

CRACCUM

ISSUE 03, 2020



Goodbye Stingy Stuart

Fancy a sing-a-long? Inspired by Stuart McCutcheon's last days in office, the Craccum team have whipped up a certified chart-topper. PAGE 14.

The Kids Aren't Alright

Tara Mok takes aim at university culture: Why do we idolise bad habits? Why do we compete to be the worst? PAGE 15.

Living on Mie Goreng

What would happen to your body if you ate nothing but mie goreng for every meal? Patrick Macaskill-Webb investigates in the name of science. PAGE 21.

Protect

yourself and others against

COVID-19

Cover your coughs or sneezes with tissues or your elbow



Put your used tissue in the *rubbish bin* or in a plastic bag



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Stay away from others if you're unwell



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For international SIMs call +64 9 358 5453

health.govt.nz/COVID-19

Protect your family/whānau from COVID-19 (coronavirus)

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Money, Money, Money

CAM SAYS:

This week we're talking money, and honestly, I wish I had some sort of hot take or great advice to insert here, but I don't. While I may be an Editor of a magazine, I am not at all a financial expert - as evident by the large number of times I've made just outright frivolous purchases. Whether it's buying lunch on campus for the third time in a week or paying \$11.50 for parking when I really could've taken the bus, I do often dip into my paycheque a little more than I should. I wish I had some way of justifying this, but I don't.

At this stage of your life, you probably don't have a lot of money. And even if you do, it's probably outweighed by the large student loan debt you're accumulating. You have a lot of life to live with huge financial commitments - mortgages, loans, and credit card repayments. So for now, with the student loan safely in the background on interest-free, allow yourself to make some moderately reckless financial decisions. Get guacamole for a dollar extra, add those subway cookies to your order, and maybe allow yourself to buy the second cheapest wine at Countdown (an \$8 bottle of Cleanskin is really never worth it).

I'm not endorsing making terrible financial decisions - I would suggest not spending what you don't have on what you don't need. But I don't always follow that rule so I can't exactly expect you to either. Spend your money how you want. Make moderately bad decisions. At the end of the day, no one remembers the night they stayed in and spent no money.

Cheers,
Cam

P.S. On an unrelated and exciting note: we now have little illustrations of ourselves! That's one project on campus actually completed.



DAN SAYS:

I know how you're feeling right now:

Orientation parties are over. AUSA events have come and gone. Shadows' re-opening has passed you by with the speed and ferocity of a drunk white girl chasing her friends down Queen Street. And now there's nothing left but a big ole hole in your wallet. Everything sucks.

Don't sweat it. Everyone's in the same boat. The first few weeks of university are supposed to leave your bank account emptier than an 8am lecture in the middle of winter. It's part of the fun.

But now that those events are behind us, it's time to start thinking about fattening up the wallet again. As uni events die down, and everyone gets back into the swing of actually doing work, you'll find it easiest to pick up good money habits now. It sounds nerdy, but changing your spending habits is worth your time - every dollar you save now can be spent on going out later down the line.

I like to think of my savings in drinks: I spend about 6 bucks a day on lunches, so if I started bringing in my own meals, I'd free up an extra 3.75 shadows jugs every week. By downloading the pdfs for my law courses - instead of picking up the \$45 hard copies - I've added an extra 20.70 rum and cokes to my next stein. And by picking up an extra shift shaking it on the end of K-Road, I'll be able to slam back an extra 0.55 toasties the next time I pop in to Shads for a cheeky feed.

It's tough being a student: this is the period of your life where you have the least commitments and the most time on your hands, and yet you don't have the money to go on the never-ending benders you want to. That's why it's important to save up now - or else you'll have nothing to piss away later.

Cheers,
Dan

(Not) From The President

It has been a really busy week for our AUSA president George, or GBartz as we like to call him, so Anamika (Welfare VP) and myself, Emma (Education VP) have taken it upon ourselves to write this invigorating column on GB's behalf.

George said keep it brief and be nice so here are a few bits and pieces of what's been happening and what's going down next week:

- We are having an Annual General Meeting! We will be giving notice very soon for some pretty exciting ch-ch-ch-changes for our students.
- George has been avoiding catching coronavirus (COVID - 19) by following the University's guidelines of washing our hands, keeping our bodily fluids to ourselves, and ensuring the team is chugging Dettol. (This is not sponsored but if y'all want the opportunity to work with us, we are running low on the pump bottles)
- SEXY TIMES WERE HAD @ AUSA: Sex week! Sorry if you didn't get any - there is always next year! If you had the chance to swing by our SExpo or Dirty Bingo (Winkey Emoji) we know you would have had a good time either way. George certainly did (Winkey Emoji).
- Money week, or as we like to call it: \$chmoney week is upon us so make sure you drop by shads to get the best deal on campus. "\$8 jugs never looked so good, Yeh." - George Barton.
- George wanted us to do another plug for Shads but really - do we even need to?

To fill up space and word count - we have carefully prepared an acrostic poem:

To the theme of that song that is like "L is for the way you look at me.." etc (we know it doesn't rhyme but just go with it)

G is for the way you GIVE a hoot about the fair treatment of our students

E is for EVERYONE wanting to arrange to meet with him about

things that could have been sent in an email

O is for the damn operations plans he's making the VP's come up with

G is for Georgia, his girlfriend that he loves very very much (I know right... George and Georgia?!?)

E is for EVERYONE GET'S AN AUSA O - WEEK BAG! (while stocks last)

Based on this alone, he probably won't let us write his column again but it was fun while it lasted!

Anamika and Emma xx

*George Barton, President, does not endorse this message

Women's Space Lacking in the New Rec Centre

ELLA MORGAN

The Recreation Centre has reopened at its new location at 70 Stanley Street. The facility spans two levels and features a range of cardio and weights machines, a group exercise studio and a Mind Body Studio on its upper level.

The location serves as the temporary home for the university's sport and recreation facilities as a new facility is under construction. The new Recreation and Wellness Centre is expected to open in 2024.

However, the interim facility has recently attracted criticism from some students over its lack of a women's space. The former recreation centre included a dedicated women's space.

"As we transition into interim sport and recreation facilities during the period while we build the new facility, there are a number of dedicated studios and areas which we will be temporarily unable to provide," says Sean Smith, Associate Director Campus Life - Sport and Recreation. "The future Recreation and Wellness Centre will have a women's only fitness studio, as well as a range of other facilities such as dance studio, bouldering wall and squash courts which are also unable to be provided for in the interim facilities."

"The interim sport and recreation facility at Stanley Street does have two studios available which are ideal for women who may not feel as comfortable in a general gym environment. Our level 2 studio which is attached to the mind body studio, is specifically designed for this purpose, although isn't a dedicated female only area due to its connection to the mind body studio which caters for all. We offer a women's fitness programme and also a women's self defence programme"

"With regards to a dedicated women's only space as required for religious reasons, this will be available as part of our programmed activities in our level 2 studio over the coming weeks."

The University of Auckland website still currently lists a "women's space" as one of the facilities at the Sport and Recreation Centre.

Outside of the recreation centre, the Auckland University Students' Association provides a WomxnSpace, run by their Women's Rights Officers. The space is open to all students who identify as women. It provides kitchen facilities, free condoms and sanitary products and resources for women.

Abortion Legislation Bill Passes Second Reading

BARBORA SHARROCK

Abortion is one step closer to becoming decriminalised in New Zealand after the Abortion Legislation Bill passed its second reading on the 3rd of March.

"Isn't it already legal here?" is the question asked by a lot of people, and the answer is...well, yes and no. Currently, New Zealand law only allows abortion under 20 weeks when there is a serious danger to life, physical or mental health, incest or foetal abnormality.

Despite these restrictions, it's estimated that 1 in 4 New Zealand women have had an abortion. This is because rough 98% of abortions utilize the loophole of "continuing the pregnancy would result in serious danger to the mental health of the woman", which must be established by at least 2 certifying doctors. There can be more if they refuse, which can lead to significant delays, especially for those in rural areas. On average, this delay is 25 days between the first appointment with a consultant and the abortion.

The Abortion Legislation Bill would allow people to self-refer to abortion services for pregnancies under 20 weeks, which currently accounts for more than 90% of abortions. For those after 20 weeks, the same statutory test would be needed, where a health practitioner believes an abortion is appropriate "having regard to the woman's physical and mental health and wellbeing". But this will only happen if the bill passes its third reading with the support of parliament, and there is a passionate movement within New Zealand opposing the bill.

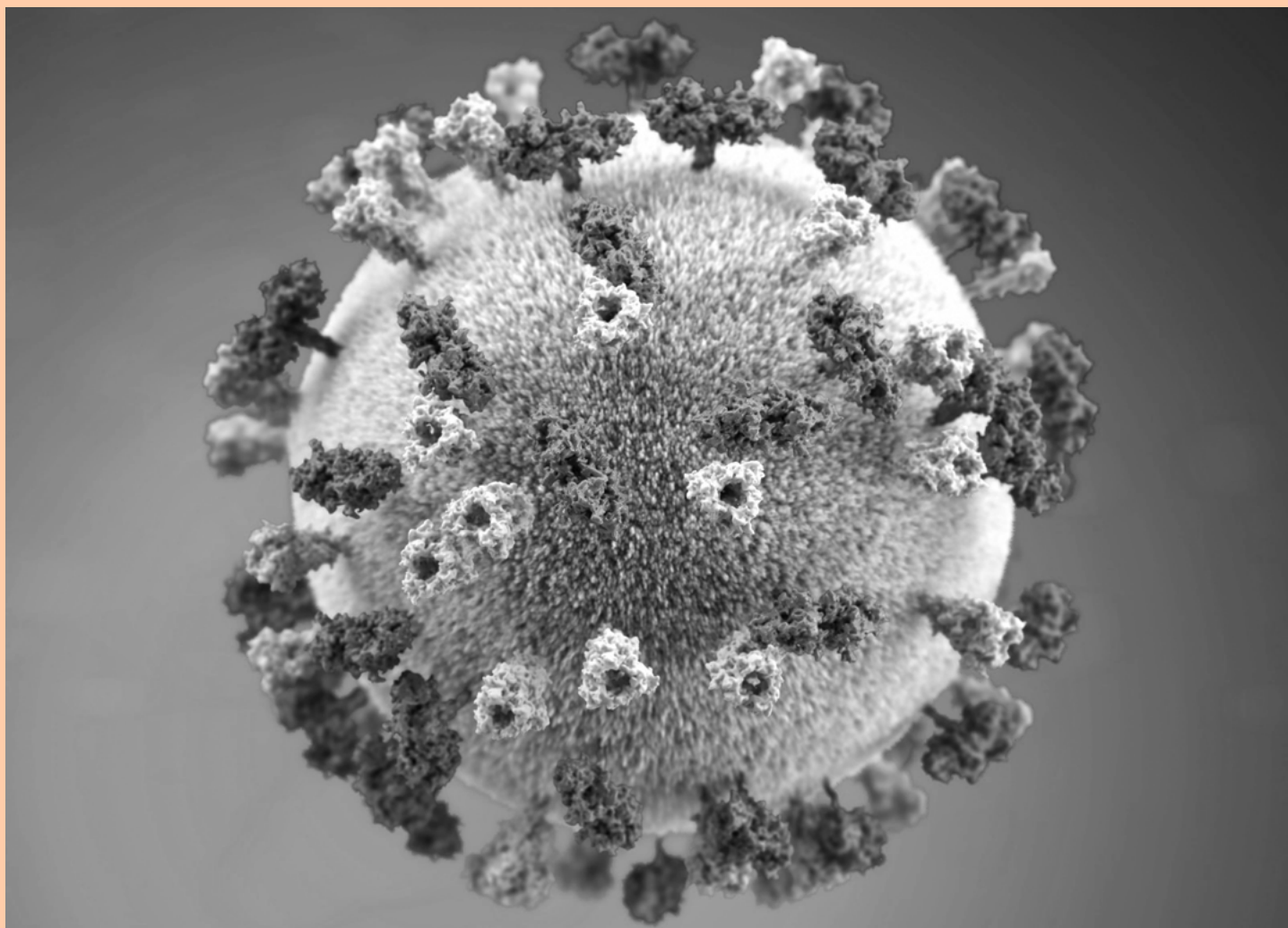
There are Pro-life networks across the world and in New Zealand opposing abortion. Family First New Zealand, Voice For Life, Right to Life, many religious groups and conservative politicians, and ProLife NZ at universities across the country, are all seeking abortion restrictions. This student-led organisation has had a rocky relationship with the Auckland University Students' Association, with motions to

disaffiliate them happening multiple times over the last decade. They are still present on campus, as seen with their O-Week stalls this year. ProLife Auckland's goal is informed discussion with students, and the promotion of their "vision for a world where all human life is respected and no woman must choose abortion", where they see abortion as a human rights violation.

