be broken up into two broad factors.

Firstly, the current state of the health sector. As my friends and I studied our health degrees and some of us began our careers, we were increasingly exposed to the very real gender disparities within the health sector. Research and first-hand experience taught me that this largely women-dominated sector still has prominent inequalities in the form of pay gaps, uneven opportunities for advancement, and unbalanced representation in leadership and decision-making that negatively impact on societal equity and health sector efficiency. This is bad for not only women health professionals and women as a whole, but for the New Zealand health system and the health of kiwis in a general sense.

Secondly, what really shaped WiHN was a bit more personal. Last year I worked with a foundation that

addresses underachievement in education of a large minority of disadvantaged youth. I built a pretty special relationship with three highly intelligent, generous young girls. They were top students with the academic makings to do really well in the competitive health degrees they were wanting to pursue. It devastated me that some other factors beyond their control would work against their self-confidence and success. For example, limited life experience due to having grown up in an insular community and the consequent reduced access to beneficial resources that, say, I had in relative abundance in being a kid from the North Shore who went to a high decile school and was constantly being offered new opportunities.

What is WiHN about and what do you do?

WiHN nurtures the next generation of women health professionals in New Zealand.

Through mentoring and networking opportunities,

WiHN fosters a network of wahine working across the health sector to ensure everyone can have a fair and fulfilling experience in improving the health outcomes of New Zealanders.

WiHN runs two programmes:

1. WiHN Mentoring Programme - providing support to first year women studying health related degrees from more experienced women within their intended specialties (Health Sciences, Nursing, Medicine, Optometry and Pharmacy); and
2. WiHN Events Programme - a variety of workshops, guest speaker events, and networking opportunities throughout the year.

Underpinning all WiHN endeavours is a focus on reducing inequities. We recognise that women face greater barriers to having a fulfilling experience working within the health sector, which are exacerbated when gender intersects with other social categorisations such as socioeconomic status. We understand that women start the race from different positions at different times and want to do what we can to support everyone in getting to the starting line together to have a fair competition. WiHN notes that some women will face greater impediments to getting to a computer to sign up to university, transport to attend classes, money to buy laboratory equipment, time to study, confidence to apply for jobs.

The diversity present within the health workforce, across and within all genders and throughout the multitude of social categorisations out there, is what makes our health sector strong. It means people from different walks of life with unique experiences, attitudes and talents can propose innovative solutions to health issues, sub-in for the weaknesses of others and enhance the productivity of our system overall. Although we're just starting up so we have to be realistic about our reach and current limitations, ultimately WiHN wants our network to be all inclusive and far-reaching. We want to nurture diversity of experience and thinking while including all genders in the empowerment of women health professionals. This process affects everyone.

If you could change a few things overnight, what would be some of the things you'd change?

If I had superpowers, I would make GP visits fully public funded to support the reorientation of the system to

primary care, better align health and social services to mitigate the predetermination of how particular groups become more sick than others, build up the cultural competency of the health workforce, and make a national electronic health record appear out of thin air.

How do you think that we as New Zealanders can foster positive change?

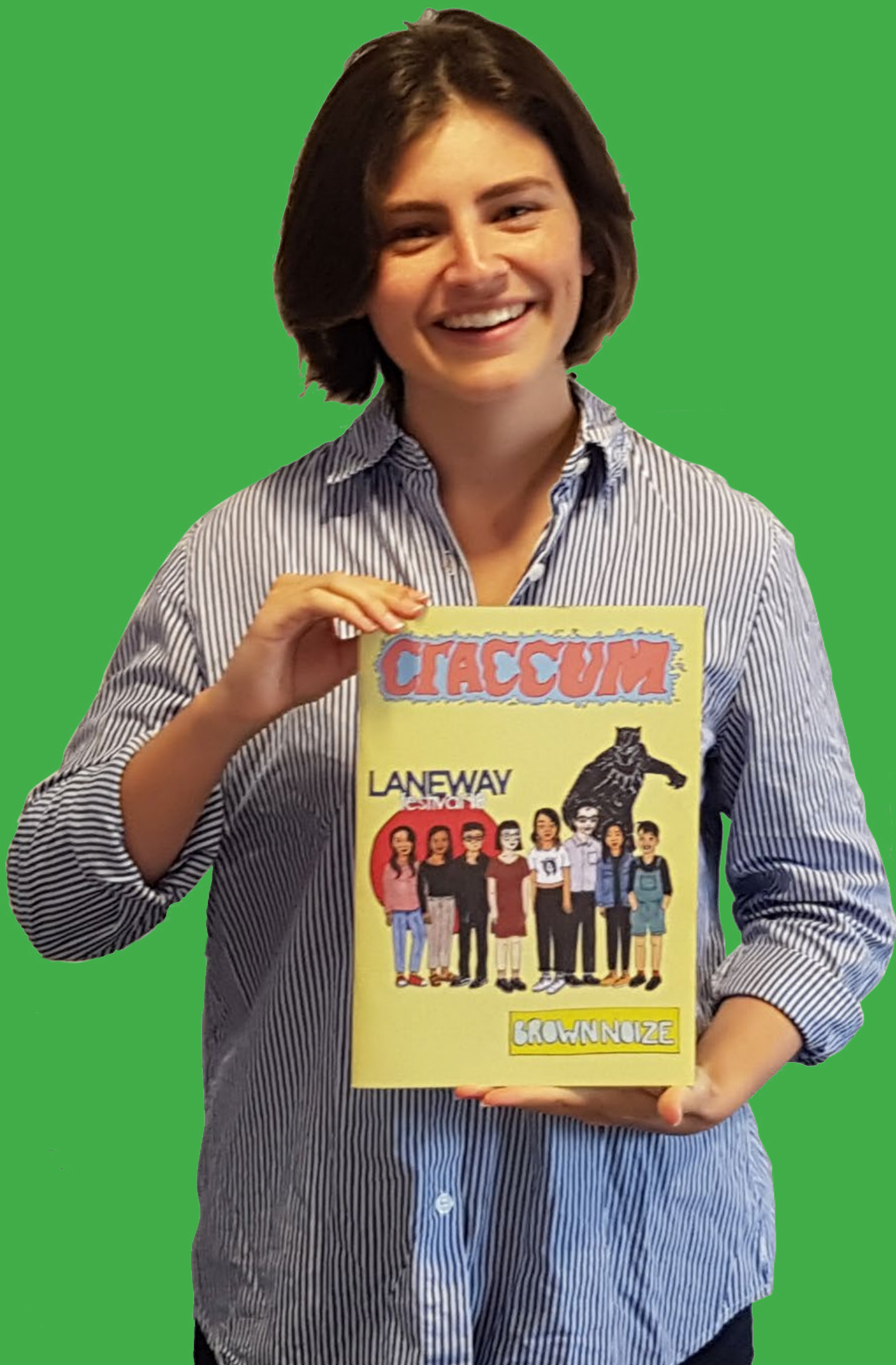
There are a whole range of small and large ways to foster positive change, from reading the news daily to stay informed, sending an email to your local MP on issues you're passionate about, calling out casual sexism or racism you may encounter, to getting involved in organisations that pursue equity like WiHN (shameless, sorry).

Immense, collective good can happen if everyone played a role in any small way they wish to participate in the culture revolution. At the core of all these activities needs to be the realisation that inequities of opportunity related to gender and socioeconomic status negatively impact all individuals and societal institutions as a whole. A lack of women leadership in health means that half the talent of our world is left untapped - what a waste! Half of our world is not able to participate, half of our world is not having their needs considered at the decision-making table by those best positioned to contribute. On the other hand, women leadership in health has a huge number of benefits – a general ripple effect for women empowerment, diversity and innovation in addressing health challenges, enhanced health system productivity, and improved health outcomes for everyone.

What event is coming up and how can we get involved?

Advice from Women Leaders in Health, our first fully-fledged event, will be on 26 Thursday April. You can find all our events on our Facebook page (Women in Health Network) and our website (www.wihn.org.nz). The best way you can stay in touch would be to sign up to our General Mailing List on our website.

Thanks for your interest in joining a network of strong women in health who support one another to become the best version of themselves, both personally and professionally! ■



An Interview with Chloe Swarbrick

Daniel Gambitsis interviews Green Party MP **Chloe Swarbrick** on the co-leadership races, youth engagement and her recent Medicinal Cannabis Bill.

Given that National has just chosen its new leader, what are your thoughts on Simon Bridges?

I haven't had much to do with him personally. I had a lot to do with National MPs during [my] medicinal marijuana [Bill campaign] but he wasn't one of them because it was pretty clear from his voting track record that he wasn't one who would be inclined to be supportive. Question time in the House the past few days has been interesting...

What can you say about the National and Greens co-leadership races?

I'll say whatever I can! I know it was National's caucus which had a say, which is quite different from how our caucus is quite far removed from the co-leadership competition within our party, in which delegates are chosen from around the country to vote. [Hence for the Greens it] is a much longer process and quite boring for the media. But ultimately I think we [the Greens] end up with a more democratic process.

I was reading articles about a fight between the so-called "activist" and "urban liberal wing" – is this real?

Both of the women are incredible and have different support bases. But in all the conversations I've been involved in with different branches around the country, I think it is important not to silo them in, because they definitely have cross-appeal, but grounded in different life experiences and different backgrounds. I think it's more externalities painting them in those pigeon-holes - but they do represent different potential trajectories for the Party and it's up to the Party members. As a caucus we made a decision not to weigh in on this – which I think is the best way to do this because we have privileged platforms and could easily influence the way things work and I don't think that's fair.

I've read that the actual Greens members are older, environmentally driven white people, compared to younger activists who are driven by a wider conception of social justice.

We have a very diverse party – which I see at meetings throughout the country, which I have the resources to do now. But they all sign up to the Charter, which is why trying pigeon-hole people misses the point – our Charter consists of four principles, recognising Te Tiriti o Waitangi, ecological wisdom, social responsibility, appropriate decision-making and non-violence. So we're not as broad a church as most parties and everyone shares those fundamental values – although they can be interpreted differently.

“When I was out campaigning and having conversations with young people it wasn't that youth were apathetic, but they felt like they lacked the information to make an informed decision and didn't want to make the wrong decision.”

Would you ever want the Greens to go with National?