ProLife New Zealand strongly opposes the proposed Abortion Law Reform, seeing it as "the introduction of an extreme abortion law". On the other hand, "Our current abortion laws – unchanged since 1977 – are out of date and not fit for purpose" was the statement made in an open letter signed by many New Zealand health and women's organisations, including Family Planning, NZ College of Midwives, Women's Refuge, UNICEF NZ, and the Mental Health Foundation of NZ.

Mixed information is available on what the majority of New Zealanders think. Of the more than 25,000 submissions made by the public to express their opinion on the bill, over 90% of them were against the law reform, yet some polls show more than 65% of people are for abortion being decriminalised within NZ; though the response is mixed as to how much change that should imply. At this point, the debate seems to revolve around whether abortion should be an option available to women – something already decided upon in NZ more than 40 years ago.

While it seems unlikely at this stage that New Zealand First will get a referendum on this legislation, so none of us will vote directly on the issue, it's important to contact your MPs who will vote on your behalf to let them know if they're representing your views well. If you're looking to form an opinion, there's groups on campus who can share their strongly held perspective – political parties, Pro-Life advocates, feminist activists, religious groups – of support or condemnation.



Five in Self-Isolation at University Accommodation

JUSTIN WONG

Five University of Auckland students are now in self-isolation at university-managed accommodation as a precautionary measure against coronavirus.

A university spokesperson confirmed this after an enquiry from *Craccum*, but refused to say which residences are housing these students, citing privacy reasons. However, the spokesperson said other students living at those residences have been notified.

"We have precautionary processes in place on when and how to use communal facilities, and the students are living in rooms separate from others."

"Meals and groceries are delivered direct to their door."

"It is important to remember these students are not in quarantine only self-isolation so we are adhering to the Ministry of Health guidelines and recommendations."

New Zealand, as of last Thursday, has five confirmed COVID-19 cases, with one already been discharged from Auckland Hospital. The World Health Organization (WHO) declared the coronavirus outbreak a pandemic that same day.

The Ministry of Health said last Wednesday that more than 9,000 people or households throughout the country had registered with Healthline to self-isolate. As of that day, 2,145 were still in self-isolation with 6,194 having already completed their self-isolation.

Current Ministry of Health guidelines require those who have been in

or transited through mainland China, Iran, northern Italy or South Korea, or have been in close contact with someone confirmed with COVID-19 in the last 14 days to self-isolate.

Anyone who has travelled from or via Hong Kong, Italy (other than northern Italy), Japan and Thailand do not need to self-isolate unless they have symptoms and meet the clinical criteria.

The University has said on their website that if students are required to self-isolate in the University's accommodation, they need to stay in their room for 14 days, inform residence staff and discuss their condition with a doctor. It also said counselling services and self-help resources will be available online for those in self-isolation to look after their own well-being.

One student living at O'Rorke Hall confirmed that they have not heard anything from the university on residents self-isolating on site. Another resident at University Hall said they have not been told of any information as well. Two Carlaw Park Student Village residents said they are also not informed by the university of any possible self-isolations. Both students also said health precautions, such as hand sanitizers, are in place.

Auckland University Student Association (AUSA) Education Vice-President Emma Rogers said AUSA are not aware of any self-isolating students, but they are in frequent talks with the University on how to support students.

"IF YOU BELIEVE YOU COULD HAVE THE CORONAVIRUS, STAY AT HOME AND CONTACT HEALTHLINE'S DEDICATED HOTLINE ON 0800 358 5453 (+64 9 358 5453 ON AN INTERNATIONAL SIM)."



Christchurch Call, Firearms and Counterterrorism Strategy: One Year After Christchurch

JUSTIN WONG

The government has made changes to New Zealand's firearms laws and counter-terrorism efforts, and launched an international appeal towards social media, in the year after the Christchurch mosque attacks.

On March 15th, 2019, a gunman entered the Al Noor Mosque and the Linwood Islamic Centre in Christchurch, killing 51 people. The attack was live-streamed online.

Only six days after the attack, the government strengthened New Zealand's gun laws by banning high military-style semi-automatic weapons, assault rifles and high-powered magazines. The bans were passed into law after less than a month, with all MPs except ACT's David Seymour voting in favour of the bill.

The law also included a gun buyback scheme, in which those who owned the now-illegal weapons could surrender them to police for compensation.

The second wave of gun law reforms were put through to Parliament last September, introducing a national gun register, a ban on firearms advertising, more difficult restrictions on firearms licenses and halving the licences effective period from 10 years to five.

While Labour and the Greens are supporting these changes, National said these changes did not target criminal activity. ACT has also said they will vote against these changes.

Despite New Zealand First supporting the bill through its first and second readings in Parliament, MP Ron Mark told *Stuff* that the party had some reservations with the changes and they were settling the issues with Police Minister Stuart Nash.

The government also started an international initiative to regulate

social media by restricting extremist material online.

Two months after the attack in May 2019, Prime Minister Jacinda Ardern and French President Emmanuel Macron launched the Christchurch Call in Paris to eliminate terrorist and violent extremist content online in order to stop the internet being used as a tool for terrorists.

It called on governments to enforce laws that "prohibit the production or dissemination" of extreme content online and online service providers to review their algorithms to stop extreme content being more accessible.

The Call is now supported by 48 countries and three international organizations, including the European Commission, UNESCO and the Council of Europe. It is also supported by a number of online service providers, such as Google, Facebook, Microsoft, Twitter and Youtube.

New Zealand's counter-terrorism strategy has also been bolstered since the attack.

Prime Minister Jacinda Ardern told Cabinet last September that New Zealand is at "greater risk" of another terrorist attack, and the government's major focus was "preventing such a tragedy occurring again".

Its latest Counter-Terrorism Strategy Plan included a Police-and-NZ-SIS-led "tip-off messaging" programme to encourage the public to report concerning behaviour, which will be unveiled next month.

The plan also outlined that the first "annual threat environment report" will be published in July by the SIS, while the Ministry of Foreign Affairs and Trade (MFAT) will also continue work on the Christchurch Call.

A national service was held in Christchurch the past weekend. A karakia was also organized by Auckland University's Muslim Student Association at the Pavillion last Friday afternoon to remember those who were killed in the attack.

Debating Society Hosts 2020 Election Debate

ELLA MORGAN

Last Monday, the University of Auckland Debating Society hosted its 2020 Election Debate. Moderated by Jack Tame, the event featured speakers from the National, Labour, NZ First, ACT, the Greens, the Opportunities Party and the New Conservative Party ahead of the upcoming election this September.

Labour MP Michael Wood was questioned on the government's response to coronavirus, and in response said that "we've managed our economy in a way that allows us to put investment into education, health and housing, all those areas that were neglected, we've managed the books well, we're now able to make sure that we keep things going...the Prime Minister has announced that we're going to be looking at a wage subsidy for small businesses and people in work who are potentially facing the loss of wages and their jobs because of COVID-19".

Paul Goldsmith, National MP, responded by dismissing Wood's claims on the state of the economy. "You hear Michael saying the economy had great momentum going into this crisis, but it didn't have great momentum at all," Goldsmith said. "That's because of a wider range of government policies that are fundamentally about undermining business confidence... what we need to be having is a clear set of policies focusing on economic growth."

ACT Party Leader David Seymour used the opportunity to encourage students to vote for his End of Life Choice Act in the upcoming referendum. "The bible police come along and say no my child, you must keep suffering to fit my morality. That is wrong, that is inhumane," said Seymour.

Tracey Martin of NZ First was questioned straight out of the gate over her colleague Shane Jones' recent comments on Indian tertiary students. "Shane Jones was wrong. He should have been referring to a historical situation, that was actually 2016 and the Mumbai office with regard to the PTEs in this country," Martin said. "So please don't rewrite history with regard to what was across all of the newspapers in 2016."

Martin was also asked later about her party's stance on immigration,

and in response read from New Zealand First's 15 Core Principles. "Immigration will cease to be used as an excuse for our failure to train, skill and employ our own people...that's been our immigration policy for the last 27 years," said Martin.

New Conservative Party representative Elliot Ikilei was met with disdain from the crowd after starting his opening remarks by saying that there are "attacks on our children through gender ideology", and later proclaiming that his party are "patriots" and "nationalists".

Even moderator Jack Tame wasn't immune from criticism, as the Opportunities Party's Geoff Simmons called out the pay disparity between male and female television presenters.

Housing was a critical issue on the night. Simmons of the Opportunities Party argued for a capital gains tax, while Seymour and Goldsmith of ACT and National opposed this idea. Labour's Michael Wood put the housing crisis down to a supply issue.

Green Party representative Ricardo Menedez March called other political parties out of touch with housing issues. "This is about politicians seeing housing as an investment as opposed to a human right," March said. "Generations of New Zealanders are going to grow up in unsuitable, unhealthy homes...let's get in touch with the working class and stop pandering to property investors."

March also called out inaction on climate change, stating that "we cannot afford to be taking baby steps on the climate crisis and we cannot bank on the zero carbon act to take us there". He also promoted moving away from polluting industries. In response, National's Goldsmith criticised the Greens for prioritising the cannabis referendum over climate change, and focused on technology and investment as means of addressing climate change. Ikilei, of the New Conservative Party, argued that "the climate is always changing", but did not have much else to say on the issue.

John Tamihere of the Māori Party was absent from the debate.

University Tightens Restrictions on Use of Academic Titles

BRIAN GU

The university has doubled down on its policy preventing academics from using their title when discussing fields outside their expertise.

This announcement comes after a PhD student's homophobic article circulated international media, where they transgressed into a field they were not regarded an expert of. However, due to the fine line associated with defining a 'field of expertise', some academics feel silenced by this ambiguous policy.

University of Auckland professor Shaun Hendy joined Mike Hosking on breakfast radio to discuss the ongoing implications of these restrictions. "It's often really hard to put your finger on exactly what your expertise is," claims Hendy. "And often, you're asked questions outside your expertise."

"There are often situations where things come up in New Zealand and there are no experts available, and you've got to step up and do your best."

This also comes at a time where the global coronavirus outbreak has been fronting national headlines. University of Auckland have multiple prominent academics speak out on the subject of this pandemic, reflecting their position and research in the university in

their opinions.

"I think [an expert] is someone who has to be able to read the research literature," identifies Hendy. "And then you've got to be able to understand how what you're saying might play out in society."

Hendy worries mostly that the policy will have a "chilling effect" on most of the university's younger staff. "It doesn't make you confident with talking to the media, or talking publicly." He calls for the university's media policy to be reviewed, and cites the University of Canterbury as having achieved success in a well thought-out and implemented policy.

It also has the potential to affect the standard of scientific discussion in the media. "It is important for scientists to... talk about [issues] in the broader context rather than narrowly in their own field and expertise."

This is not the first time Hendy has spoken out about the long-standing issue, having authored a book titled 'Silencing Scientists' in the past. Hendy joked that he was fortunate to have written a book on the issue, else his credentials as a physicist would fail to qualify his appearance as an expert on breakfast radio.

Opinion: The Rise of the Far-Right: Hindu Nationalism in India and Aotearoa

KEEARA OFREN

"Nationalism is inseparable from the desire for power" -George Orwell, "Notes on Nationalism"

Divide and conquer. This has been one of the most powerful remnants of colonialism's bloody history. And it is this legacy that I contend is at the heart of one of the most controversial administrations of India.

Interference with citizenship is a dangerous game to play. Indian Prime Minister Narendra Modi, of the Bharatiya Janata Party (BJP), is a polarising political figure in his native country, but is well supported by citizens who believe that he is the answer to many economic and political challenges his voters face. Criticism of Modi reached fever pitch regarding two key decisions in his administration; rushed revocation of the special administrative status of Kashmir and the subsequent media blackout, and the most recent changes being the Citizenship Amendment Act 2019 (CAA) and the National Register of Citizens (NRC). At present, reports from Al-Jazeera and Amnesty International India detail increasingly violent attempts by mobs to suppress protests against the CAA and NRC.

The CAA states that migrants and asylum seekers of Hindu, Christian, Buddhist, Jain, Sikh and Parsi descent may apply for citizenship. There is a key exclusion to this legislation that neglects the long history of Rohingya and Tamil refugees wishing to seek asylum and their present experience of persecution. The legislation, at initial glance, appears to be 'positive action', but is in a sense, an omission, preventing something from happening. In this case, it is the prevention of legal legitimacy of historically established narratives of Muslim refugees. Kaushik Deka of India Today has reported that the reasoning of BJP are the beliefs that Muslim refugees may be a risk to security, and a nationalist motive that Islam is not compatible with the identity of India.