By and large our membership and our policies fall on the Left side of the political spectrum – but there's been a lot of dialogue over the decades about us being neither left nor right, but 'in front'... I can't see it happening in the short term. [The Greens aren't just about environmental issues -] our membership signs up to our Charter which talks about values which could apply to any system that functions equitably and speaks to the interrelation between social and environmental issues.

What are your thoughts on the talk about how the small parties seem to die in Parliament?

New Zealand has a young MMP environment, which has meant there are some trends, but it's uncertain whether they'll continue. I don't know if small parties will continue to die. A critical thing the Greens need to do is communicate our wins. I think small parties die because we get subsumed by larger parties'. We need to maintain our voice, which is why I'm stoked we are in a confidence and supply arrangement so we're not bound by collective responsibility, so we can showcase those differences. We have this trajectory where the Green party will have a policy, 5 to 10 years later Labour has it, then 20 years later it's mainstream and the Nats adopt it. That's one of the things the Greens exist to do.

What about the waka-jumping bill then? Will it prevent new parties?

Not necessarily... [this is] an issue inside the Party and the Government because we have a strong historical opposition to it. But the interesting thing about it is that most New Zealanders would think we have something similar already in place... This is an important conversation to have. We've never been in government before with ministers so we've never had to make compromises; so what will those compromises look like to get some stuff back?

Regarding civics and issues like that, I know it's very important to you. What is the Government doing about this?

The things which fall under my mandate include open and accessible democracy, so my Election Access Fund Bill is to ensure people with disabilities are on the same level as other people, because they face barriers to participation.

Concerning youth engagement, so many things can

be done. I'm really against the trope of young people being apathetic. When I was out campaigning and having conversations with young people it wasn't that youth were apathetic, but they felt like they lacked the information to make an informed decision and didn't want to make the wrong decision. The issue is that there are a lot of older people without a lot of information who still think their voice is indispensable.

Things like civics education and public interest journalism are key, and also the normalisation of politics around the dinner table and in spaces like universities. Increasing youth representation could be part of this, but it can't be tokenistic. I'm a young person in politics but I'm not representative of all young people in politics. It should be normal for young people to engage in politics, but currently there's only two people below 30 in the House. These older politicians are looking 10 years ahead but I'm looking 30 years ahead, because I'm still going to be alive.

The biggest critique thrown my way is that I have no life experience, but look at my CV. Young people have a valid life experience which is consistently spoken down to – we need to stop apologising for taking up space.

That reminds me of your Medicinal Cannabis Bill...

Yes, and that conversation was informed by moral panic. Most of the MPs in opposition to it claimed it was going to give a carte-blanche... but everyone already has it! 400,000 New Zealanders are using cannabis every year, according to the most recent study, in 2012 – 42% of whom were using it medically.

The Government's Bill provides a criminal defence but the police just won't follow the black letter of the law and there'll be inconsistencies in how people are prosecuted for possessing medicinal cannabis, because police have already admitted to de facto decriminalisation. If the concern about my bill was about the 'grow your own', where do people think these people using the criminal defence are getting their medicinal cannabis from?

Mental health is one of your pet issues. What do you think about what the government is doing and what needs to be done?

Mental health is a massive issue for young people and that speaks to the precariousness of living in the 21st century. It's critical to have the frontline services, like accessible helplines, counselling and addressing the systemic causes. This is insecurity – of tenure, of

rent, of employment – and reversing the reversal of the power of individuals over the past few decades. The target should be zero suicides – just like we aim for zero road deaths. The changes have got to be structural and cultural – it has to be normalised to talk about this.

You've talked about not wanting to be in politics forever, you have an interest in constitutional law?

I never really wanted to be a politician, I don't want to be a politician for the sake of it – like those who are politicians for a long time and become too afraid to rock the boat – I don't want to do that, I'll blow my job up if it is a catalyst for progressive change. No one party should decide on a constitution. I'm heartened by Andrew Little's comments about strengthening the New Zealand Bill of Rights and that's what I'd like to see. There are arguments for a flexible constitution, but when it comes to human rights how flexible do we want to be? I think New Zealanders want to have a constitutional conversation and politicians shouldn't treat New Zealanders like they're dumb. ■

“Mental health is a massive issue for young people and that speaks to the precariousness of living in the 21st century. It's critical to have the frontline services, like accessible helplines, counselling and addressing the systemic causes.”

SPEAKING OUT

PANEL DISCUSSION

Four prominent members of the LGBTI community talk about their careers and experiences.

Robbie Manson
Athlete

Louisa Wall
Member of Parliament

Michael Boulgaris
Businessman

Possum Plows
Musician

MARCH 19TH, 2018
6.00pm–7.00pm

Followed by drinks & nibbles until 8.00pm
General Library Basement
21 Alfred Street, Grafton.

REGISTER AT: bit.ly/SpeakingOut2018





GUCCI CULTURALLY APPROPRIATES MINORITIES FOR FASHION: WHAT'S NEW?

Helen Yeung and Jasmin Singh addresses yet another major fashion house disaster.

Every year, it becomes increasingly normalised that major fashion houses culturally appropriate from minority cultures. Whether it's Native American headdresses, bindis, cheongsams or rainbow dreads, the blatant racism of the fashion industry is on display in their shows every season of every year. This year's first scandal (as we're sure there's many more to come), involved Gucci's Fall/Winter 2018 collection where it seems there was a contest to see how many cultures could be appropriated in one show. Turbans, hijabs and a Chinese architectural style headpiece were worn and displayed by white models.

Before someone complains and tells us that what these fashion houses have done is not cultural appropriation but "showing appreciation" for other cultures. It's clear that there was no respect or care given to the way cultural items were **STOLEN** and presented as if they were new "avant-garde", revolutionary style ideas. Describing these items as "scarves designed to be worn on the head" doesn't hide the fact that they are clearly drawing on the religious and cultural clothing of minorities. The fact the white models are often the ones that display these items takes them out of the contexts and the cultures they are specific too.

Aside from the fact that Gucci could have used Sikh and Muslim models to showcase their collection. The impacts of their supposed appreciation go further. These white models can remove their turbans and hijabs after the show and go on to live their privileged lives. The same cannot be said for Sikh men and Muslim women who have to deal with daily microaggressions and stereotypes that associate them with terrorists or face the annoyances of 'random checks' at airports. To the other end of the spectrum where they have been and continue to be assaulted and killed for proudly wearing their turbans and hijabs. Being white and wealthy allows you to avoid the prejudices and consequences associated with being or wearing things that make you visibly *other*.

Likewise with the pagoda headpiece, to be honest who would actually wear an architectural structure on their head. The high fashion industry already has a well recorded history of appropriating East Asian aesthetics. From the cheongsam to kimonos, it's no surprise that they've moved onto buildings now. Sur-

prisingly the industry seems to have moved on from the submissive, oriental doll look reminiscent of the 90s era, think: Gwen Stefani and her harajuku girls. Although occasionally you'll spot the look on K road, when a white girl struts down St. Kevins Arcade in her fishnet tights, statement sunglasses and a thrifted cheongsam. Fearnot however, although this racist, sexist stereotype seems to have quieted down, how could white people possibly give up the chance on profiting through **ORIENTAL** prints.

Don't even get us started on the embroidered pastel green outfit, if you've ever attended a Chinese wedding we all know you ripped that off Chinese aunties with perms and red lipstick on their teeth. This traditional attire has been worn by Chinese women for hundreds and even thousands of years. But apparently adding impractical extra long sleeves, a clown collar and some lace underwear on the model's head suddenly makes this "a look".

Gucci also chose to include references to the third eye in their new collection, stating that they had worked for 6 months and ensuring this was part of their collection. But surprise surprise, they managed to mess this up too by placing the third eye on the hands of the models instead of their foreheads which is where the third eye is meant to be. At this point they might as well be placing eyes on every part of the body, "fourth eye"... "fifth eye"? What's new white people? How can you work for 6 months on appropriating someone's culture and still do it badly.

Concluding Gucci's Fall/Winter 2018 collection: you suck, you don't even deserve one star for originality. As for your kitschy pieces that don't steal from minority cultures, we could whip up the same thing for under \$20 on Taobao. White people you already colonised and stole from most of us, please stop "borrowing" from our cultures and come up with your own ideas. Here are some suggestions from us:

- An outfit made entirely out of potato skins.
- Wearing a Cathedral or Eiffel Tower on your head.
- Holding a bottle of mayonnaise.
- Pushing a barbeque grill or lawn mower. ■



LA FÉMINISATION

Daniel Gambitsis discusses the gendering inherent within the French language.

Language is powerful and no-where is the link between female empowerment and language politics more evident than in *la France*. Recently, the French government banned the use of ‘écriture inclusive’ or ‘inclusive writing’. Why is this debate so thorny and what does the future hold for French?

Inclusive writing entails changing the usual spelling rules in French to remove its inherent male bias. In French, every noun has a gender, even though there is no rhyme or reason to the gender of each word. Thus, the word for ‘cock’ (penis) is a feminine word (*la bite*) but the word for vagina, *vagin*, is masculine. Adjectives are similarly gendered. There’s no neutral form.

The default rule in French is that the male-gendering of words prevails: *le masculin l’emporte sur le féminin*. So, for example, a group of male and female directors is written in the plural, masculine form ‘directeurs’ because the male form is said to embody the universal (and hence the female version ‘directrice’ is not to be used).¹ For job titles, the male form must be employed, even if the person is female. One of the best, and most controversial examples of this, is the word for mayor, ‘*maire*’. This is a masculine noun, so according to spelling rules (as advocated by *L’Académie Française*) the phrase would be ‘*Madame le maire*’ when referring to a female mayor, even though the word ‘le’ is masculine. However in practice, the

majority of female mayors want to be referred to as ‘la’ *maire*, in recognition of their gender.

L’Académie Française defends this rule, explaining that there should be no confusion between the person and the role and its authority. It argues that the use of the masculine gender serves to neutralise differences between the sexes.² L’Académie Française is notorious for being old-fashioned and resistant to change, and above all the influence of English on the French language. But even French dictionaries like *le Grand Robert* ignore this contraindication, and recommend the feminine version of *maire*. Outside of France, there is more willingness to adopt inclusive language. The use of gender neutral job titles is common in Belgium and Canada. In Quebec, for example, the even more radical form of the word for mayor, ‘*mairesse*’, is popular, while inclusive lan-

“Inclusive writing entails changing the usual spelling rules in French to remove its inherent male bias.”