I argue that this is influenced by the playbook of anti-refugee policy of the West, with CAA not presented as a bill to help and support asylum seekers, but rather to define India as a 'Hindu Nation'. This is akin to the Western far-right idea that nations may be unchanging entities of a singular 'Christian' identity. This calls to mind the irresponsibility of Executive Order 13769 of Trump's United States, with proponents of the 'Muslim Ban' believing in the idea of an America that is somehow 'incompatible' with the foreign values of Muslims. This unchanging view of nations often neglects social and political changes that affect the fact that nations are socially constructed to begin with.

Fuelled by a fear and distrust of 'illegal immigrants', the NRC was hailed as a 'solution' to register citizens. The controversy of NRC works hand in hand with that of the CAA; whoever is alleged to be 'illegal', may become stateless. Statelessness severely limits access to land title, education, access to social services and ability

to obtain a passport for example. To enforce statelessness is a form



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FEBRUARY 17, 2019; 10:38AM

of institutional violence, a form of violence which prevents people from having their basic needs met in society and a prevention from excelling and living a life free of hardship and rights violations. With CAA on the horizon and with Muslim refugees unable to apply to be citizens, there is the very real chance that discrimination in India will grow to reach bureaucratic exclusion.

Aotearoa is home to a large Indian diaspora community. As such, issues of Indian politics are to impact a significant amount of those living in Aotearoa. Indeed, information readily available from the Twitter of a self-proclaimed South Asian Nationalist group* indicates the presence of National MP Kanwaljit Singh Bakshi at a vigil, showing the presence of a passionate and noticeable group apparently linked to BJP, in New Zealand.

Presence for and against aspects of Narendra Modi's administration have been present throughout Auckland's summer. What do these events mean? And how do we place them in the complex modern history of India?

Gujarat, the epicentre of Modi's support, claims to have benefited economically from Modi. Measuring economic development is highly subjective as a measure of success and justifying any regime. Gujarat has exhibited GDP growth, but has noticeable numbers of child mortal-

ity and child malnutrition rates according to 2017 data from the BBC. It is clear then, that economic development may not reach everyone, and regardless, why should unequal economic development take priority over the rights of potentially millions in India?

BJP and their supporters were the focal point of the 2004 documentary, *Final Solution* by Rakesh Sharma. Like the documentary's namesake, the situation in India raises comparisons to legitimised institutional violence. It is a common suggestion in ethnic violence scholarship that BJP may have been complicit in ethnic riots. Academics Paul Brass and Steven Wilkinson examine patterns in the 2000s, including provocative public appearances, media emphasis on specifically Muslim violence and creating a sense of necessity in uniting the Hindu vote and populace. These have been replicated in today's India.

In addition, researcher Ward Berenschot of Leiden University carried out a 2009 comparative study of a neighbourhood with frequent episodes of ethnic violence compared to a peaceful one. The difference? BJP had a significantly higher amount of victories in districts where violence had been encouraged. Techniques included the recruitment of poorer or demoralised individuals to join their cause and having support from police. Modi, now as Prime Minister of India, unmarred by controversy of abetting 2002 ethnic riots, fears remain in India that he is encouraging similar feelings of justified rage.

Modi's platform upholds an ideology of Hindutva, Hindu Nationalism. The word and ideology was formalised in the 1920s, with the view that the Indian identity is inherently Hindu. This ideology persisted as India sought independence.

Hindutva has been criticised for its historical roots, as B.S. Moonje, their leader, was inspired by the ideology of Mussolini in 1931. There is then, a clear similarity in a nationalist idea of a nation that excludes others and willing to use violence to do so. Hindutva has also been criticised by civil society organisation Sadhana, for being incompatible with core dogma of Hinduism, including oneness (ekatva) and nonviolence (ahimsa). Indeed, undermining the dignity of other groups seems a far cry from ideals of goodness and truth. Thus, we may feel a moral duty to think about how Western waves of the far right may be engulfing Asia for the worst.

It is time to speak out. Following the Christchurch tragedy, we must remember that Aotearoa has a unique and necessary role to play in mending a sense of unity against Islamophobia.

Zooni (Name has been changed to protect her identity) is an activist leader in the Kashmiri community and is well aware of social changes to Indian communities.

Zooni raises that there are active attempts to replicate pro-CAA rallies in Auckland, such as a deleted event of over 100 respondents. Zooni says that "hundreds of people protesting others who have lived in the country and challenging their legal legitimacy is hateful".

She believes that recent developments regarding Kashmir, the CAA and NRC are "100% connected to Islamophobia". Zooni claims that "hate speech has political currency" in India, starting from powerful individuals, then repeated by those in her own community in New Zealand who have attempted to hold events in support of CAA.

Zooni's mother grew up in New Delhi and previously spoke of inclusion and celebration of festivals regardless of faith, now the situation is described as being "the opposite of what it was before".

"As a Kiwi-Kashmiri, more than ever, I have never felt so personally affected and it's important as a country to further our responsibility to see what we can do. There should be some talk in parliament here." Zooni continues to speak of an experience of an attempt to hold a symposium regarding Kashmir and Human Rights with the sup-

port of local MPs, only to receive pressure from the Indian Embassy to shut it down. This was at the suggestion that 'taking a stance' would affect trade, which raises the question as to why these interests should override human rights, and whether it would continue to do so regarding CAA and NRC.

As we watch footage of protestors met with extrajudicial force, or people vilifying protestors for being 'violent', I raise the convention of international human rights that no one should be subject to arbitrary force or extrajudicial punishment, that nothing can justify this. With any vision of grandeur, utopia and national strength, there will always be those who are exempt from this image and violently so. As we have watched in Myanmar, meddling with citizenship is almost always the next step to allow dehumanisation and ethnic cleansing, if not from the state, from the understandings of ordinary citizens. For this reason, Aotearoa may be watching, but only time will tell as to how much longer we can be bystanders.

**Writer has chosen not to name the group as to not grant them notoriety.*

The screenshot shows a Facebook event page for "#IndiaSupportsCAA". The header features the hashtag in large yellow letters and the text "We welcome our persecuted brothers from across". Below this, the date "DEC 28" is displayed next to the event title "We SUPPORT CAA & NRC", which is marked as "Public · Hosted by [redacted]". Navigation icons for "Interested", "Going", "Share", and "More" are visible. The event details section indicates "152 going or interested including [redacted]", scheduled for "Sat 28 Dec at 10:00 - 12:00 GMT+13:00" (labeled "This week") at "Aotea Square", 291-297 Queen Street, Auckland, New Zealand 1010. There are tabs for "ABOUT" and "DISCUSSION". A comment box prompts "Say something...". The "Details" section contains the text: "No Naara, No gaana bajana. Just support the brave Indian government who is delevering what it promised in its manifesto. Jai hind and Vande mataram How is the Josh boys??"



New Spending Opportunities Dawn on Freshwater

ANONYMOUS

UoA's new vice-chancellor Dawn Freshwater hit the headlines last year, before she was even able to assume her new position, after it was reported the university had spent \$5m on her new Parnell residence. The decision faced significant backlash from students after the university had already cut spending in other areas.

However, little known to students, Dawn herself was against the new property purchase, as she had already paid the deposit on a three-bedroom rental in Balmoral. It has also put a hitch in her other spending plans - plans Craccum were able to get exclusive hold of and unveil for you in this article.

More Scaffolding

If the university isn't holding itself together on the inside, at least maybe we can make it look like it is on the outside.

Fixing the current University Hiring Freeze

Hahaha nah. Actually tho?

Hire a guy to stand next to the router and turn the Uni wifi off and on again.

Hello, this is IT. Have you tried turning it off and on again?

Fund *The Opportunities Party* this election only to get kicked off the board straight afterwards

Gareth Morgan has made himself the Claudio Ranieri of NZ Politics.

Pay for a flight back to Western Australia

Airline travel is pretty cheap at the moment, so long as you don't mind the contact tracing two weeks after your flight.

Toilet Paper

The University board has specifically asked Freshwater to diversify their investment portfolio, and Freshwater has seen an imminent opportunity to capitalize on the volatile international markets.

Record *We are the World 3: What White Supremacy?*

"we are the uni, we hate our students, we are the ones who make this a shitty place with reckless spending"

"there are... arts kids crying, we've closed their libraries"

"it's true we make a worse off place for you and me..."

Professional Marathon training

It is speculated that Dawn Freshwater was highly sought out as a candidate due to her experience in marathon running. This skill was in high demand from the university, as previous VC Stuart McCutcheon also spent a lot of his term running - though it was from his problems.

Hire Mike Hosking to hand out Uber Eats vouchers along Symonds Street

Invent a new way for people not to listen to him.

Make the university "go viral"

In an effort to increase the institution's exposure, Freshwater delivered specific instructions to Campus Life to help make the university "go viral." However, a misinterpretation appeared to have occurred when Freshwater discovered all the hand sanitizer stations had been removed around campus.

Start self-quarantining returning students in the architecture building

Dawn Freshwater has decided to flood the archi building with students returning from overseas, which is the only the second-worst flooding the building has ever faced.

Start a Chinese Lion Dance club directly opposite 95bFM to offset the construction noise

The construction has been heavily disrupting the bFM broadcasting schedule, and the university feels terrible for having affected the campus mainstay. To reduce the presence of construction noise, the university would like to establish a Chinese Lion Dance club to rehearse directly opposite bFM. Plans are already being made to mobilize the group to Newstalk ZB to drown out Mike Hosking too.

Open a pizza hut on campus so clubs stop having to pay for delivery

I was just writing jokes in this article, but this one actually is a good idea.

More furniture in the Engineering building

If you don't manage to secure one of literally five tables scattered around the Engineering building, you face the unfortunate situation of having to wander the building aimlessly for the precious remaining minutes of your break. Sell the Epsom campus if you have to; just put some bloody chairs and tables in the Engineering building.

Goodbye Stingy Stuart

CRACCUM EDITORIAL TEAM

The man. The myth. The legend. Stuart McCutcheon, our, eh... steamed Vice Chancellor has handed off his dark robes, removed his Joker face paint, and finally stepped down. We've had some testing times with McCutchy, and to honour his never-ending stint at the University of Auckland, we thought we'd sing him out. To enjoy, please chuck an instrumental mix of Goodbye Ruby Tuesday by the Rolling Stones on, and replace their lyrics with ours. So long old pal. Please be kind to us, Dawn.



[Verse 1]

Pushback from students was super strong
But he won't ever say that he was wrong
He was preaching "free speech rights"
As they flew their racist kites
It was all okay
No-one got blamed

[Chorus]

Goodbye Stingy Stuart
We still hang the blame on you
How you've changed our university
Don't think we're gonna miss you

[Verse 2]

Don't question why he needs so much money
To do a job he does so crappily
He just can't be swayed
To see a life where libraries stay
And nothing's lost
With no cut costs

[Chorus]

Goodbye Stingy Stuart
We still hang the blame on you
How you've changed our university
Don't think we're gonna miss you

[Verse 3]

"There's no cash to spend," I heard him say,
"Cut this staff before they walk away
Budgets dying all the time
Lose your libraries, I
Won't care one dime
Ain't life unkind?"

[Chorus]

Goodbye Stingy Stuart
We still hang the blame on you
How you've changed our university
Don't think we're gonna miss you
Goodbye Stingy Stuart
We still hang the blame on you
How you've changed our university
I hope that we won't miss you



The Kids Aren't Alright: Romanticizing Unhealthy Student Habits

TARA MOK

I come into class feeling exhausted, and lament that I got less than six hours sleep last night. My classmate shoots back, "I have had 3 hours of sleep over the last three days." My friend tells me about their meals, consisting of ramen and Red Bull, so of course I tell them about the packs of gummy bears that make up my meals.

Then the fight about assignments starts, "It's one thing to start an assignment the night before it's due but don't talk to me until you've partied all night, written the assignment an hour before the deadline, then submitted it at the exact minute of the deadline, praying the internet connection pulls through."

I've noticed that students tend to compete about who has a bigger mountain of lectures to catch up on, or who is closer to overdosing on caffeine. Based on everything we are taught about physical and mental health and positive study and living habits, putting crap into your body and working it to exhaustion is a bad habit to work on changing. But when you're a student, it's also a point of pride. It's a competition about who can treat themselves the worse and still survive.

Such behaviour is normalised in pop culture and media. After all, when you think about student life, do you think diligent meal prep, consistent studying, and eight hours of sleep every day? Or do you think of tiny moldy apartments, two minute noodles, caffeine, binge drinking, all-nighters, cramming, going to class sick, and constant stress and anxiety around school and money?

What can we make of this normalisation of stress in the student lifestyle?