¹ <https://www.pri.org/stories/2017-11-10/france-has-plunged-struggle-over-gender-neutral-language>

² https://en.wikipedia.org/wiki/Gender_neutrality_in_languages_with_grammatical_gender#French

guage advocates in France prefer the gender-neutral ‘maire’.

With inclusive writing, nouns such as ‘agriculteur’ which are masculine would be written ‘agriculteur.rice.s’ to account for the female holders of this title. This removes the prioritisation of the male version of words. And instead of referring to only male citizens (*citoyens*), one would refer to *citoyennes and citoyens*.

The debate about inclusive writing recently came to a head a new grammar manual was released which promoted *écriture inclusive*. L’Académie Française, which has only ever had 8 female members, condemned the move as putting French in ‘mortal peril’. In response, up to 314 teachers vowed to do away with the rule that masculine prevails over feminine. Some have noted that this rule only dates from the 17th century, and that the Académie’s rules embody misogyny. Yet others claim that inclusive writing is simply too complex, especially when teaching to people like recent immigrants, and they question whether the goal of inclusive writing is futile in such a thoroughly gendered language. Is changing a language enough to change social perceptions? Wading into the debate, Macron’s government banned the use of gender-neutral French in official government documents.³

Overall, this debate sounds just like our own debate over inclusive language in English. Ultimately, I believe that language is a powerful embodiment of culture and stereotypes, and that writing inclusively, although it may require a modicum of additional effort, is an indispensable accompaniment to wider social change. ■

“I believe that language is a powerful embodiment of culture and stereotypes, and that writing inclusively, although it may require a modicum of additional effort, is an indispensable accompaniment to wider social change.”

³ <https://www.theatlantic.com/international/archive/2017/11/inclusive-writing-france-feminism/545048/>

Auckland University Students' Association

Noodle Power Rankings- The Official AUSA Noodle Review 2018

You may have noticed by our inclusion of the trusty noodle into our O-week bags that we love a good instant noodle. The cheap reliable snack of university students everywhere, the noodle holds a special place in our hearts here at AUSA. So without further a do may we present to you our Official Noodle Power Rankings of 2018.

1. Indomie Mi Goreng: A classic of the genre, simple, elegant slightly greasy but always satisfying. What noodle list would be complete without the inclusion and dominance of the Mi Goreng. All flavours have their fans and their haters but we can all agree that Satay is the worst. Aside from this one blip on their record these noodles are perfection. 5/5

2. Shin Bowl Noodle Soup: If you like fire than this noodle has you covered. Its alluring red packaging draws you in and warns you simultaneously. Forever the Bridesmaid not the Bride these noodles have a cult following but can't take the first place off Indomie. A solid contender. 4.5/5

3. Doll Fried Noodle Deep Fried Garlic and Chilli Flavour: Innovative package design with excellent straining method. the square shape also sets them apart. A solid fried noodle, tasty with lingering garlic notes that tantalise the palate. 4/5

4. Maggi Chicken: The basic, reliable friend of the noodle group. Maggi was there for you as a kid and therefore holds a special, nostalgic place in our hearts as the noodle you know objectively sucks but can't help but love. Chicken is the only flavour that should be looked at here as the rest are trash. 3.5/5

5. Nongshim Big Bowl Tempura Udon: A wildcard entry these are some solid warming noodles perfect for a rainy day, not too spicy and have a decent amount of

veggies. Not as exciting as the others but nevertheless a good bowl of noodles. 3/5

Life hack of the week.

Here at AUSA we want to make your life easier, so each week we will be telling you about a key life hack for your time here at UOA. This week is short cuts.

The hill up from Britomart is nobodies friend. People have long struggled to conquer it in time for lectures, and poor law students have to tackle a portion every day. There are however some great ways to boost it up the hill without the hassle. Public access routes through office blocks are a boon for the savvy student.

The Lumley centre on Shortland street is one such route- there is a public lift that can take you from the depths of Fort Street up 8 floors to the grand heights of Shortland street. Word on the street is that there is also one such route through the Vero building. ■

OFFICIAL NOTICES

Notice is hereby given for the AUSA AUTUMN GENERAL MEETING

to be held

WEDNESDAY, 28 MARCH 2018

at 1.00 pm

Student Union Quad

All motions for this meeting must be handed in to the AUSA Office Manager by the following dates:

Deadline for Constitutional Changes is 12pm, Tuesday, 13 March 2018.

Deadline for Other Agenda Items is 12pm, Tuesday, 20 March 2018.

- Association Secretary

Notice is hereby given of an AUSA SPECIAL GENERAL MEETING

to be held on FRIDAY, 16 MARCH 2018 at 3.30 pm in SHADOWS

(or in "AUSA Space", one level above the Quad Food Hall, for those under 18 or uncomfortable with being in Shadows)

The SGM has been called to consider the following:

- Amending rules 23, 5(i) and 15(vi) in relation to the referendum system.
- Amending rules 47-52, to allow for the implementation of new ways of managing student groups.
- Deleting the outdated content from the Fifth Schedule as club funding is now managed through different systems.

- Association Secretary

Notice is hereby given calling for SUBMISSIONS for an AUSA ONLINE REFERENDA

Submissions open: Monday, 26 February 2018.

Submissions close: 4pm, Friday, 16 March 2018.

Submissions must be emailed to Emily McDonald at: seo@ausa.org.nz

Please include your full name and Student ID number.

- Emily McDonald, RETURNING OFFICER



REVIEWS



Bruno Mars

CONCERT REVIEW BY BELLE HULLON



When I was told I was going to Bruno Mars, I instantly felt like I'd won the lottery to a mood lifting, happy pill event. Sure enough, from the moment Dua Lipa took the stage as his supporting act, to the very last cymbal bang of Bruno's encore, people were bouncing along to the heart reverberating tunes. Dua truly got the crowd jumping with her famous anthem 'New Rules' - her special self-assuredness sending home the message of the song with a lot of heart. Perhaps because her music is the kind that speaks to a woman trying to navigate romance and personal success - like me - but there was an emotional tone to her empowered music that left me in awe.

Then Bruno himself came on, after a 30 minute interval. Bruno Mars does concerts like a true pop showman. The sold out four day Auckland stint did nothing to wear down Bruno's energy, with his contagious shoulder grooving making everyone feel like he was there just for them. The show spared no expense - elevating platforms, literal fireworks, transfixing light effects gave the feel of a show that clearly employed an entourage the size of a small country.

I do think an age limit was needed. The arena was teeming with pre-teens, but with the sexual references Bruno's music is privy to, it left me feeling slightly uncomfortable.

He drew from his latest album *24K Magic*, which had the entire crowd buzzing but also a few classics from Unorthodox Jukebox towards the end. Trust that he had every person in the arena singing along to 'Just The Way You Are', his smash hit from 2012. Trust that he had everyone crying to his emotional rendition of 'When I Was Your Man', too. He perked us right back up with his encore, 'Uptown Funk'. You know it was a good night when you still find yourself humming 'Finesse' two days later. Come back soon, Bruno - my mood may just depend on it. ■



I, Tonya

MOVIE REVIEW BY PATRICK YAM

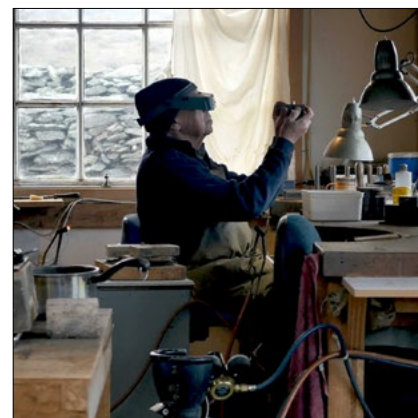


I missed the first few minutes of this film. A lady in my bus decided to throw a fit in the poor driver's face, delaying everybody. Shamefully, I just sat there. That's what watching *I, Tonya* feels like: horrible people in front of you are doing things, and you're taking it all in.

The actual plot revolves around the real-life character of Tonya Harding, a figure skater who was extremely controversial in the 1990s. Margot Robbie's Tonya is fierce, ambitious and brittle. She is a definite highlight, as are her two co-stars, Sebastian Stan and Allison Janney. But the film falters somewhat in other respects. Whenever characters broke the fourth wall, it felt shoehorned to me, even if the movie is set up to be a bleak biopic. It's also embarrassingly obvious that Robbie's head is edited on top of another skater's body - not that I expect her to pull out Olympic-worthy moves herself, mind you, but it reminded me of the atrocity that was Superman's edited, clean-shaven mouth in *Justice League*. Bad CGI is one of the most efficient ways to put viewers off their immersion. No amount of cleverly-quick camera movement could hide that.

The way domestic violence is depicted, however, deserves praise; it isn't given the 'Hollywood' treatment. Characters lash out in a way that is anything but attractive. As compelling as it is to watch characters be horrible to each other, though, one can only stomach so much abuse. The final act meanders about before finally stumbling to a conclusion.

Nonetheless, *I, Tonya* is fun and dynamic. In terms of acting and soundtrack, this film is fantastic. It explodes with f-bombs, unglo-ri-fied violence, and remorseless characters who are in desperate need of therapy. Much like Tonya's personal life and career in reality, the film has moments of greatness - it could easily have elevated Margot Robbie to even greater heights. It just fell a little bit short. ■



KOBI (2017)

MOVIE REVIEW BY EMMA ROGERS



Kobi (2017) follows a heartwarming journey of an artist and 3rd generation goldsmith Kobi Bosshard, recounted through the eyes of his daughter, director Andrea Bosshard. The 103-minute film is less so a documentary in the traditional understanding but more of a home video of one of New Zealand's more underappreciated and unknown craftsmen. The 78-year-old man's life is narrated by Andrea via past letters, stories and interviews with added light-hearted humour which came across as homely and modest toward Kobi's talent. While it isn't the typical movie I would choose to see over the latest superhero flick, I walked out quite fulfilled with a whole new respect for someone I have never heard of before walking into the film.

The film, while at some parts seems slow with amateur shots, was a brainless enjoyment of an overlooked nugget of history only kept alive by those closest to Kobi and the generation who managed to get their hands on a "Kobi piece" during his prime. The film spends a considerable amount of time comprehensively covering Kobi's life in documentary fashion, from his childhood home life to his relationship history, family heritage and hobbies to show a life well lived.

Through the eyes of an obviously proud daughter trying to match her father's lifeline with her past memories tells the story that is far more complex and unexpected than first meets the eye. I found a new appreciation for his craft as a jeweller turned artist who firmly believes traditional pieces are still just as relevant as he is in 2018.

If you wouldn't normally consider seeing a doco about a Swiss-Kiwi goldsmith's humble life in Otago, I would reconsider. While I won't be breaking this badboy out on movie nights, I think it gave me a well-rounded knowledge of the importance of someone I had never heard of, in the most heartening way possible. I would recommend this wholesome doco but maybe take your mum rather than your 'girls night' crew. ■



Manifesto

EXHIBITION REVIEW BY ANNALISE BOLAND



"All current art is fake," announces a news reporter, staring directly into the camera. German artist Julian Rosefeldt's artwork *Manifesto*, starring the enigmatic actress Cate Blanchett, has arrived at the Auckland Art Gallery Toi o Tāmaki – and deserves to be seen (and experienced) by art and film fans alike. Each video work focuses on a different manifesto stemming from different "isms" in history, such as Marxism, suprematism, conceptualism, situationism and Dadaism, as well as the film manifestos of Lars von Trier and Jim Jarmusch, and art movements such as Pop art.

Thirteen screens are suspended in a large dark room, with each of Blanchett's diverse characters taking up one screen each. Here, she transforms into a number of different roles, including a scientist, a teacher, a choreographer and a homeless man, each character more intriguing than the last. Blanchett's incredible acting abilities are at their full capacity as she recites the arduous and sophisticated dialogue of each manifesto, which are interesting enough to read on their own, but are given another dimension in Rosefeldt's video format that makes their authors' words seem heavier and more mesmerising. Each video segment lasts ten minutes and thirty seconds, with a climax syncing across all thirteen screens at the same time, creating an immensely immersive, albeit overwhelming, experience.

Rosefeldt has stated that the arguments and declarations of Blanchett's characters are more pertinent than ever before, stating, "People are rereading the manifestos and starting to write their own. In this time in which we are living, populism is feeling like a disease taking over the planet." *Manifesto* is an incredible work that art and film fans will deeply appreciate, but is also deserving to be seen by those not familiar with the manifestos or those who wrote them. Take an hour out of your day to experience this relevant and important artwork at the Auckland Art Gallery now. ■



The Art of Banksy

EXHIBITION REVIEW BY EMMA ROGERS



As a long-time fan of Banksy, since the day I actually understood the power behind his work, I was stoked to see that little old New Zealand was hosting a hugely anticipated exhibit to show almost 90 pieces of his work. This excitement was slightly dampened with the \$35 ticket price but I proceeded to get hyped to see *The Art of Banksy* with the promise of original works from the infamous New York street artist, curated by his ex-manager, Steve Lazarides.

I eagerly planned on spending hours mulling over the works and generally being star-struck by Banksy's pieces including the most recognizable work; *Balloon Girl*. Sadly, this wasn't the case. After a short, hopeful line, we were ushered in to an overcrowded room to read the comprehensive timeline of Banksy's life that was less personal than a Wikipedia page and was littered with grammatical errors that became a consistent characteristic of the show. We followed through the maze of a mixed up exhibition to be dumped by the exit door, which kindly told us that there is no re-entry. After a desperate fight back through crowds to look over the works a second time, we gave up.

Although I was happy to have seen some originals, including his art on an excavated factory wall, there was plenty of reprints that served only to fill the walls to complete the exhibit. I couldn't help but laugh at myself for paying far too much for a ticket to see an artist who advocates for free art for all, which was about as ironic as exiting through the gift shop; the cherry on top for nailing the polar-opposite of Banksy's philosophy.

If you missed it, you didn't miss much. The exhibition that seemed to be a 30 minute joke of Banksy, and definitely did not fulfil its worth of \$35. But at least now I can tick seeing an OG Banksy piece off the list. ■



Dog Pit

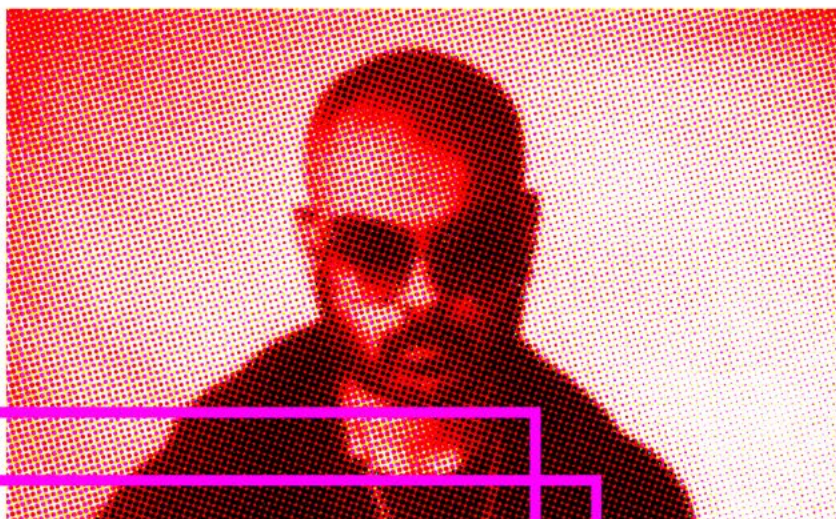
EXHIBITION REVIEW BY WAI CHING CHAN



Dog Pit, a group show featuring works by TR Scully, Zac Penny, Zoe Gow, Te Ariki Campbell, Olyvia Hong, and Claudia Edwards runs until the 8th of March and is open any time by appointment. The show came together in a clustering around Scully's painting featuring a dog fighting pit and slowly built upon it, showing an elaboration of the pit in all its menace.

In the midst of an industrial train factory-like building, Satchiandsatchiandsatchi (SSS), an artist-run gallery and studio brought a creative oasis into the dull environment of Parnell's The Strand five months ago. Sounding like a parody of the Saatchi&Saatchi gallery, SSS offers an honest and raw experience in comparison. Its openness provides support to more diverse artists and their practices, and is also a space for creatives to make their ideas come true. Founders Ben and Seb Martley also hope SSS will help artists earn money and remuneration for their artistic labour.

After a confusing journey through Parnell (thanks Google Maps) I arrived at the gallery, warmly welcomed by Ben. I was late to the appointment but he was still very friendly and walked me through the exhibition telling the stories behind each work. Most works were made in a naïve and carefree manner – quite the contrast to what was depicted in the paintings. You will find yourself looking at angry dog fights and a gory betrayal of one's own kind. "A pit can be a social setting or a state of despair amongst other things. Some dogs in the show take the form of clouds to safely float over the pit, but not all the dogs have this option", said Ben referring to Hong's painting. It's not an exhibition that has a linear narrative. From the surface it looked like an exhibition with a loose connection between the works, however viewers will find themselves drawing narratives of their own. ■



FEATURING: LOST LOVES

Helen Yeung and Jasmin Singh interview local rap artist *Lost Loves* on representation, Prince and living in a white man's world.

Hey Reza, tell us a bit about yourself and how Lost Loves started.

I'm from a little country called Bangladesh, I moved to NZ when I was 18. It weirs me out when people tell me it doesn't seem so because I'm so "Western". And I'm like define 'Western', what is being 'Western'? People listen to rap music in Bangladesh too.

So anyway I did uni here, got a job and everything was going to "plan". But then I realised a couple of years ago that I've always wanted to make music, and I was thinking if I don't give this a go now, later on in life it would always be the biggest 'what if' question. In saying that, I'm not aiming for commercial success or any other type of success because it is quite hard. Especially being in a smaller market like New Zealand. In terms of how Lost Loves got started, a couple of years ago I met my friend Amelia who also plays in Polyester. We were just hanging out in her kitchen one day and she was like "Yo I make beats" and I said let's do something together. And that's pretty much it.

Why did you choose the name Lost Loves?

I don't want to be corny and say because of my broken heart. But one of the biggest reasons was I designed a t-shirt and I wrote Lost Loves on it and it looked pretty cool. I feel like people relate to art on the basis of loss, more so than happiness. When you look at a piece of art it's more so that you probably relate to the grief or loss it projects rather than happiness, and it doesn't necessarily have to be romantic loss but any sort of loss.

What are the biggest inspirations for your music?

I don't know if this is an inspiration but I just want to be like Prince. In saying that, you can never make art

trying to be someone else, you have to be yourself and express yourself the best way that you can. It'll sound very arrogant and delusional if I'm saying I'm trying to be Prince or occupy the same space as Prince but there's just people you look up to in your life.

Is there any particular story behind one of your songs you would be able to share?

Our newest song which is titled GGB. Obviously I speak another language because I'm from Bangladesh, but we have a name for our crew which abbreviates to GGB meaning cute little babies, which is what we call ourselves. And the newest single is about how much I love my friends essentially.

Your Instagram bio says 'Young Brown in a white man's world'; does your identity as a person of colour influence your music?

Yeah it does. No matter what I write about, it comes back to the fact that it's going to be from the perspective of a young brown man in a white man's world. Any sort of subject matter you write about is going to be informed by your view.

“When you look at a piece of art it's more so that you probably relate to the grief or expressions of loss that art is projecting to you rather than seeing something happy.”

“Obviously no matter what I write about it comes back to the fact that it’s going to be from the perspective of a young brown man in a white man’s world.”

As a person of colour what are your thoughts on representation in the music industry? Have you faced barriers in trying to get your music out there?

In New Zealand, I can’t speak for all groups but the best I can say is that it seems to be very diverse. I’m sure it can be better but it’s a work in progress. There’s always problems with LGBT representation and women in rap music but at this point in time there are female and gay rappers that are blowing up and are at least visible compared to previous years.

I wouldn’t say I’ve faced barriers. I don’t want to start pointing fingers but I think in smaller communities there is certain type of music that is easier to get out there. Not that my music is super abrasive or offensive. But let’s be honest if I was in a 5 piece indie band instead it may be cooler. The rap and R&B scene in New Zealand is blowing up right now, there’s so many amazing acts going now that it’s a very exciting time to be involved in this music.