For many students, a life of stress, exhaustion, and malnutrition is inevitable. A lack of money makes it difficult to take care of your health, when you're simply hoping to be able to eat *something* tomorrow. On the flip side of the image of the stressed broke student is the expectation that as a student, we should be able to achieve highly in all our classes, take part in extracurriculars, volunteer work, and internships, support ourselves through university, and have a social life. It's an unre-

alistic expectation. Our culture also seems to value overworking and productivity very highly. Students only have so much time and something will have to give: for many people, that is mental and physical health. As a coping mechanism, we find humor in our pain. Eating a bag of gummies for a meal is pretty goddamn ridiculous, you have to admit. And maybe we also crave recognition for how hard we are working. *I may look like a mess and I'll probably be unemployed after this, but it is IMPRESSIVE that I've been awake for 24 hours and I am fuck-ing trying over here.* As a reaction to unrealistic expectations, the idea of being overworked and broke has become synonymous with "student" because it rings true for so many.

But not everyone is forced to treat themselves this way. For some students, practicing bad habits, and even bragging about them, may be a result of a fear of failure. It stings less to fail because you didn't even try and decided to spend study break at Shads instead of revising, than if you watched every single lecture and still knew nothing. If you cannot boast about an A, at least you can say you wrote a 2000 word paper at a record speed of thirty minutes WITH APA.

For some students, being well adjusted to student life and having the privilege to be able to take care of their health can impact their social life. Amidst the problems one could have, it seems trivial, but it can explain some of the impulse to overwork oneself and neglect one's health. Students bond over the hardships of student life. What happens when you don't have those hardships or you've found healthy effective ways to overcome them? You lose a point of connection and can become someone to envy and resent. Tall poppy syndrome is very real here at university.

Students don't want to seem to act superior, so they exaggerate the struggles they have to appear as if they are in the same boat as everyone else. Students who seem to have it all together, whether that is through effort or privilege, or both, don't want the very real work they've done to be discredited. It's easier to succeed in an exam when you've had a proper nutritious meal beforehand but understandably, you still want recognition for the hard work you've put into studying. If your competitors have been overworked and underpaid, it somewhat diminishes from the satisfaction of being the top student. So, you de-emphasise your privilege.

It's not surprising, given these reasons, that unhealthy student habits are normalised and romanticised here at university. And I could see how the normalisation of such habits could be positive for some students, because it gives them permission to not have their life together. Sometimes it simply is too much pressure and effort to take care of yourself. But there's a fine line between not being too hard on yourself and being proud of destroying your health or thinking that is what you should expect from university life – that isn't something to be proud of and I think sometimes we as students forget that (I certainly do).

I don't fault students for doing this. I think that until all students receive better support financially, mentally, and emotionally, this phenomenon is not going to go away. Still, the next time someone talks about their unhealthy habits, I'm (after making a relatable joke about my own failure) going to try my best to offer any practical support I can. At the end of the day, maybe that's what we really need.



V S



Should You Max Out Your Student Loan?

DANIEL MAIER-GANT AND JOE ASCROFT

AFFIRMATIVE:

Quick query. How much is a dollar worth?

You must be thinking, “wow Daniel, that’s a stupid question. O’Week must have totally fried your brain.” You are only half right because it is an excellent question. A dollar today will not be worth the same as a dollar in 15 years, because in 15 years you will no longer be a slightly broke student worried about the price of hand soap. You will likely instead be raking in some sweet Bachelor of Arts graduate cash, and while the monthly repayments may sting, it won’t hit nearly as hard as the lack of funds to keep your heated towel rack sizzling through the biting Auckland winter.

This is the magic of diminishing returns. Diminishing returns is a simple but elegant economic concept. It explains how each extra unit of consumption or possession is actually worth less than the previous units. And unlike a standard loan, don’t worry Arts students, the math is extremely simple; it’s interest-free! Each dollar you take today is literally only one dollar you are taking from Future You. If you really want to scam the system, take out as much as you can, and immediately dump it all in your KiwiSaver. But that would definitely ruin the fun. Right now, you are the youngest you will ever be. At this point in your life, you are the most deserving of a little extra spending money. Future You, with a salary and a mortgage, is both incredibly privileged and too responsible to use that privilege to have any fun. You should take Studylink’s money. Buy yourself something pretty.

P.S.

While Joe might try to seduce you with straight talk and cynicism, I know the mind-altering power of BuzzFeed-style lists. Please enjoy this selection of lovely things you could spend your student loan on:

- Incredibly chunky sneakers with light-up soles
- City Limits tickets
- Fish and chips, with extra tomato sauce
- Your AfterPay debt
- DebSoc membership

NEGATING:

Look, this one is on you.

When you’re in your twenties, and you don’t have any money, student loans don’t feel like real loans. There’s no debt collection agency on your back, the bank isn’t leaving messages on your phone threatening to break your knee-caps, and you don’t have to pay back anything meaningful until you get a real job. You can start to think that your loan is an issue for Future You, and rely on that version of yourself to sort out the mess you begin to make.

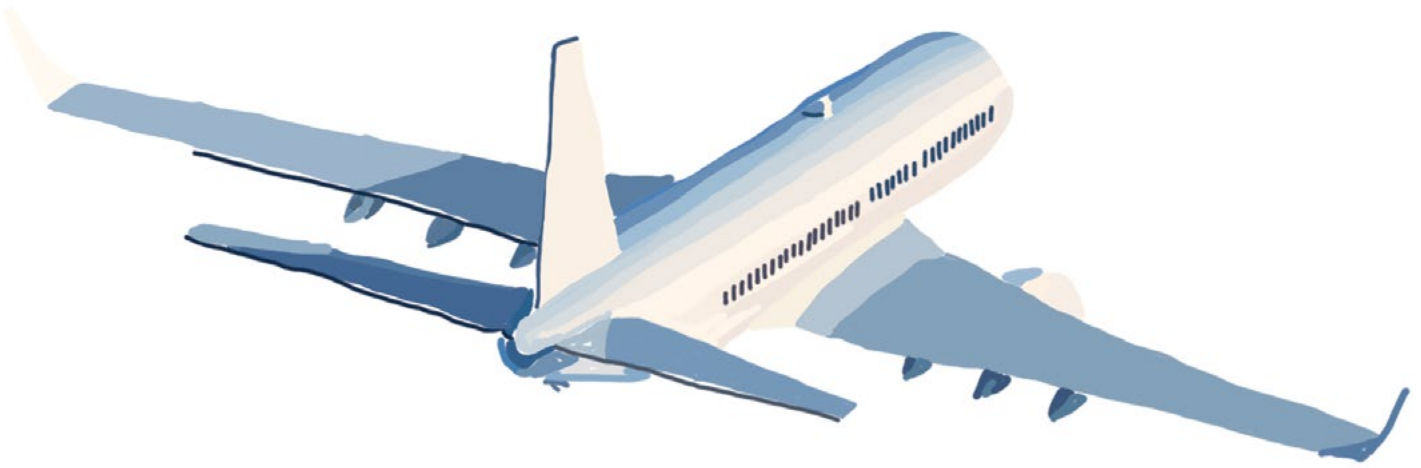
When you’re battling through 3-5 years of uni, course-related costs can be earmarked for festival season with little to no stress. You were never going to buy the textbook for that class anyway, and you’ll get more out of your cash downing cider in the sun.

But, just like waking up in some random guy’s tent at R&V, there’s always a hard come-down.

Once you start earning, your student loan wrecks your lifestyle – 12 cents in every dollar goes to the Government until you pay off the loan. So if you earn a typical grad salary of \$50,000 a year, then you send our ‘public servants’ off to have \$6000 worth of cocktails, a flat in Mission Bay, bottomless brunches, and a trip to Bali. Drink up, Jacinda! It sounds like a shit deal until you realise it’s actually all your fault for fucking around for a couple semesters ‘finding yourself’ and ‘living through experiences.’

It might seem rough at the time, but if you pass your papers, study the papers you need (don’t just head to ones that have a hot lecturer), and don’t take all your living costs when you haven’t left home yet (just so you can unload on drinks at the weekend), you’re setting Future You up for success. You could be sitting in a nice flat, 5 years from now, flicking through a photo album, just thanking yourself for your hard work and dedication. And for not fucking up your liver.

The last thing you want is to be the poor friend who can’t go on holiday with your mates at 28, because your student loan drains your payslip every fortnight. Shadows could probably do without that \$30,000 you were thinking of taking out for ‘living’ costs. Give yourself a chance of owning a house (lol imagine), or owning a dog, or owning your friends with your responsible attitudes as a youngster. Work hard, play sometimes.



Spending Our "Course-Related" Costs

MADELEINE CRUTCHLEY

*NAMES CHANGED SO STUDYLINK CAN'T FIND US

Studylink is a god-send for students. Not only do they provide absolute bops while you sit on the line for 2 hours, but they loan us an interest-free \$1000 for 'Course Related Costs.' They lovingly turn a blind eye when we don't actually buy protractors or highlighters. Bless the poor souls who have to use the money for textbooks. That's probably just every law and science student.



For those lucky enough, Course Related Costs can be a nice bank balance boost. It's a chance to have a bit of a reserve and maybe treat yourself a little more than the usual Munchy Mart snack. This seems to be a shared sentiment because I'm not sure I've met anyone who hasn't taken the whole \$1000 out every year. But, are we using this money wisely? Or are we lining up at UBIQ and actually buying the textbooks for classes, like responsible, well-organised idiots?

The Good

Nothing screams "welcome back to uni!" like the copious reminders from Studylink to re-apply for our student loans. Although I'm still mildly salty that my first year of uni wasn't free, I feel like I truly have finessed the system. Some people may think actually using the \$1000 course-related costs on textbooks and stationery is the way to go, but lemme tell you! Ditch the compulsory reading lists and HOP card concessions and instead, broaden your horizons (literally). Every year since my first year, I've been saving my \$1000 and spending it on flights overseas. And I genuinely believe this is the

best way to spend dat money. Although I do value my education, sometimes I value sipping cocktails on some random beach in the Pacific just a tad bit more. Uni can get very hectic and I understand that sometimes you want to spend your mid-sem break stressing/preparing for the upcoming sem, but please remember you could definitely do this in a place that is not rainy, sad Auckland. AND don't feel guilty about spending that moolah. We're all drowning in debt anyway. Who's another sneaky thousand gonna hurt? Me? Oh yeah...

- September*

In the middle of last year, my group of friends was feeling particularly stressed out. It was our third year at uni, and we were exhausted from non-stop alternating between school stress, work stress and life stress. A few weeks out from the inter-semester break, we put aside three days to escape Auckland and go down to Tauranga. We rented a beautiful AirBNB, next to a gorgeous river and away from any other people. We told a cheeky white lie about the number of people staying there to get it cheaper too. After weeks of looking forward to it, we

road-tripped down and spent three days doing absolutely nothing. We just drank, soaked in the spa, and sat around talking, admiring the beautiful view the whole time. That trip helped us all to recharge and bond more as friends, and we returned to Auckland feeling brand new. I know that Studylink has paid for my entire student loan, but I still feel like that trip is the most valuable thing they've ever bought me.

- *Gone Fishing**

In my first year of university, I desperately needed a new laptop. I paid \$1000 from my own pocket, and my lovely parents paid for the rest. Later, I still took out the whole \$1000 and said laptop as the reason, since I knew I had the receipts if they tried to catch a bitch. I brought O'Week tickets to Toga, Party in the Park, random fresher events, and then the rest of the money went towards a pretty insane experience. The bender of first-week, financed by Studylink, opened countless doors to try new types of alcohol and experiment with drugs I hadn't tried. It was an absolute banger. I've worked full time since then, so technically I've paid that \$1000 off. Don't try to find me Studylink, I don't owe you shit.

- *Rini**

Warren Buffet ain't got nothing on me. Inspired by a couple of finance podcasts I listen to, I decided last year to invest all my Studylink money. The plan was super simple: automatically transfer my Studylink payments into an ASB term deposit account. Leave the term deposit alone for a year to accrue interest. At the end of the year, the term deposit would have more money in it than what I put in. Then I'd just have to dissolve the term deposit, reclaim all the money, and pay back Studylink, which would leave me with the interest I'd made in the meantime. I was convinced I was a fucking genius - but after the bank took its service fees, and a cut for closing down the account, I came out with about 200 bucks. Enough to cover a big night out at Shads, but not quite the *Wolf of Wall Street* millions I was hoping for.

- *Bitcoin**

The Bad

Last year I took the \$1000 out and spent it all on parking at uni. It wasn't intentional, but by the end of the first semester, I had given Auckland Transport a pretty big chunk of my course-related costs. Although driving into town, and picking up an iced coffee on the way, was a sweeter trip than taking the bloody bus, it really hurts to look at my bank account and know I could have an extra grand sitting in there. My parents would kill

me if they knew.