Do you ever feel tokenized as a person of colour in music?

I don’t think it’s just the music scene. I think it’s everyone that’s like you’re brown you have tattoos, you rap, you look kind of weird, you don’t dress like anyone else. They’re going to treat you like a unicorn but you just want to be a person, there’s groups of people that will treat you differently. It could be good exposure for music but I think it has more damaging effects in the long term, because once the wave is over what will happen when brown people are not cool anymore? I’m still going to be brown. It’s hard being a person and part of the trend but after the trend is over you’re still going to be that person, it’s damaging I think.

Has anyone ever said anything racist to you?

An overtly racist experience was when I first moved

here and some dude walked past me as I was walking down the street, telling me to get out of his country. It was weird, I didn’t even comprehend what it was. In saying that I think for someone that just moved to another country the impact is bigger than for someone who has grown up here. The thing that ticks me off is when people mention the ethnicity of someone when it’s not relevant. The other day my friend said one of their friends had a date and was like “X got a date with an Asian chick”. Why does it matter? The story is that the person has a date. Its little things like that which still exist that chip away at me.

What are your thoughts on South Asian people using the N word?

So being brown and saying that N word, I have the perfect example. There’s this show *Atlanta* written by Donald Glover. In the first episode there’s a scene where they do some social commentary in a joking manner and discuss issues affecting the black community. There’s a part in the scene where they’re talking about this Indian dude and what he said in reference to something, and someone quotes him and says N word something something. And one of the other characters turns around and is like I don’t really like Indian dudes that say the N word. That’s exactly my thoughts on that, I don’t think anyone has the right to say it if you’re not coming from that or have gone through that experience or history.

You could argue that it’s a term of endearment, and I say it in front of my other black friends and they don’t find it offensive. And it’s not about that it’s about being more aware. Because what if curry muncher was a term of endearment, how would you feel if one of your white friends started calling you that but it was cool to say it. And obviously the N word is much worse. But if someone around me that’s brown says it I can’t actually say anything to them to stop using it. Because I don’t feel like it’s my place to police their language if I don’t come from that group. But my opinion is that it’s not right to say it.

What are some songs you have been listening to lately that you can recommend to the readers of Craccum?

A song that I’ve been listening to a lot these days is from the band called *Sonder*, they have this song called *Too Fast* that was featured on *Atlanta*. It’s a super sad song but I really enjoy the song. But other recommendations are any and all *Prince* songs. For local artists, the new *Polyester* single is coming out as well as their album. And listen to local rap music too like *Jess B* and *SWIDT* who just played at Auckland City Limits, which is huge. ■



A Loveless Night With Orphans Kitchen

Helen Yeung reviews her grim Valentine's Day spent eating at 118 Ponsonby Road.

Rating: 1/5

On a particularly hectic Valentine's Day filled with errands and meetings. I found myself at Orphans Kitchen, the little restaurant tucked within the bougy area of Ponsonby Road to celebrate yet another corporate holiday with my loved one. Walking in, the waitstaff greeted us with superficial smiles. Being the few people of colour there, it was a strange dimension to be plotted in the middle of the restaurant in a sea of (literally white) white collared businessmen asking for wine pairings. We had to loiter for 15 minutes around the cramped bar area before being shown our table in the courtyard.

The menu was cute I must say, with entrees titled "smaller", mains titled "bigger" and dessert titled "sweetness". Amongst the clutter of pretentious, organic ingredients listed however, we decided to do with the \$65 Valentine's Day menu to match the occasion. The entree arrived with an extremely delicious and visually appealing ceviche, stained pink with beetroot juice I'm guessing. But the excitement ended there, the other entree featured two depressing radishes paired with am "innovative" kimchi infused mayonnaise. Sorry, but the last time I checked stealing ethnic minority foods is not original,

try harder.

Then came a plate of sliced heirloom tomatoes drizzled with an olive oil vinaigrette, it resembled a plate of tomatoes for a family fun burger making night. Don't even get me started on the heart shaped strip of parma ham. By the time the mains came, our backs were cramping from the bench table we shared with 6 other people. It was roast chicken with half a chargrilled broccoli in sweet soy sauce to sum it up. The night was like a climactic build up in a film, then you everyone dies halfway. Dessert could easily be made at home with a chocolate mousse dolloped onto a stale, crumbled brownie base. I was expecting a lot more.

Verdict: All in all, the food was bland and less than satisfactory, and to be frank I was more interested in the white Instagram couple next to us talking about their burning love and desires for each other. We went home later and ate instant noodles, while I was left with the lingering question of what the place had to do with orphans.

Must tries: None or maybe the pasta the couple next to us had. The grass is always greener. ■



Different directions with One Direction

Bianca D'Souza, the ultimate One Direction fan talks about where the members' futures are headed.

In 2010 the members of One Direction were put together as a band on the series *The X Factor* after failing to progress in the reality television show as solo artists. The five piece band quickly gained popularity in the UK and took over the hearts of millions all over the world. While the band only ended up placing third in the competition, this was just the beginning for the group.

They were then signed to a 2 million pound contract with Syco Records by music producer Simon Cowell who was also the band's mentor on the show. One Direction released five albums altogether, the fifth of which was released after Zayn Malik's surprising

departure from the band in 2015. August 2015 saw the remaining four taking a hiatus which has turned into an extended break for the artists to explore their solo expeditions. Despite this, each member of the former boy band is worth at least 50 million pounds along with all five being listed on the Sunday Times under-30 rich list. Each of them has led a successful solo career so far, some more so than others.

Zayn Malik: Zayn Malik left One Direction on 25th March 2015 and exactly a year later he released his album *Mind of Mine*. Malik's strong vocals and infectious beats are highlighted in the album as his falsettos showcasing his sexually heightened lyrics.

Malik became the first U.K. male solo artist in history to debut atop the Billboard 200 with his first album. Critics were in favour of the album as it displayed Malik's range of vocals and R&B vibe that he was unable to express when he was in a boyband.. Zayn then went on to make his name in the fashion industry as he was named the best-dressed man in British GQ. Malik also worked alongside Donatella Versace and released a collection entitled *Zayn x Versus*. His second album is expected to drop later this year and has been in the makes for the past two years.

RECOMMENDED SONGS: REAR VIEW, BEFOUR, STILL GOT TIME

Harry Styles: Styles turned a few heads when he first made his acting debut as a British soldier in Christopher Nolan's WWII drama *Dunkirk* which has been given a rating of 93% on Rotten Tomatoes. Styles then launched his own record label, Erskine Records and then went on to sign a recording contract with Columbia Records. His self-titled debut album was released on 12 May 2017 and took the #1 spot on the Billboard 20 albums chart and has been described as intimately emotional seventies soft-rock vibe. Styles has since been on a successful world tour with his concert in Auckland selling out before the release of his first album.

RECOMMENDED SONGS: KIWI, EVER SINCE NEW YORK, TWO GHOSTS

Liam Payne: Liam Payne released debut solos such as *Strip that down* and *Bedroom floor* as a teaser to his upcoming album which has been described as very eclectic. The club-friendly tracks have received a range of mixed reviews from critics with some stating it to be generic and monotone whereas others have praised the single and compared him to Justin Timberlake. Payne spent the past year working in the studio on his album that many are anticipating as he has been giving little teasers out. His most recent single *For You* was in collaboration with Rita Ora and

is on the *Fifty Shades Freed* soundtrack. Payne has delved most of his time into his music and family as he is one of two One Direction members to have a child last year.