- *Prince**

In my first-year, I properly planned out the spending of my course-related costs (to the cent!) and stocked up on stationery, tech, and textbooks. Unfortunately, I was so over-eager that I bought an extra textbook, for a class I wasn't even taking. I felt like such a knob, and I was too embarrassed to take it back, so I sold it for a quarter of the price on Facebook. The guy I sold it to was perplexed as to why the book was so new. I guess it probably looked like I had stolen it. Since then, I have made much better investments and stopped buying the textbooks for any of my classes. JUST GET IT FROM THE LIBRARY!

- *Big Wallets**

I bought a Poke bowl with ALL the toppings: banana, pineapple, coconut chips, mango purée, corn flakes, mint leaves, walnuts, deez nuts, pumpkins seeds, goji berries, almond butter, toasted almonds, jeffery epstein, chia seeds, didn't kill, himself, dates, dried apricot, cinnamon, grapes, scrote cheese, edamame, onion chips, seaweed salad, cucumber, pickled ginger, teriyaki glaze, sesame mayo, nori, never gonna, give you, up, never gonna, let you, down, sesame seeds, never gonna, run around, and, desert, you, kimchi, edamame, radish, coriander, sprouts, fiji yellow fin tuna, ora king salmon, gisborne tarakihi, free range chicken, and non-gmo tofu. I don't regret this. Please don't put this in the bad section.

- *Hungry Caterpillar**

This year I will be splitting my costs over textbooks (boring) and my horse's injured leg. Yeah, it's a bit weird, but when I was in Europe over summer, which I financed without Studylink's help, my horse managed to hurt his front leg pretty badly. The girl who was looking after him took him to the vet, and those bills have been outstanding since January. I was planning to buy an RnV ticket, so this feels a bit less exciting.

- *Horse Girl**

Last year I went on a six-month exchange to Japan, and I was super sceptical about whether a semester's worth of my clothing, plus all of my new purchases, would fit in my suitcase for the trip back. I got out my course-related costs, so I could have some more dosh to cover the fee for an extra bag. It also allowed me to spend up LARGE for my last few weeks in Tokyo. When I finally packed my bags to come home, they ended up so full I had to sit, stand, and then jump on them to close them. It ended up costing me approximately \$350 to get my stuff home. My friends better fucking appreciate their souvenirs.

- *Buggy**

And the Ugly

This story is so very dumb, I know. I spent my course-related costs going blonde at the start of my second year. I don't know why I did it; maybe it was all the Pinterest posts of blonde Asian baby girls I followed. I wanted to be edgy, and go all the way there. I'd fooled around with balayage, but with my dark, Asian hair it just looked like construction ash dirt (as my dad so kindly put it). So, I thought, yeah let's go full-on blonde. I went to a boujee ass place in Mt Eden and talked about my relationship problems for 5 hours to the hairdresser. He reassured me that I had this Brigitte Bardot carefree look, and I completely believed him. I enjoyed it for a while, and deeply savoured it, mainly because I had spent all \$1000 on it. It all went to shit after a year, because a year afterwards turned GREEN when I went swimming in a particularly heinous pool. Not a great look. Soon after that terrible incident, I did a corporate sting, with a name tag, fingerprint scanner, all while having green hair. My colleagues and boss had an absolute hoot.

- *Troll Doll**



A Practical(ly Chaotic) Guide to Saving Money

CAMERON LEAKEY

Okay look, everyone out there has their ideas about how students can save money, and let's be real, these ideas don't take it far enough. It's not enough to not purchase coffee on campus, it's not enough to pack lunch at home, you need to take budgeting to an extreme level. \$4 a day saved isn't enough, I want to save hundreds, no... thousands of dollars. Who cares at what personal cost, who cares if everyone thinks you're a cheapskate. When you have all that money in the bank to keep you company.

1: Coffee!

You'll see a lot of budget guides tell you that you can just make coffee at home. But why not take it that much further? Stop drinking coffee altogether. Caffeine is only a replacement for sleep and the withdrawal symptoms are all in your head. Stop making plans for any later than 10pm in order to get enough sleep for the next day.

2: Stop Driving

Fuel is so expensive! Driving is terrible for the planet. You could consider cutting down on your driving and trying to use public transport more. But again, that isn't good enough. Stop driving completely. Sell your car. Ask your friends for lifts in return for favours and start walking everywhere. Don't even use public transport - That \$3.50 bus fare all adds up. You must now rise at 6am and charge into the world with your hiking boots on.

3: Electricity!

Your electricity bill reflects your wastage! No one needs lights on at night - especially when you're going to bed so early. Unplug all your appliances and only use them when necessary. Stop using your microwave and oven. Burn driftwood and roast food over an open fire for a delicious smoky flavour.

4: Stop Showering

Showering requires electricity to heat the water! In the 18th century, people rarely bathed and everything turned out fine! A whore's bath with a cold flannel will do you good, nothing wrong with it. Make sure the water is cold though. Not only does this tip save water, it also is great for waking you up on those cold winter mornings.

5: Go Plant Based

But like, really, eat plant based. Not eating meat and animal products is so good for your wallet! All plant matter is healthy, go out there and find fruit trees - It's like Animal Crossing but in real life! -. Sneak into your neighbour's gardens, steal their vegetables. If they don't have vegetables, cut down their trees and eat the bark, it's very fibrous. Grazing grass like a cow will work too.

6: Dumpster Diving!

Dumpsters and the tip are great stores of lost and discarded treasures. Anything that seems dirty really only needs a wash with water and you're good to go! This is a great way to find plastic containers for leftovers, old appliances you can reuse, and all sorts of miscellaneous bric-a-brac! Bonus tip, find a clothes peg to put over your nose to avoid smelling that intriguing rubbish smell

7: No new clothes

You don't need new clothes. Don't be ridiculous. Wear all the things in your wardrobe already. If they get holes in them, keep wearing them, holes in clothes is fashion these days. Thanks Kanye. If you really need clothes, make your own from found fabrics. The home-made look is very chic.

8: Use free WiFi

Internet at home costs you! And it's not social! Go out to public areas and leech off the free WiFi. Alternatively, ask your neighbours for their password because your wifi is 'broken'. Keep using it until they figure out you're on the network and change the password. Then, switch neighbours. That charade could last you up to a year!

9: Drop out of Uni

University is expensive! And with all your new changes, you don't have time. Between your early bedtime, walking everywhere and the constant search for Free WiFi, you have enough things to fill your day with! Life is grand.

HEALTH BITES

Salty \$avings: Living on Mie Goreng

PATRICK MACASKILL-WEBB



So, you want to save a buck or two at the supermarket. You pick up a five-pack of Meegs and decide, yup, that's your lunch for the uni week. Or dinner for two nights. Or, based on calorie count, the five pack of noodles could fuel you for 1 full day. You load up, and get through the day with enough energy for lectures. Plus, you've really saved a bunch of money, successfully avoiding avocado toast. Great work! But, how long can you survive like this – eating only Mie Goreng? What would kill you first on this diet? Malnutrition, or too much of that sticky black soy stuff that you squeeze lovingly into the bowl? If you really love Meegs don't read this as I'm probably about to ruin a beautiful thing for you.

Generally, women need about 1,600-2,400 calories per day to survive, while men need about 2,000-3,000. As I've already mentioned, these amounts are matched almost perfectly by the five-packs of Meegs you can get from those supermarket deals (they are just shy of 2,000 calories). You also may be getting plenty of vitamin B2, according to the European listing of ingredients, and one epidemiological study on instant noodles. This could indicate a positive in the nutritional values of your noods, but I will get back to vitamins later.

Having five whole packets will be a lot more salt than you need. It's hard to say if this on its own will be a deal breaker for the body's survival. We're remarkably resilient, and there is a great deal of variation in nutrition science about how much salt is best for us. 14.5g of salt in a day, everyday, is still a serious challenge on the kidneys and puts the body at real risk of developing serious chronic problems. The Australian Heart Foundation recommends less than 5g salt per day. Although, other studies also show that this is too low! However, it's unanimously agreed that 14.5g per day is too much in the long term.

Could a lack of vitamins catch up with you in the short term? Mie Goreng, despite being cheap, short-changes you on many vitamins if it is not made out of "fortified wheat flour." It is difficult to tell whether Mie Goreng is really made with this vitamin-filled ingredient like some questionable sources claim (Wikipedia). Vitamins are left off of the

nutritional information completely in NZ – not a good sign. Without vitamin B2 the body has about 2 weeks on the clock. Combined with the high salt intake, it would become a balancing act between the over consumption of sodium and malnutrition of B2. Maybe you need to get creative and skip out on the flavouring packets a few times to bring down the amount of salt, you Goreng guzzling gimp!

B3 is only at 2% of your recommended daily intake according to one source of Mie Goreng ingredients. There is a bleak long term outlook for B3 deficiency in terms of skin problems, stomach problems, apathy, and paranoia. This could be the thing that gets you in the end, but it's unclear exactly how long it would take the serious problems of this deficiency to settle in. Vitamin B2 on the other hand is the one that you require all the time, otherwise that two week clock starts ticking...

There's a lot of tough, highly manufactured noods to get through on this diet. It takes more hours to process than fresh Mie Goreng, and if you need to eat 5 packs daily to try meet the most basic vitamin and calorie requirements... things are really going to block up very quickly. People who have tried to eat copious amounts of mie goreng report that stomach pains and constipation were so bad they had to stop. Even if you can tough through this pain you are putting yourself at serious danger of intestinal obstruction.

What about the other chemicals and preservatives in the food? Could this kill you at high doses? tBHQ is an antioxidant, which sounds good, like something you might find in a blueberry or some dark chocolate. But, in mammals, this particular ingredient in large quantities can upset DNA. Interestingly, tBHQ has been shown to be potentially useful after heart transplants for controlling cell stress. Unless you have had a heart replacement, this antioxidant is only helpful for keeping the noodles fresh, it's not necessary or helpful in the human body. It's just unlikely to kill you because it has such a low concentration in Mie Goreng.

Back to our question: if you only ate Mie Goreng to save money, what malnutrition or overconsumption issue would kill you first? Well, as you can see it's complicated. There are MANY reasons why this diet would make you sick. But it's possible you could sit mindlessly in your lectures, as a blocked up and salty mess, for around two weeks. For your own safety, you are much better off keeping these packets for the times you require a drunken snack, not for when you require a legitimate meal. And although these noodles may sit in your stomach for most of the day (I dare you to search up gastric videos of this on YouTube) it's only really giving you lots of salt. It's not going to provide the calories, protein, and vitamins you genuinely need. No surprises there.





CHANGES

CAMERON LEAKEY

3.5/10 - *It's just a bit shit, ya know?*

Justin Bieber is a new man. Recently sober, recently married and now, recently just a bit shit. *Changes* sees Bieber embrace R&B sounds, shedding some of the mainstream pop he has become so known for. But see, this album doesn't really take you on any journey. His Lyme disease diagnosis was more interesting than this. The whole thing seems to want to be a sexy album, but it just isn't sexy. It's actually really irritating. Itchy, like Lyme disease. Take the lead single *Yummy*. This is supposed to be Bieber professing his desire - but instead, it's just him repeating "Yum" and 'Yummy'. I won't bore you with details of the other songs on *Changes* but if you listen to any of them - you've heard them all. Like a Cascada album, there is zero variation. There unfortunately isn't anything particularly exciting, or arousing, about this album.

With that being said, audiences aren't super keen on *Changes* either. The *Changes* tour was recently downsized from large capacity stadiums to smaller capacity arenas - the reason? "Coronavirus" apparently. Bieber's last tour, *The Purpose Tour*, sold out arenas across the world. Though Bieber's lackluster performance on that tour seems to not be forgotten just yet. Whilst Bieber is a global star, time will tell whether this is simply an unfortunate blip in an otherwise successful career or if this is simply new album, new Bieber, and the end of an era.



UPU, DIR. FASITUA AMOSA

KATE

10/10: *The highlight of the season*

UPU is a celebration of diverse poetry from across Te Moana-nui-a-Kiwa (The Pacific Ocean). It is an hour long experience of spoken-word by seven different actors, co-produced by Silo Theatre and Auckland Arts Festival.

The multiple poems performed in UPU are a drop in the vast, deep, ever-expanding moana of literature in Oceania. They cover the diverse and ongoing experiences of colonisation and capitalism across the Moana. Tourism, sea level rise, identity crisis, violence and disease are all captured in impassioned words that take you on a deeply harrowing yet empowered journey. As a Pākehā it isn't easy to listen to, but nor should it be. The mamae and its whakapapa must be heard. We must pursue productive discomfort. UPU is an act of resistance, it is re-owning and decolonising, it is premised on unification and connection. It brings the past and future into the present, which is imperative to moving forward. So, I urge you, I urge you, please see UPU, then after go to your local library and immerse yourself in more literature from around Te Moana-nui-a-Kiwa. It's diverse depth is vast and never-ending, and exposing ourselves to it is pertinent in engaging with decolonisation and making space for its bumpy, humbling journey.