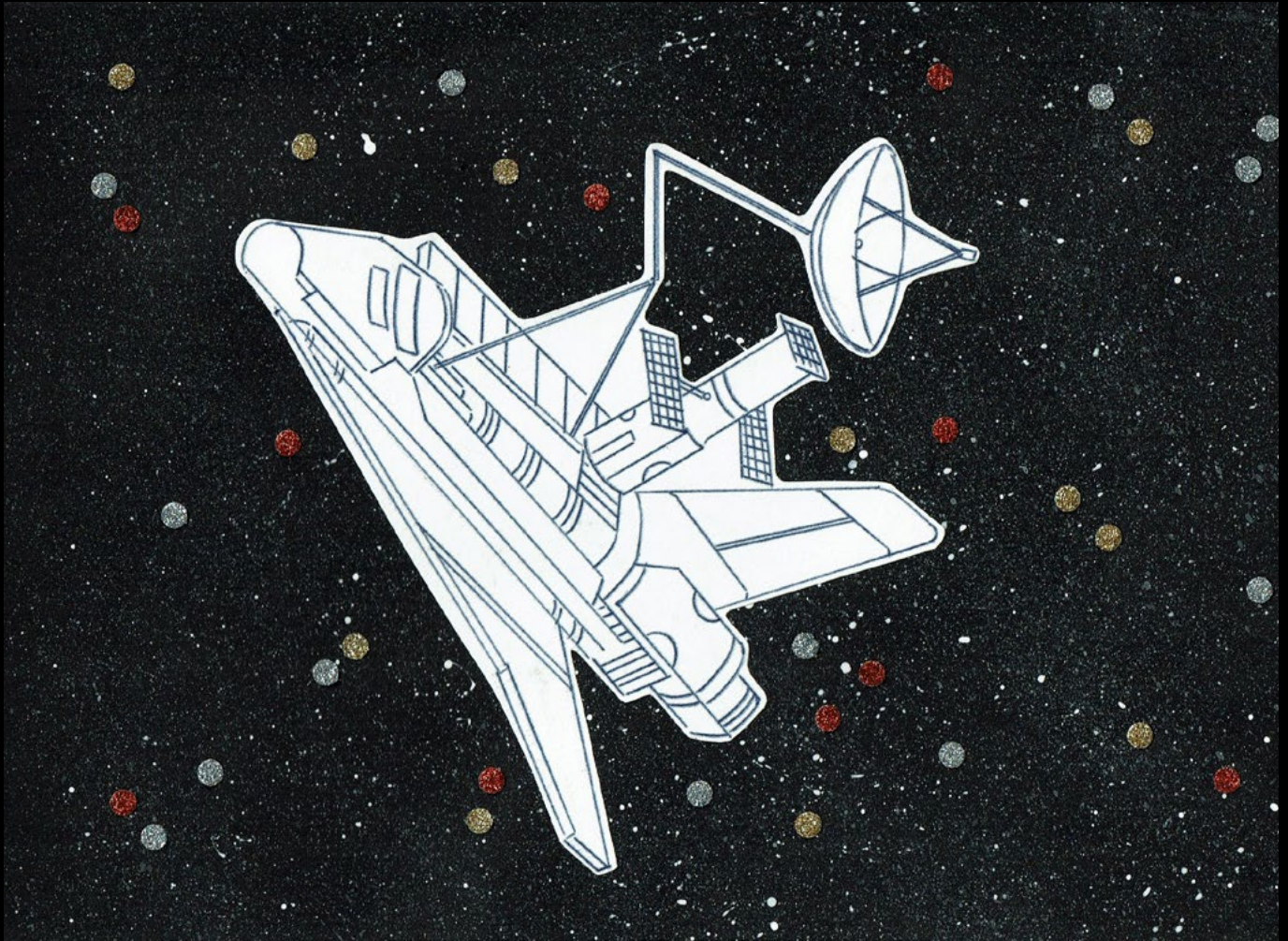
RECOMMENDED SONGS: FOR YOU

Niall Horan: Horan released his debut solo "This Town" on 29th September when he announced that he had been signed with Capitol Records. His album *Flicker* has been described as a folk tune pop melody as Horan's inspiration came from classic rock acts such as The Eagles and Fleetwood Mac. His album bears the closest resemblance to the classic autumnal mood of late-period 1D which he has embarked on a worldwide tour with. Additionally, Horan has always loved and showed a passion for golf which has translated into him being involved in managing players on the European Tour. He also joined the Modest Golf management team earlier this year as a side project to work alongside his music.

RECOMMENDED SONGS: TOO MUCH TO ASK, THIS TIDE

Louis Tomlinson: Louis Tomlinson went back to where it began and appeared on *X Factor* as a guest judge alongside Simon Cowell. He then proceeded to create his own record label Triple Springs Ltd and worked with Cowell to create a girl band. Tomlinson first released his single "Just Hold On" on 10th December 2016 and reviews have deemed it a generic yet infectious dance song. His second single "Back to You" featuring Bebe Rexha and Digital Farm Animals was better received by critics. Louis also had a child with his former stylist Briana Jungwirth, however recently has seen to have rekindled his romance with his previous girlfriend Eleanor Calder. Aside from music and family, Tomlinson is quite invested in football and has participated in many charity games.

RECOMMENDED SONGS: BACK TO YOU ■



The Return of the Space Age

Muizz Shah walks us through the significant dates and people behind the great Space Race.

Through the course of human history, several eras have lasted which amaze us to this day: one of which remains the Space Age. The historic Space Age period refers to the period between 1957-1990, beginning with the launch of the Soviet Union satellite, 'Sputnik 1', a landmark moment that marked Earth's first artificial satellite in space (or rather, Earth's lower orbit).

It was during this particular period in history that a global Space Race began when an outer-space competition was instigated between the Soviet Union and the United States of America. Soon after the launch of Sputnik 1, the Soviet Union's ambitious Sputnik 2 successfully carried an animal into orbit, exhibiting the Soviet Union's vastly superior technology, as the US had yet to achieve such a feat. The two global powers maintained

their efforts in space exploration with three Luna missions from January 2nd - October 7th, 1959, capturing images of the far side of the Moon that have become some of the most recognised in space history.

Two years later, history was made with Vostok 1 when cosmonaut, Yuri Gagarin, became the first man in space. Four years later, another astronaut, Alexei Leonov, became the first man to spacewalk. During this time, international interest in space exploration heightened and both the Soviet Union and the United States of America fuelled their space research

budgets for continuous missions, however, Soviet Union had taken a lead in the race. Spurred forward by these advancements, the US worked relentlessly to catch up to its rivals, leading to the launch of several Gemini missions until the era defining Apollo missions came to fruition.

The first of many ground-breaking missions, Apollo 8, carried humans into Earth's orbit and towards the Moon with a crew of US astronauts Frank Borman, Jim Lovell and William Anders. This mission occurred between 21-27 December, 1968 and reversed pressure on the Soviet Union

“Neil Armstrong became the first man to step on another celestial body.”

to extend their man missions and reduce artificial probe missions. At this moment in time, it seemed that the United States was ahead of the Soviet Union in the race, with fast improving technology increasing their capability for longer spaceflights. Under John F. Kennedy the US Space Program was thriving and barrelling forward to break revolutionary ground in the era of space exploration.

The most famous of all missions was the Apollo 11 mission which occurred almost 8 months after Apollo 8. The significance of this mission was that it marked the greatest human achievement of space exploration by putting man on the Moon. Neil Armstrong and Buzz Aldrin were the only two astronauts aboard the Lunar Module 'Eagle' spacecraft. Upon landing on the lunar surface, Neil Armstrong became the first man to step on another celestial body. Aside from being a historical event, the Apollo 11 mission was significant in that it largely ended the Space Race that had persisted for a great part of the 20th century. The Soviet Union tried several additional Luna missions to achieve what Apollo 11 had, but failed. Therefore, the Soviet Union decided to abandon Moon landing missions and instead focus on prospect of Earth orbiting missions.

The years after Apollo 11 maintained a balance of space exploration missions with some major accomplishments such as Salyut 1 and the International Space Station (ISS). Salyut 1 was the first space station launched on April 19th, 1971, whilst the ISS is the current space station orbiting around the Earth. The colossal vessel was launched November 20th, 1998.

Since the launch of the ISS, the majority of work done and progress made is from the ISS, where astronauts have managed to capture stars and universal anomalies light years away and also study the nature of our own solar system. However, although the importance of the more recent missions has been vast, they haven't been able to outshine the grand achievements of the events during the Space Race. In fact, the missions which have continued since are mainly transport missions to carry astronauts onto the ISS and back to Earth. In this change

“However, Apollo 11 and other major space exploration missions happened many moons ago and a gap of many years has increased our desire for a return of planetary and space travel.”

of direction, the once glorified Space Age era is slowly diminished in the eyes of the world.

Once the chronology of the Space Age is understood, one wonders why people have pulled the plug on ambitious space flights in attempt to reach other celestial bodies. One factor which can give us some insight and reasoning for this halt in planetary discovery is the Soviet Union conceding a Moon mission to the US, this led to the Space Race to end. Both countries had political tensions between each other as both were superpowers in the world. Therefore, Space exploration was used as a platform for great power to compete against each other, instead of waging war involving the state military prowess. Therefore, for almost 15 years the two nations rivalled each other in order to gain power over the claim of who reached the “stars” first and establish the image of a clear victor in the minds of global spectators. The Space Race is considered to have been a major catalyst for the advancements made in Space Exploration.

However, Apollo 11 and other major space exploration missions happened many moons ago and a gap of many years has increased our desire for a return of planetary and space travel. Since the ISS launch, the world finally witnessed a glimmer of revitalisation of space exploration efforts when SpaceX launched its Falcon 9 on 20th December, 2015. The significance of this launch was not only that it was a major event in space exploration after several years without ground-breaking space advancements, but Falcon 9 revolutionised rocket transportation by allowing detached rockets to return

to solid ground safely. Before this, all rocket boosters would detach from the primary space shuttle in Earth's upper orbit and land in a body of water. However, with the Falcon 9 space agencies, especially SpaceX, it is now possible to start and continue working with rockets that can return for future missions. This had made space transportation cheaper than previous methods and has brought this field into the spotlight that it once had.

Elon Musk, founder and CEO of SpaceX, has become a pioneer in the space industry due to his efforts to uplift the general view the world has of the industry and pursuing innovation for better future technologies that can supplement space travel. SpaceX has had 3 major launches including the Falcon 9 launch in 2015, the others are SpaceX CRS-8 and SpaceX SES-10. In addition to these launches, SpaceX has announced its astonishing plan to use rockets as a means of quicker transportation between cities. Alongside Elon Musk, several other successful men such as Sir Richard Branson and Jeff Bezos have maintained investments in the Space Industry which has increased competition and has pushed companies like SpaceX and Virgin Galactic to continue innovating. It has now become conspicuous to the common eye that the future of space exploration lies in the hands of entrepreneurs and the public, rather than solely with the power of government agencies as in the past. ■

HOLLYWOOD

Each week **Lachlan Mitchell**, glorified tabloid writer, tries to cover up that he is blatantly copying Vanity Fair.



Queer Eye for the Septuagenarian Eye

***Queer Eye for the Straight Guy* was a show in 2003 that occupied a funny little time in pop culture: LGBT visibility and eventual acceptance was still on the rise, but it wasn't yet something that could be harnessed for ratings a la *RuPaul's Drag Race* six years later.**

The basic premise was that five gay men of a certain speciality (cooking, design, fashion, I forget the rest) would get together and change a straight man's life just through Gay Magic – or, rather, relatively simple self-care and self-love tips that should make up the foundations of one's day to day life. The premise expanded to people of all genders and orientations, but the perennial favourite was the middle-aged man in decline. The Fab Five would stop by in the minivan, throw around some slang and put a smile on your face. Which is the point – you don't need to be fabulously sophisticated in order to feel good about yourself, you might just need help finding out what's right for you. You can be capital M masculine and still take care of yourself! *Queer Eye* was very much a novelty – but an endearingly sweet one, the novelty of 'you know what? The Gays™ and their patented Self-Care™ might actually have a point here.'

And I'm so glad that the formula hasn't changed one bit in the Netflix revival. I was bored at my grandmother's 70th birthday celebration (I am not using the word party) and, being somewhat mischievous, I opened up Netflix and selected *Queer Eye* from the menu. I had nothing else to do and figured that gauging their reactions might be a cute way to spend the time. My grandmother is lovely, she really is. She tries to stay hip. She tries to understand contemporary things, even if Mike Hosking and Leighton Smith are her twin deities, the Apollo and Artemis of the carefully crafted baby boomer bubble. She's if Jane Fonda voted for Reagan. So, bait laid out, I laid in wait for the hearing aids of the gathering to slowly pick up what was being broadcasted in the lounge.