PASS THIS ON THE KNIFE

LACHLAN MITCHELL

Is he willing, can he play....

"Pass This On" is an old song, let's be clear about that. It's from 2003, so it's only a year or two younger than some of the horde of first years crowding out the Barilla Dumpling lately. However, this isn't meant to talk about the song itself, though there is little question as to whether you should listen to it. Of course you should. No, the music video for this song, perhaps my favourite MV ever, is what I wanna talk about.

It's one of those videos you find on a 3am Youtube crawl, you wonder what mystical portal it deigned to arrive from. The song had pretty overt LGBT themes to begin with, but this video makes it entirely clear; it's a perfect, and subtle, case study in masculinity. In short: it's about doing a little reaching out, a little empathy, a little seduction of the new horizon. The hypnotic performance from the perfectly cast drag artist Rickard Engfors as some kind of aloof, but not cold, sexually hypnotic snake-in-Versace karaoke singer being utterly entrancing. I tried to be as accurate as I could, but little I say can express just how... compelling this music video is. It's a masterclass in perfectly tying the song's feeling to the visuals, and looking completely natural in doing so - Karin and Olof Dreijer of *The Knife* are involved, but there's no focus on them beyond setting up the 'this is real life' feel. Just incomparable.



GASLIGHTER DIXIE CHICKS

AMELIA COHN

It's funny, you hear every right-wing pundit or sympathiser whine on and on about 'cancel culture' and 'SJWS!!!!' and all sorts of reactionary nonsense, frothing to anyone & everyone from Fox News to Newstalk ZB. But the Dixie Chicks are one of the few that can truly speak as to what it means to be 'cancelled', and for nothing close to the sort of bigotry and plethora of -ists & -isms that typically constitute a thrashing on the level that the Dixie Chicks received in the early '00s for daring to be like 'Bush is bad!'. It was so damaging to their experience of the music industry that, aside from a triumphant 2006 'fuck you' album, their material over the decade and a half has been almost zilch.

So that reason alone, it's good to hear from the Dixie Chicks again. Welcome back, girls! "Gaslighter" is a similar 'fuck you' single, but in a different manner - while *Taking The Long Way* was their defiance of a political machine meant to deny the surprising dissent of three rich white women, "Gaslighter" is a much more personal form of dissent. It's your typical 'shitty man be bad' anthem, but with more pointed lyrics than typical of that micro-genre. The Chicks may be Dixie, but they're not demure. It's undeniably simple, but if you're laying out how shitty and abusive your ex has been, do you need to wrap it up in poetry? Nah, and that's good.



COMME DES GARÇONS (LIKE THE BOYS) RINA SAWAYAMA

LACHLAN MITCHELL

What I've missed from the pop market of the last few years is that no one seems to be wanting to have any fun, with all the rush to be taken seriously and prove themselves in a genre that, of the last three or four years, seems only capable of faux-seriousness or paying homage to greater acts of the past. Why is it like this? What's keeping the girls down? Why is fun such a dirty word nowadays? Perhaps the lesson we failed to learn from Kesha's early years is that vapidness is not a crime, especially when it is crafted well.

And that's like I like so much about Rina Sawayama - she understands how more than ever, self-indulgence is the basis of pop. She always remains a little above it all, however, a little tantalisingly aloof. She knows the game. Like Kesha was famous for doing! And that's what is so fun about *Comme des Garçons* - that initial layered oooooooooohhhhhhhh is something designed to reverb in a tight space within the club, where you're supposed to be feeling yourself and indulging your own ego. It's an anthem to snarky, smirking confidence, not milquetoast 'just be self-empowered if ur woman <3' repetitive Fight Song nonsense. I'm deeply looking forward to Rina's debut album in a few weeks, the latest graduate from the School of Charli XCX and PC Music Theory as a whole.

Oh, and the Pablo Vittar mix is even better.



DECODER RING

SAMANTHA MICHAELS

Decoder Ring is one of those media analysis podcasts that is purely for the sake of it, and because they can afford to do so. It's nowhere as well-funded as, say, *The Joe Rogan Experience*. Nor is it as meticulously crafted as *You Must Remember This*, hosted and mostly single-handedly kept going by the efforts of Karina Longworth, who is a respected historian in her own right but is very much one of many within the field of 'remember Old Hollywood? Wow.' Slate's *Decoder Ring*, by contrast, is far more niche; Willa Paskin isn't really concerned with talking about The Big & The Now, and is similarly not as interested in the grandiose stories and myths of celluloid stars that have almost all died off (not you, Olivia de Havilland! Keep on trucking!). No - what you'll find on this show is a conversation about topics ranging from 'why do people still want Jennifer Aniston to have children', to the Bartmania of the very early '90s, to a fascinating conversation with the originator of the gender reveal party, and more. It's very chill, but surprisingly intimate - there's an episode about the social and financial dynamics behind ice cream trucks and their operators, featuring a simple chat about the legacy her father leaves behind in their ice-cream van. Personally, I found the episode about paper dolls to be one of the kindest media moments I've listened to in the last year, a lot of it due to how Paskin seeks out people that would not have anyone to recount their history to otherwise.



Kicking It with Jake Love

KATE

Jake Love is fresh on the Tāmaki Makaurau music scene. Last week he released his new EP Soccer, and performed his first gig at the Galatos Basement. Check out what we caught up on over FaceTime.

Hi Jake! Tell us about your new EP Soccer.

I have a new EP and it's called *Soccer*, it's a really fun, funky, and cool vibe. We decided pretty early on that we were gonna try to get it to feel like a modern version of an '80s prom. We were referring to it as 'prom-pop' for a long time. I guess you could call it prom-pop as a genre, but more accurately it's guitar-alt-pop. It's 6 songs, five originals and one cover. It is 25 minutes of easy, fun listening. It's called *Soccer*, and it's a good time.

What were your biggest influences for Soccer?

I started writing the earliest songs in 2015, and started recording with my producer **Matthew Young** in 2016, that's when we started recording "Now She's Gone". It's been a case of recording stuff over the years from then. Back then I was really into what everyone else was into, **Mac Demarco** was the big thing. He had just been at Laneway, and that was kinda the vibe. A lot of my songwriting came out of what he was doing. But, it wasn't until I sat down with Matt to get some of the tracks produced, and he said "what's your spin? What's your take on this? Because Mac Demarco is already doing Mac Demarco. You can't do it as good as he does it."

So, for us it was really about taking that whole guitar-alt-pop that was, and still is, really big and giving it a full hi-fi, really crisp, really polished, glistening wide stereo sound to it, versus the bedroom lo-fi that was really popular.

Honestly, there are just so many influences that have accumulated, like **HERS, Boy Pablo and BENEE**, there are also playlists that I have been making since 2016 that have three or four hundred songs, and their influence are all throughout the tracks on *Soccer*.

What did the writing process look like for you?

The actual writing is kind of as cheesy as they come. It's all, especially the early tracks, out of heartbreak as a lot of songs are. Break-ups, getting dumped, long distance, all the hard yards dumped on you at once. I have actually found it really hard writing more recently because generally I'm quite happy. It's not that I am bad at writing songs when I'm happy, I just have more experience writing songs when I'm sad. As

a teenager, when I first started writing, there is a lot going on that you don't necessarily understand, and it was easy to put that into words. But now, no one wants to hear about your mortgage repayments, well, I mean *maybe* it is the next millennial banger. But yeah, nowadays it's trying to find a way for words to express universal good things that people experience, figuring out what those are, the simple joys that people recognise and feel, and then write those into songs.

Do you have a favourite track on Soccer?

Oh man, do I have a favourite of my songs, that's really hard. Live, I really love playing "Ocean Lover", it's so fun to play, I find it is the easiest one to tap into some emotion on and get moody and deep with. But then I also get to thrash out and have a fun guitar solo. I mean, I have only played them live once, maybe twice technically. Playing "Now She's Gone" with a saxophonist at the gig was amazing. So yeah probably one of the two of them. But also "Waste Away" is really important for me. I should probably just make a roulette wheel of the three and see what one it lands on.

How do you think the gig went? And when's the next one?

Yeah, the gig went really well, thanks. I was really happy with it, there were a lot of people there. Often the first gig is lots of friends and family out there to support you, but there were quite a few people I didn't know, and I went up and talked to them and was like, "Hi, I'm Jake, have we met before?". And they were like "Nah, we've never met, we just decided to come to the gig". It's like, thanks for coming, you could've been anywhere but you come out to see my gig. It was a big success.

When's the next one? I don't know yet, but there are things in the works, not for me, but to support some friends of mine. I can't lock in anything 100% but it's definitely the beginning of some fun stuff on the cards.

Thanks for your time Jake, we love the new EP and had a scrumpy-fuelled blast at the gig! Go listen to Soccer, available on all streaming platforms, and check out Jake Love on instagram: @jakeloves.ya



Fuck I wanna play Sly Cooper now, Jesus Christ

LACHLAN MITCHELL

At the time of writing, the Playstation 2 was just celebrating its 20th anniversary, resting in its earned laurels as likely the most successful console of all time - not just in obvious and near-insurmountable market share and financial success, but as the All Mother of the most varied and well-regarded game library we will likely ever see. This is assuming Fully Luxury Automated Communism doesn't turn its efforts towards the proletariat dream of, in the words of Revolver Ocelot, 'a console to surpass the Playstation 2'.

It is impossible to overestimate the impact of the PS2 - I'm not too interested in talking about the financial side of things, because fetishising the amount of money funnelled upwards in society is grossly wrong to me. But to give a quick rundown of things - estimated

units sold range between 155 to 158 million separate consoles, the indisputable king of the console boom; almost 4000 individual games were licensed for sale, of which hundreds can be said to form a an overwhelming portion of the canon of modern #gaming; and

it was still worth the cost of producing them until 2013, the eve of the PS4's release. That's some king shit, to put it mildly.

But I'm more interested in what the PS2 means in a cultural context. Nintendo's one-two punch of the NES & the N64 did the job of making gaming a viable pastime, through their stability allowing the public to come around to the prospect of investing in a home console. They did the hard yards of saving the industry from becoming a niche interest. But the PS2 remains an indelible presence in the cultural consciousness because of the sheer ubiquity of what it could bring to the table compared to previous offerings, and the time it arrived.

A lot of the PS2's love in our minds comes from the sheer luck of the time it was marketed, and Sony's quick identification of the themes of the day. The year is 2000 – through the hard work of thousands of coders and software designers, and hundreds of thousands of collective hours between them, Y2K is averted and what was once an existential threat is callously misremembered as a global society's naive exaggeration.

We can love technology again! The utopian future is ours! Once the fate of humanity was assured, we could look onward and upward as we did before. Sony, acutely aware of this general feeling of pre-9/11 optimism, brushed aside their aging PS1 to release the console of the future, tapped in with all sorts of edgy marketing to tap into the lingering *Matrix* Is So Fucking Cool vibes still present at the time. Sony presented the PS2 as an antidote, the sexy pill to the leftover Luddite brain rot that the threat of Y2K had briefly stirred up. It was the iMac of the console boom, neatly able to insert itself into society's idea of what 'sleek' meant – while the iMac prided itself on its neon transparent plastic coverings, to be used by Ally McBeal, the PS2 sold itself as the obsidian-layered & aloof girl that you (as envisioned by creepy ass marketing departments) kinda wanted to fuck. The Angelina Jolie-in-*Hackers* of consoles.

But more than that, compared to the previous cultural kingpin N64, it was highly adaptable; Sony was far more willing to allow violence and mature themes in their flagship properties, as it had no intention of tying itself down

as a 'family' console – it was for the individual, and so it could risk a lot more in terms of what IPs it could potentially offer. The lack of sheepishness towards what the PS2 would open its legs for solidified its reputation as having one of the most varied libraries in all of gaming – while the brothel was regulated, it was a brothel nonetheless. As long as you paid up, all comers were okay. More than that, it was perceived as technologically far more 'in the moment' than PCs or other consoles at the time; the PS2 gained notoriety as the cheapest DVD player around, because it could do all its advertised functions while still letting you watch the lesbian kissing scene in *Cruel Intentions* at 10pm, once you got bored of *SSX*. The PS2 set out to kill the DVD player market before it could get off the ground, and while it didn't quite succeed, there was little Panasonic et al could do to fight off their competitor.

Even once 9/11 systematically destroyed any hope of the utopian, gleaming toga-wearing future the year 2000 promised, the PS2's appeal remained evident in the type of rumour

that unfortunately wouldn't be allowed to exist nowadays, because it would have unironically gotten someone killed. The PS2's place in pop culture became evident when it was rumoured that Saddam Hussein had bought 4000 of them to amalgamate as some kind of supercomputer, subverting America's hegemonic threats with the unbridled power of Iraqi *Urbemensch* engineering. It naturally didn't hold any water, as the PS2 had trouble loading *Jak & Daxter* at times, let alone the bulk of Saddam Hussein's missile program.