I don't quite know what first gathered the attention of those present – was it the long, straightened hair of (I had to Google this) Jonathan, the most unashamedly effeminate of the group? Was it the screeching of the minivan as this new gathering of the Fab Five arrived at the house of Georgia Beard-ed Man™ (Tom Jackson), the first conquest of the season? Perhaps it was the collective choking on Tom's innocently self-aware offering of the Redneck Margarita – a mixture of Mountain Dew and Tequila. There is no single siren song that be pointed out here. But they came.

'What is this?'

'Who are these men?'

'Why is his voice that high?'

The questions and *queeries* started flooding in. Nana and her entourage had arrived. Acutely aware that the gathering of family and friends had started to wear out from the heat and the massive amounts of food on offer, she and a couple of her friends sat in the lounge and tried to figure out what was going on. After briefly explaining the premise, I told them to just watch and see it for themselves. It was something they'd just have to find out for themselves, a Brave New World... transplanted from 2003! And I wasn't disappointed. They were taken by in the sweetness of Tom, a lonely truck driver who had been stuck in a rut ever since his second divorce, heartbreakingly referring to himself as butt ugly and trying to cover up the fact that he spends most nights naked on his dirty recliner. He also happened to absolutely adore the Fab Five without any sarcasm or cynicism. He just wanted to feel good about himself and maybe reconnect with the love of his life, his second ex-wife Abby. And he was wonderful, he really was. I'm honestly tearing up right now.

The entourage sat enraptured at how these gay men did but the simplest of tricks in order to spruce up Tom's life. Banning red from his wardrobe in order to not call attention to his lupus, buying some new furniture to replace the fucking RANCID recliner and, my favourite touch, listening to him speak nothing but kindness about Abby. My grandmother, bless her, wondered why so little seemed to do so much. She was in disbelief that any of this meant anything, especially why it was of any relevance to the people watching it. But slowly, the simple message championed by the Fab Five got under her skin.

'He let himself go... but it takes so little for the man to pull himself in...'

Yes, Caroline! It was *The Miracle Worker* – the words finally had *meaning*! Water, Helen! Water! By the end of the episode, Tom had taken steps to reconnect with Abby and looked so pleased with himself. He just wanted some help. Tom wasn't trapped within the shell of fragile masculinity, too proud to ask for assistance. And that's the beauty of it all. On its face, the show's mission statement is that middle-aged modern masculinity doesn't have to be one of decline. But the point is that no one should settle for decline. All you have to do is ask for help. That's the ultimate goal of *Queer Eye* and I hope it's here to stay. ■

ECCENTRIC LIFE ADVICE

Each week **Astrid Crosland** provides instructions on how to improve your life in some small, but important ways.



Three: How to Make a Refusal

I am aware that there is pressure in this culture to let somebody down easily. I think this is a dangerous practice. A refusal is not a particularly fine art and thus requires very little practical advice. However, if you find making refusals difficult, or find yourself against a foe who does not seem to grasp the concept that you do not wish to, consider using the 3, 2, 1 structure.

A first refusal rarely requires more than three words, “no, thank you,” should be sufficient. Other phraseologies may be used depending on the tone of the request you are refusing. “I’ll pass, thanks,” “no, you twit,” and “no, fuck off,” are all acceptable under different circumstances.

In many cultures, it is polite to follow a first refusal with a request for confirmation, frequently along the lines of “are you sure?” In these cases, the two words that are best employed are “I am.” If the speaker instead seemingly has ignored your initial refusal, you might choose to use stronger words than “no, thanks.” “Go away,” and, more simply, “fuck off,” usually work.

If a three-step refusal is required, never spend more than a single word on the last stage. “No,” is the only word you should need, anything else is passementerie. Needing anything more than the repetition of “no” in the final stage of a refusal is an indication that passersby ought to interfere as it is likely that anybody who does not accept the three-stage refusal is suffering some sort of derangement.

As a final note: NO is not a bad word. NO is a powerful word. Anybody who discourages you from saying NO does not have your best interests at heart. Say it loudly, say it often, and say it proudly. ■



ROAD TO #FITSP0

Each week our resident hedonist **Saia Halatanu** explores the unfamiliar world of health and wellness for your entertainment and his own longevity.

Amateur Hour

Considering last week's horror start, it felt only right to really give my #fitspo journey a more considered effort this week. Come Sunday night, I readied myself for a productively healthy week. Each morning was scheduled to be greeted with a shot of apple cider vinegar and every second night was to be spent in a gym or moving in some physical capacity; the time between would be filled with healthy food and gallons of water. I was determined to make this work. I mean, how hard could it really be? I was, after all, fairly proficient in the art of taking shots, and although my current shape wouldn't suggest it, I was once a fairly efficient athlete. Surely it would all come very naturally to me.

Upon my first morning of the week, I became more attuned to the reality of the situation. Now, I'm pretty well acquainted with fighting the desire to hurl after taking shots, but never have I felt this so overpowered after only one - and with no real alcohol content at that (I was disappointed to find this out despite the inclusion of the word "cider"). When looking for words to describe the taste, I could only think of the word "yuck" which, all things considered, felt most fitting. I mean, the smell of the stuff was bearable enough, and I've taken various shots which looked much less appealing, I really didn't think there was anything to worry about so down the hatch it went. Within a fraction of a second of ingestion, I quickly realised my miscalculation as my eyes welled up, nostrils burned and my tongue tried to detach itself from my body. To be completely fair, it does have some hint of apple but most of this is masked by the nastiness of the taste associated with the other words on the label - acid and vinegar. Remembering that I had committed myself to doing this for at least the rest of the week, I was overcome with a profound feeling of regret. Nonetheless, I would persist. As it so happens in life, things which are touted to be good for one's health are often uncomfortable to undertake.

This would also be true for my attempt at physical activity. When time came for me to get physical, I donned my running shoes, walked out the door, sat on the front steps and began mentally preparing my route. This task needed careful consideration because I wasn't sure how my fitness would hold up thus I needed to be able to make it back from wherever my half-way point was going to be. Of course, this much planning had to be undertaken with all the prudence I could muster and with Einstein's words echoing in my mental - "I believe that pipe smoking contributes to a somewhat calm and objective judgment in all human affairs" - I lit one up to assist in my calm and objective judgment. What sort of fool would I be to not heed the advice of the smartest man that ever lived? In any case, stuck for ideas, I decided that a walk to the mailbox might conjure some inspiration - and it did. As I arrived at the mailbox, sweat dripping from my forehead and wheezing audible, it became apparent to me that this was about as far as my legs would carry me. "Baby steps" I thought deciding not to over exert myself, "my next 'run' will down the street. Baby



steps." The next day, after swallowing the horrible morning liquid, I began to feel the effects of the previous day's 'exercise'. In my legs I detected a slight ache and, if I'm being completely honest, I felt a kind of pride. The kind of pride I imagine those #fitspo types are trying to portray in their instagram photos with captions such as: "train insane or remain the same", "sore today, strong tomorrow", "health is wealth" etc. I suddenly felt part of the in-group and, with infused inspiration, decided to hit the gym that afternoon.

Walking into the gym, I scanned my memory but couldn't quite recall the last time I was there. Things did look familiar, at least, and I did remember the importance of warming up pre-workout. I found the ergometer and sat down. At first it felt fairly natural as I let my 'muscle memory' take full control. After five minutes of simulation rowing I remembered why I left the damned sport. Legs burning, lungs collapsing and heart convulsing uncontrollably, I judged that the 5 minutes and 33 seconds I had spent on the machine had me more than warmed up - possibly overheated with energy levels already close to maxed out. Now at this point I was ready to give it all up, I questioned if the pain was worth it and began to really notice how drained I felt - I attributed this feeling to the days diet which consisted mostly of lettuce, tomatoes and a can of tuna (those are healthy foods right?). In any case, the feeling of giving up was only overcome when I remembered the hashtags I could include in a future instagram post: #gymlife #health #fitnessmodel #getonmylevel. With this in mind, I decided to pick up some weights and toss them about. "Shit" I thought as I heaved a pair of dumbbells, "I don't remember 10 kgs being this heavy. #wtf." I clumsily stumbled through a lifting routine I recalled from my wasted youth and, feeling pretty good about myself, ended with a spot of stretching.

The following morning I was greeted with an odd feeling. In some ways it felt familiar, although it also felt quite unique. Many times I've woken up with a hangover but never have I ever quite woken up with the feeling that my legs were hungover. My attempt to get out of bed indicated that this hangover was also in my arm and chest muscles. This was apparently the expected aftermath of physical activity and standing in my kitchen that morning, body barely functioning, virtually crying, after just having had another shot of apple cider vinegar, a few things occurred to me:

- Save for the substance of what I had just swallowed, I used to find myself in this position every Sunday morning and now I was doing it on weekday mornings too
- I wasn't actually sure how any of this was even good for me
- I didn't have any real course charted towards my very general goal of 'get healthy, avoid premature death'

That said, I decided to abandon the rest of my plans for that week and get seriously smart about what I needed to achieve and how. It was time to call in some professionals. ■

PRUNE JUICE

Self explanatory, the drink helps you cleanse and digest. Each week **Sherry Zhang** breaks down life's incongruous mess into digestible chunks.



“Here are my tits, omg I’m so 19 ahahah.”

I woke up on Sunday morning, squished into a begrudging big spoon position. I crashed my friend’s single bed after celebrating her 19th birthday. Like the millennial I am, the first thing I do is to check my messages. I sift through group chats of bank account numbers to share Ubers from last night, the requests of pictures that grow blurrier as the night went on. My mate wakes and she chortles at her drunken snap stories.

“God I don’t remember this.”

“Shit... so we did actually steal a road sign.”

She shows me a dark picture of us posing rather proudly with a decapitated road sign. I laugh, thinking of the added collection to the last road sign we took, road cones, parking arm and the cost and burden the youth are to the Auckland transport committee.

I’m scrolling through Instagram, amid the fitspo sunshine posts and thinly veiled sponsorships from gram models, I check my DMs.

“Oh Fuck. Oh shit. HOLY MOTHER OF SHIT”

I’d drunk messaged my manager.

If my heart didn’t already plummet to six feet deep, it was in full throttle in the direction of YOU FUCKED UP.