But that was the imagined power of the PS2 at the time – the collective adoration for the console that had brought us *Final Fantasy X* could have been the harbinger for our doom, because we allowed it to have such power! Oh, our folly! In a way, the threat of destruction by Saddam Hussein allowed the PS2 to develop a whole new kind of staying power that Sony's marketing department could have never dreamed of. Happy anniversary, baby. I still love you.





Anthony McCarten: The Art of the Commercial Biopic

ROBBIE DELANY

A biographical film, or biopic, dramatizes a real person or people in an event that supposedly happened. Think Oscar Schindler in Schindler's List or Jackie Kennedy in Jackie. In a nutshell, the execution of these films can go one of either of two ways. The first being a picture strictly adhering to non-fiction, examining historical events glazed by scientific, cultural and political revolution. Conversely, biopics can also say "fuck that" and present a film which only vaguely resembles their protagonists for whom they are based on.

For example, Todd Hynes experimental film *I'm Not There* used seven different actors to portray various aspects of Bob Dylan's life, not even referring to the character as Bob Dylan in each of the chapters. What generally binds these two methods, especially the first, is that they are clear Oscar bait contenders. Funded and marketed for the exclusive pur-

pose of winning awards to increase the penis size of the studio. Without Oscar grabby commitments, biopics stand very little chance of being commercially viable in the Marvel age. Compare the revenues of the heavily Oscar marketed *The King's Speech* (\$424 million) against the modestly marketed *Mr. Turner* (\$22 million). This is a very blanketed

statement with too many holes and crevices to count but I'll stick with it for now. Yet, within the last decade, a major Kiwi screenwriter has been at the forefront of the biopic, gaining both financial and Oscar attention for his past four films. Taranaki-born Anthony McCarten has mastered the art of the commercial biopic.

McCarten started his career in Wellington as a successful novelist before fucking off to Hollywood in search of bigger dreams and deeper pockets. Unlike Taika Waititi and Peter Jackson, his films show no depictions of the landscapes nor peoples of the fatherland. In 2014, his first major studio film *The Theory of Everything* was released to enormous critical and commercial gain (five Oscar nods, including best actor win for Eddie Redmayne, and \$123 million in box office receipts). The film details the early life of the late Stephen Hawking and his struggles with amyotrophic lateral sclerosis (ALS). McCarten is not interested in the mechanics of black holes. Rather, he shines a light on how Jane Hawking devoted herself to husband Stephen, and how this commitment may have kept him alive until his 70's. Yet, the film grossed twice as much as *John Wick*. Does this suggest audiences do not care about science, opting to engage see in stories grounded in human relationships with characters they sympathise for? Potentially. But films devoted to scientific explanation, such as *Interstellar*, *Contact* and *The Martian*, garnered hundreds of millions in profit. If the answer to McCarten's success exists, an examination of his more recent efforts will be necessary.

Following the success of *Theory*, McCarten was hired to write the screenplay for 2017's *Darkest Hour*. The film is an account of Winston Churchill's early days as PM during WWII, the backdrop of his classic "we shall fight on the beaches" speech which your dad thinks he can recite but actually can't. Similar in tone and setting to 2010's *The King's Speech*, *Hour* is a smartly mounted, yet somewhat pretentious war film from Director Joe Wright where words and vocal cords are the weapons of choice. McCarten's script is fine-tuned, paced adequately and featuring more arguments than a divorce hearing. However, Wright's direction, along with Gary Oldman's performance, feels slightly forced. Regardless, the public and Academy interest could not be undone, garnering \$150 million at the box office with six

Oscar nods, including Best Actor for Oldman. A pattern has emerged. Is the acting of great, complex characters the reason which has garnered McCarten's films so much acclaim? A fair statement, one which is certainly justified in his next biopic, 2018's *Bohemian Rhapsody*.

After the success of *Hour* and *Everything*, McCarten was starting to make a name for himself, making him the ideal choice to pen the screenplay of *Rhapsody*. I have a few problems with *Rhapsody*, summed up nicely by Brian May's defensive statement "We don't follow formulas" during an elusive record deal signing. The irony of this statement is cringeworthy. Rami Malek's outstanding performance aside, the handling of Mercury's off-stage life is the fault of this film. It gently surgically dissects Mercury's relationship with girlfriend Mary Austin, and the implications of his homosexuality. Yet, Mercury arrives on the screen fully baked and lacking any sense of anxiety for his future. Absent are the *Wolf of Wall Street* type parties, drag queens and cocaine snorts which a bolder film may have depicted. Yet, the M rating may have restricted such Scorsese-esque nuances from being explored. Despite the definite tumble from McCarten's last efforts, *Rhapsody* scored five Oscar nods (a win for Malek) and \$903 million globally. Why? Well the performance is certainly a factor. But most likely because McCarten capitalized on one of the most popular bands in history, led by one of the most eccentric and charismatic singers of all time. I saw the film for this very reason. McCarten may have delivered a safe picture, demonstrating the power of the performer Freddie Mercury, but not the person.

Finally, we arrive at McCarten's latest, and arguably his best, biopic *The Two Popes*. This film follows Pope Benedict XVI trying to con-

vince Cardinal Bergoglio to reconsider his decision to resign as an archbishop. While the film deals with figures who are still monumental, they are not as well known as Hawking or Mercury, granting McCarten a larger brush to exercise his artistic license. The story mirrors the political landscape of today. Pope Benedict XVI carries a conservative stance on the church's duties, whereas Bergoglio envisions a progressive church destined to commit to gender equality and climate change. This truly reflects the battles of the left and right agendas, with a middle ground stretch thin by the adjacent personalities. Although not a commercial success (released on Netflix to avoid any loss of revenue), the film showcased McCarten's maturity as a screenwriter, earning a best adapted screenplay nomination for his efforts.

Anthony McCarten's films are grounded in strong performances against a backdrop of history defining events. In a screenwriters' career, one is lucky to pen a film worthy of box-office hype and Oscar buzz. Yet McCarten has managed to achieve such a goal four times within five years. Why his films have achieved such unprecedented success is an open question. Is it the quality of the writing? Not necessarily. While most of his films are compassion pieces, *Rhapsody* resembles more of a compilation of greatest hits than a genuine album. The popularity of the characters? Quite possibly, but combined with the public curiosity of how a well-known actor will integrate the skin of a superstar. McCarten may simply be fortunate to be hired to compose screenplays pop-culture icons. Combined with clever marketing and tolerable direction, McCarten has emerged as one of the most successful biopic screenwriters of the 21st century. His films are profitable and deserve to be studied to a scholarly degree.

"Anthony McCarten's films are grounded in strong performances against a backdrop of history defining events."



Auckeats

SHERRY ZHANG

Sherry Zhang caught up with food instagrammer Ayaan Shaikh @auckeats, on how reviewing his brunch (with help of a few friends) helped him make a bit of extra \$\$\$ on the side, but more importantly open up a community and job/industry opportunities. Ayaan is currently a 4th year commerce student finishing up his graduate diploma marketing, and works as a social media marketer for a startup.

I met Ayaan Shaikh in my first year at Uni Hall Apartments. He was the flatmate I got to know last. But after a few drunken nights out, and a particularly memorable one when he grabbed a tampon for me to plug up my bleeding nose while I sat on the bathroom floor, we bonded. It was a good time.

So you can't blame me for laughing when out of the blue one day he said "I'm going to start

a food instagram. I'm going to get free shit, you just watch it."

Three years later, Auckeats has nearly 8 thousand followers, and he's definitely gotten more than just a bit of free shit. Scrolling to his first few posts was a trip down memory. I'm pretty sure I was hungover at our brunches as he took food at different angles and polished up slick reviews.

Ayaan: "I know, it started off as a bit of a joke. But then I really started enjoying connecting with the community. It's lovely, the Auckland foodie community. We just go out, eat nice food, enjoy nice company."

Sherry: "What's the community like?"

Ayaan: "I'm mainly friends with students. Others are working professionals. So their budget is obviously a lot different. But regardless, everyone is interested in exactly the same thing. It's very niche. 50 of us foodies in the Auckland food scene. I'm even flatting with one now." *(I guess the pictures I sent Ayaan were never good enough to continue to be his flatmate)*

Sherry: How do you find balancing it as a student?"

Ayaan: "It's difficult... look I'm eating out way more than I am getting free food. I have to maintain the gram, reach out to the followers. And once in a while I get stuff from PR agencies, but it's always once in a while. It's a nice little surprise. Like, Fuck I just failed my test, oh I got some free Ben & Jerries... all good. Also with flatting, saving on cooking helps."

In the middle of our interview, Ayaan pauses and asks if I wanted some free gift tokens: "Oh I got the job through the Gram, the client reached out to me to do social media marketing. I was lucky I got the job because they were recruiting at the time, but also I had a portfolio I could show them of my social media marketing skills with Auckeats. It's a nice part-time job during uni."

Sherry: "I remember visiting you at your job a few summers ago... Carl's JR at 11pm every night?"

Ayaan "Yeah fuck that."

Sherry: "Would you be an Influencer?"

Ayaan: "I absolutely would not do influencing as a full time job. I don't know if I could manage doing it full-time with uni. I still wanna pass my classes. AuckEats isn't my end goal, I just want the transferable skills... Then get a fuck ton of money."

Sherry: "Yeah cuz you used to do Finance Economics?"

Ayaan: "I realised that's not for me. And doing this Food blog, really opened up marketing for me. That's also why I'm not gunning for a Big 4. It just made me see things a bit different. I'm leaning more towards startups."

Sherry: "How's your current part-time job going?"

Ayaan: "I find the growth interesting with small companies. Last week we did a giveaway on my work account. In a week we gained 1000 followers. Like 1000 people are taking the time out of their day to listen."

Sherry: "So you're doing social media marketing alongside your food instagram... are you making Bank from Auckeats?"

Ayaan "Not like a bank, but a side hustle. It's not something I rely on personally, it's very competitive. It's a bit too much sometimes, especially if you think about lifestyle influencers. I'm an expert in food in Auckland, but that's all I'm qualified for. Don't ask me about beauty."

Sherry: "How has this shaped your relationship with social media?"

Ayaan: "Haha god I hate it. I'm on my phone and computer all the time. But it is interesting, it's a two way chat. Building a community is so easy. But working in social media is constant. It's hard to make boundaries. Notifications pop up. I kind of need to answer but I

don't want to."

Sherry: "What's your approach with Auckeats?"

Ayaan: "With food reviews, I'm honest but I'm lenient. I'm aware that with small business, it sticks. You have a platform, so use it not to harm others. You can't destroy people's business cuz you don't like one piece of sushi."

Sherry: "What's next?"

Ayaan: I've been doing Two years of AuckEats. Growing it isn't my priority anymore. But more about meeting people, trying new things, eating new foods. A side thing to keep me sane. Cuz Uni is a shit show. Life is going to be a shit show when I graduate. I don't wanna slam it out.

Ayaan's Top tip for \$\$\$\$ outside of the box

Social media marketing: Schedule posts to optimise audience and time. I'm on three accounts, I spend one hour a week making and scheduling it. Social media is toxic: you don't want to look at the phone all time.

Networking: but not in the conventional way. If you know them on social media, reach out. Talk to your peers, honestly they are so smart. Have a chat, refer to your friends. I got my first job from LinkedIn. Especially if it's a small company they'll most likely reply... But big companies: apply through their portals.

"Building a community is so easy. But working in social media is constant. It's hard to make boundaries. Notifications pop up. I kind of need to answer but I don't want to."

Stop Listening to Egg Sheeran

Alternatives to aggressively boring pop music

SAMANTHA PUTT

Are you a fan of Pop music but sick of hearing Camila and Shawn whine over each other? Do you not have that yummy yummy? Do you love Billie, but in deep with industry plant conspiracy theories? Where is Lorde's third album? Samantha Putt (who told me she was blocked by Taylor Swift in 2014) brings you a starter pack of pop music that does not include that insufferable Dance Monkey song:



Carly Rae Jepsen

Recommended if you like to wax poetry about tinder fuckboys on your finsta (they're not gonna text you back). Rupi Kaur has got nothing on you.

Essential Tracks: Run Away With Me, Want You In My Room, Cut To The Feeling, Body Language, Boy Problems.

Rina Sawayama

Recommended if you're nostalgic for making dance routines with your cousins in 2006. Or blaring big rainbow energy from your car as you pull into the mall parking lot. Ciao x

Essential Tracks: Alterlife, Cherry, Cyber Stockholm Syndrome, Comme Des Garçons (Like The Boys), Take Me As I Am.