“Oi what’s ur snapchat I’m drunk af surely we get a steak,” isn’t really that professional. I don’t remember sending her that cheeky lil networking invite through snap-streaks at all. Bless the stars I work in a rather ‘hip and trendy’ retail store, and after my flurried apology she’d replied with three laughing emojis and, “AS long as you go to work ;D” that morning.

You know the films where the protagonist is hit suddenly with a flashback, so the backstory of the narrative is neatly presented in a visual montage format. That was me. In which I lived through every embarrassing thing I’d done or said from last night.

Like the piss poor flirting, like the “Here are my tits, omg I’m so 19 hahaha,” I’d sent to someone I thought was cute.

I’m so 19, as if 19 was the magic number of being able to find success within desperation and refuge for reckless behaviour.

It’s awkward. There’s not much to being 19, at least in my opinion. So, I interviewed some friends on their thoughts on being this precarious age. The response was varied.

“It’s like being 18, but plus one.”

“I’m feeling like I’m over my teenage angst now, but not quite with it yet”

“I’ve only been 19 for two days, but yeah you can live your life, no casino’s though.”

“I remember being your age. Pretty sure that was my peak, definitely downhill since then. Good luck.”

“It’s kinda between those two taylor swift songs, 15 and 22.”

“Being worried about turning 20 and in your 20’s things are meant to happen. But also, it’s when I fucked up the most. Like my liver suffered. I had sex with a guy in a bush on Motutapu island, and then vomited twice straight after. The most scandalous thing I did at 19. 2 months later I realised I was quite gay.”

“It’s weird cuz you don’t feel as meek as a first-year student but like, yeah, I don’t know. You start standing up to your parents. You take less bullshit. You break the age segregation of high school.”

“Mate age is but a number. Birthdays are arbitrary, everything’s just the same as it was when you were 18 except you have one year less left to live.”

“Nothings free anymore. When it says, kids get in free, I think it’s free. It sucks. It’s not free. It’s never free. I’m broke. I have to pay \$40 to watch cricket now.”

“Sherry what are trying to write? Did you just have a wild weekend and think shit you need content for this week’s craccum. But I guess that’s what being 19 is. You can write about your weekend like stealing a road sign but when you’re 23 you’ve got nothing to talk about.” ■

CHILD CARE



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HOROSCOPES

Our local oracles **Annalise Boland & Bianca D'Souza** have studied the stars this week and provided us with predictions for our future. Stay tuned for a weekly update on your stars.



ARIES

(MARCH 21-APRIL 19)

Now is the time for a change of direction in your life. This could mean taking the next step in your relationship or on the opposite end of the spectrum, ending a relationship you no longer feel is working, whether this is romantic or platonic. Instead of drifting apart from said negative relationship, you need to have a real break in order for you to move on and foster new friendships.



TAURUS

(APRIL 20-MAY 20)

March is the time for you to let go of your set beliefs dear Taurus, and become more open to new possibilities. Try researching a faith you are interested in, read a book by an author you have never heard of or watch an obscure foreign film on Netflix. Become more confident in your likes and interests and attempt to embrace them, rather than shy away. This could foster new friendships with people who also share similar interests to you.



GEMINI

(MAY 21-JUNE 20)

Something may have occurred recently to you Gemini, that has caused you to question your reality. Although this may be a dark period in your life, be aware that this means you have a blank canvas to work from now where anything is possible. Use this time focus on yourself while also looking after those around you. You need support as much as others do.



CANCER

(JUNE 21-JULY 22)

Attempt to stop relying so much on the validation of others this week. Instead of searching for your worth in the form of "likes" or beauty, find your worth in other aspects. Spend more time with relationships you may have been neglecting recently, rather than searching for something to fill the void. As an alternative, try helping others in a volunteering situation- whether that be a stranger on the street or a family member who needs help around the house.



LEO

(JULY 23-AUGUST 22)

You may be feeling more overwhelmed than usual this week Leo. Learning to organize yourself during this period is vital and keeping to your schedule will help you feel less stressed. Avoid putting more on your plate just because you feel inclined to as it's not really worth it in the long run. Learn to say no!



VIRGO

(AUGUST 23-SEPTEMBER 22)

During this period you will be more self-reflective than usual dear Virgo. You may find yourself analyzing your happiness at your job, relationship or studies. Do not make any big decisions too quickly, however, as you may come to regret it later down the road. Talk with someone you trust if you are feeling overwhelmed with your situation.



LIBRA

(SEPTEMBER 23-OCTOBER 22)

You may be feeling off-balance this week Libra. You might find it useful to regroup and rest privately either alone or with those close to you. Your talent at avoiding conflict will come in handy as you will be required to keep the peace between friends. During this tough time, remember that you are not forced to take sides and that your opinion is valid.



SCORPIO

(OCTOBER 23-NOVEMBER 21)

Challenges will arise that will require you to demonstrate your strong leadership skills dear Scorpio. Your passion and assertiveness will help you lead despite any nagging doubts you may have. Do not let yourself get overwhelmed by tasks, prioritize your time sensibly and surround yourself with calm people. Those closest to you will help keep you grounded this week.



SAGITTARIUS

(NOVEMBER 22-DECEMBER 21)

Now is the time to book in those travel plans. Do not hesitate any longer as your need for travel will continue to grow if you continue to ignore it. When meeting new people this week it is important to remember to keep an open mind. This week you need to focus on your motivations to be able to transform your thoughts into concrete actions.



CAPRICORN

(DECEMBER 22-JANUARY 19)

Past issues may arise again and test your patience. It may be time to forgive those you have wronged you in the past for your own personal growth. You are strong and do not need to be weighed down as the past is the past. Remind yourself that ultimately you are in control of the situation and nobody can take that away from you. You possess a strong inner state of independence.



AQUARIUS

(JANUARY 20 TO FEBRUARY 18)

Uncomfortable situations may rise that will require you to speak up Aquarius. Have confidence in your abilities as your hesitation to speak up will hinder your progress. You will be given plentiful opportunities to propose ideas you have been sitting on for a while now. When in doubt in these situations, place yourself in an environment that is energetic and vibrant as it will help you bounce off ideas to others.



PISCES

(FEBRUARY 19 TO MARCH 20)

You may feel tested at times this week, dear Pisces. Your selfless nature can sometimes attract the wrong people as you expect nothing in return. When you need a breather, surround yourself with music as it brings out your artistic nature and will help you relax. Don't be afraid to communicate your needs or seek help from those close to you. Trust your intuition as you know what you truly desire.

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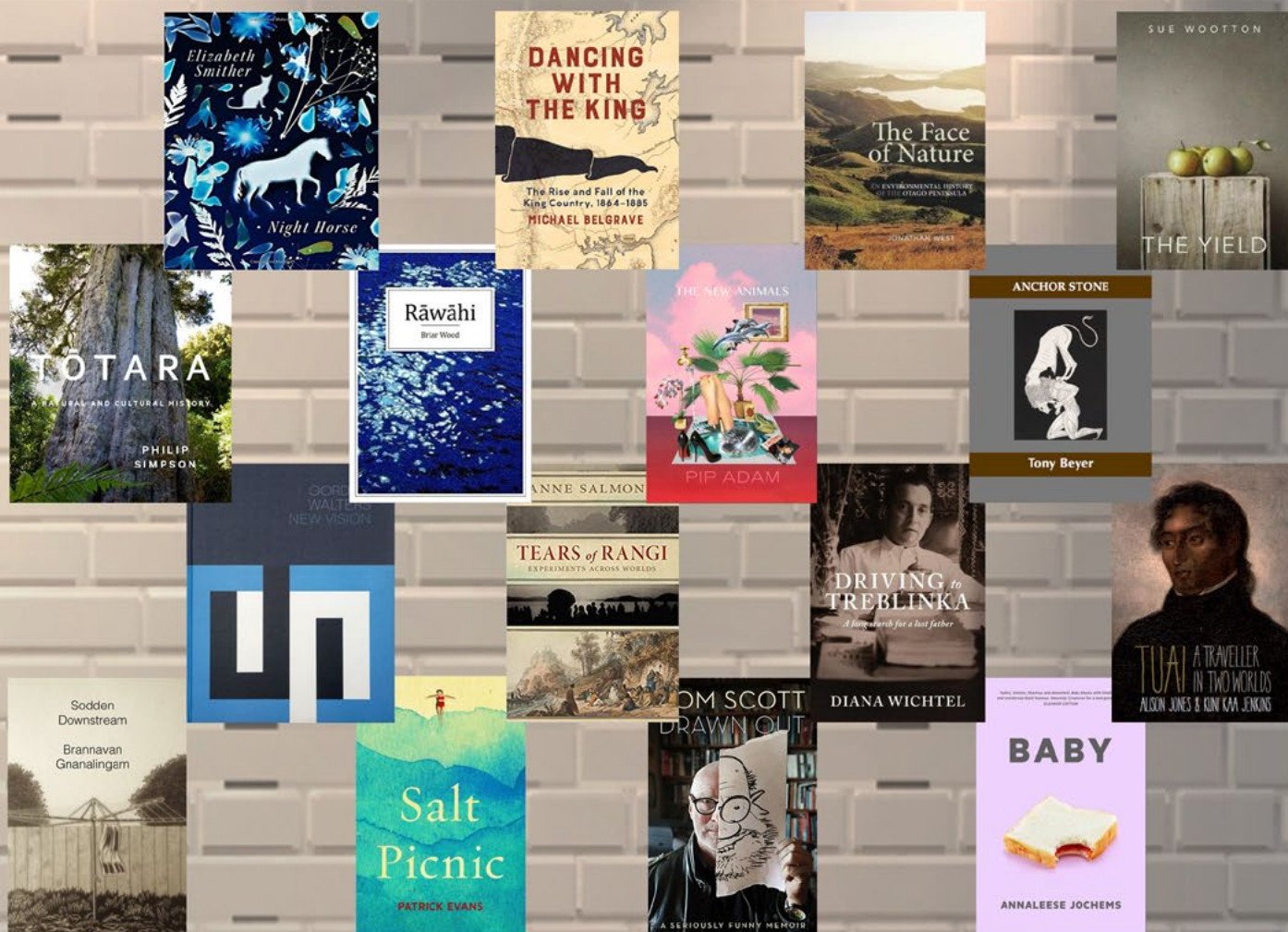
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