Christine and the Queens

Recommended if you don't enunciate your words and people are always like 'huh?' when you speak. Very french, very chic, very nu.

Essential Tracks: Girlfriend, Gone, People (I've been Sad), Tilted, The Walker.

Mahalia

Recommended if you've daydreamed about winning American Idol. (Lifestyle editor note: I distinctly remember Sam telling me to stay for Mahalia, however I fucked up and my dumb high ass ended up amongst tik tockers at Benet. god i wished i stayed for Mahalia.)

Essential Tracks: I Wish I Missed My Ex, 17, Simmer, Do Not Disturb, Sober.

Mitski

Recommended if you regularly disassociate and stare into the void at house parties. Sometimes the void screams back. Sometimes... it's just your heart breaking.

Essential Tracks: Your Best American Girl, Strawberry Blonde, Pink in the Night, Nobody, I Bet on Losing Dogs.

Rosalía

Recommended if you want to carbonate weed butter while wearing lingerie/ silk boxer shorts. Doesn't matter if it's from Kmart or Lonely Lingerie. As long as it's Black. You sexy motherfucker.

Essential Tracks: A Pale, Yo x Ti Tu x Mi, Brillo, Aute Cuture, Malamente.

Charli XCX

Recommended if you have seriously considered buying black mesh pants. Charli loves to fucking party and so do you. Just pretend Fancy didn't happen, it's better for us all.

Essential Tracks: Vroom Vroom, Unlock It, Blame It On Your Love, Boys, Girls Night Out

Dua Lipa

Recommended if you have bleached your hair in the bathroom at 2am on a Tuesday night. Yes, I know she was the New Rules girl but this album circle she has been standing on my neck! Bring back disco already, Dua!

Essential Tracks: Future Nostalgia, Physical, Don't Start Now, Electricity, Be the One.

Lizzo

Recommended if you've ever tried to replicate a twerking tutorial alone in your room. But more importantly, if you've tried and failed, and are looking for a subsequent confidence boost.

Essential Tracks: Juice, Phone, Tempo, Pants vs Dress, Boys

Janelle Monet

Recommended if you've done acid once but won't shut the fuck up about it. This was Prince's final contribution to music as a producer, so you can pretend to listen to him also.

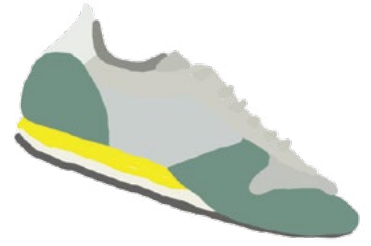
Essential Tracks: Take a Byte, Tightrope, Pynk, Make Me Feel, Venus Fly.

Scan the code below to be linked to the playlist- go forth and never give Adam Levine another cent!



SELF-TORTURE

Gabrielle McCulloch tries running towards her problems.



GABRIELLE MCCULLOCH

Tuesday afternoon. 4.13km. My plan to make it five kilometres today did not withstand the overwhelming desire I developed to just stop running. My Nike Run app tells me I started out fast then slowed to a grandma crawling. But, in the wise words of the iconic 2007 Miley Cyrus, "everybody has those days".

Why the self-torture? Well, non-existent interlocutor, thank you for asking. I'm training for a half marathon. Both my parents compete in the Rotorua Iron Man, a border-line psychopathic level of fitness. This may help explain their Christmas gift this year: entry into the Rotorua Half – for my whole family.

I seized the challenge earlier this summer, but then immediately stopped seizing it because it was hot, way too hot to run and like... I'd probably get sunburnt and stuff. So, I did what university students are infamous for, something of a personal forte of mine, I procrastinated.

I now have nine weeks to train, and all the training programs I've found online were at least twelve weeks long. Guess it is truly time to get running again. I've got to get my puffing red face from my standard 5km fitness level to 21km before the time is up or be the Most Unfit in My Family – beaten out by my brother, my brother's girlfriend, my little sis, and both my crazy ass fit parents.

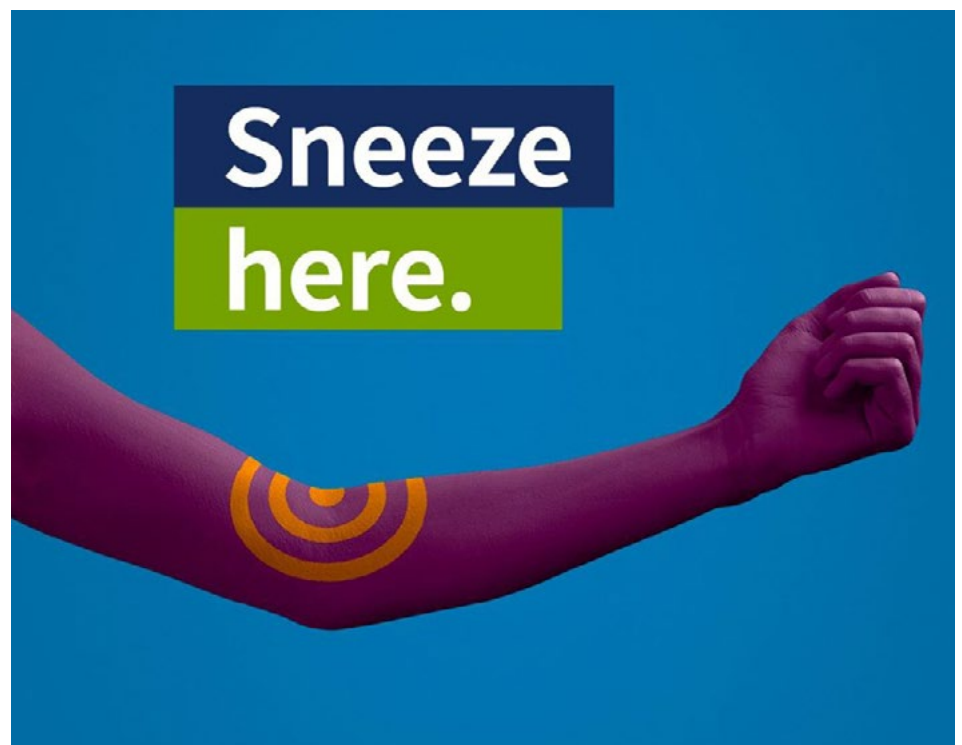
In the interest of full disclosure, this is not my first venture into running. The first (and only) half marathon I've run was in my first year of university. I ran it with my flatmate, who pulled out halfway through due to overhydration – something neither of us knew existed. We camped out at the med tent for the morning, and I may have sneaked a medal for her from one of the lovely people at the finishers line. But my running fell to

the wayside over my Uni Exchange, along with my fitness motivation.

Now, I'm moving into a new flat, into a technically-post-grad stage of my degree (*is honours post-grad? am I 'post' something yet?*), and into everything else that comes along with this strange mock adult stage in life. But when I'm fit, everything else falls into place. I find myself with more time, not less. I just have to get there.

Thursday morning. 5.km – on the dot.

I made it to the mark that I couldn't make just two days before. And, surprisingly, I felt good the whole way. Running is a great way to explore this new area of Auckland. The only problem is, with these unfamiliar streets, I end up running down dead ends, circling back, then surrendering it all to Google Map. I still have a long way to go. But sticking with the sage words of the great philosopher of our generation, "it's all about the climb".



Rosalea's Weekly Picks 16-22 March

ROSALEA CATTERSON

It's money week and I'm poorer than ever! Going out, getting some great snaps and having fun doesn't mean you have to break your budget and dive into those precious course related costs. I've found some free gigs and events around the city this week so you can save all your money for some St Paddy's Day treats while also keeping yourself busy the rest of the week.

Wednesday 18th- Free Sunrise Yoga

If you can drag yourself out of bed following the St Paddy's Day revelling, this is a prime opportunity to realign your chakras and start afresh. From 7am in Western Park, Ponsonby; activewear brand WE-AR is hosting a free yoga session welcome to everyone. All you have to bring is the good vibes and a yoga mat. We've all seen those "free yoga classes" pamphlets and posters around town that are definitely some form of cult initiation, but I can guarantee this event is legit and it even promises free bananas at the end of class, Namaste!

Saturday 21st- Dog Day Afternoon at Silo Park

Almost too good to be true, Silo Park is hosting their annual Dog Day Afternoon this Saturday. People are encouraged to bring along their dogs for a day of fun activities for humans and canines alike. Whether you're missing the family dog, dreaming of adopting your own, or bringing your pup to make some friends, there's literally no reason to not go along! Uber literally just introduced UberPet so don't even stress about transporting your pooch.

Sunday 22nd- George FM Blush Crush Sessions

If you're keen for a bit of a roadie, convince your flattie with a car to drive you up to The Hunting Lodge in Waimauku this Sunday for some late afternoon, late summer house tunes spun by your fave George FM DJs. Only a 30min drive out of the city, make a day of it and hit the Western beaches in a last ditch effort to hold onto summer. (Fuel is \$\$\$ but getting sand stuck EVERYWHERE is free). The Hunting Lodge is a flash winery, and the doors to its gorgeous 80 acre plot aren't usually open for free to a bunch of breathers, so pretend you're classy and take advantage of this Wonka-esque moment by getting amongst the scenery to get that perfect fomo inducing snap."

Auckland Arts Festival

The Auckland Arts Festival kicked off last week and I've not given it a shout out yet. While a lot of the events are unobtainably pricey, it's still possible to be cultured on a budget! The programme is full of free installations, exhibitions, talks, lectures, and gigs around town over the next few weeks. This week, you can check out Ōtairongo at Artspace on KRD, a gorgeous immersive exhibition that celebrates and explores

wāhine Māori through new forms of media. On Thursday night, head over to Artspace to hear the Artist and her subjects dive deeper into the installation at the event called "Te Oro O Te Wahine Māori".

AUSA's "How Much is That?" Competition

Fancy a bit of free stuff? All this week AUSA will be running their "How Much is That?" competition. The premise is simple: walk into the AUSA house, look at the stuff they've laid out for the day, and try and guess how much it's all worth. If you guess wrong, you don't get anything - but guess right, and you get to keep it. The competition will be running every day of the week, so it's definitely worth swinging by to try your hand at a bit of 'Price is Right' guesstimation.



YOUR BIG GIG GUIDE

FOR 16-22ND (FOR UOA & BEYOND)

MONDAY 16

FREE YOGA MONDAYS

6pm and 7pm Ponsonby Central

UN YOUTH AUCKLAND TERTIARY PUB QUIZ

6:30pm Vesbar

AUSA'S "HOW MUCH IS THAT?" COMPETITION

9am - 4pm AUSA House (Every day this week)

TUESDAY 17 ST PATRICK'S DAY!

ST PATRICK'S DAY AT O'HAGANS!

All Day O'Hagans Irish Bar

ADIDAS RUN CLUB

5:30pm Adidas Britomart

YEAR OF THE TIGER

6:30pm Basement Theatre (Every Night until Sat 21 Mar)

ST PATRICK'S DAY QUIZ

7:00pm Freeman & Grey

WEDNESDAY 18

FREE SUNRISE YOGA

7am Western Park

VELOCITY LAUNCH 2020!

6pm OGGB

THURSDAY 19

CHIASMA LAUNCH NIGHT

6pm OGGB

MEAN GIRLS QUIZ NIGHT

6pm See Facebook for Details

UASC WELCOME PARTY

7pm Shadows Bar

FRIDAY 20

METROGAINE

4pm The University of Auckland

TE ATATU NIGHT MARKET

5pm Te Atatu Peninsula Community Centre

SILLO CINEMA: 10 THINGS I HATE ABOUT YOU

5pm Sillo Park

A NIGHT OF DRUM & BASS

7pm Logan Campbell Centre

SERATO X ROOM ONE PRESENTS: IMPALA TAKE OVER

10pm Impala

TS7

10pm AV Club

SATURDAY 21

PONSONBY MARKET DAY

All Day Ponsonby Road

DOG DAY AFTERNOON

12pm Silo Park

CODES OF AUCKLAND: BLUES VS BRUMBIES, WARRIORS VS RAIDERS

5pm Eden Park

QUEER AF - HONEY

9:30pm Basement Theatre

GEARED: AUTOMATA

9:30pm Whammy Bar

CODD DUBZ

10pm Impala

SUNDAY 22

ROOFTOP SUMMER SERIES 3

2pm Rydges Hotel

GEORGE FM BLUSH CRUSH SESSIONS

3pm The Hunting Lodge

GENERAL COLLECTIVE MARKET

9am - 4:30pm ASB Showgrounds

ROBINSON

7pm The Tuning Fork



WHO ASKED YOU

ISSUE #3

Welcome to Craccum, where we put the “agony” in “agony aunt.” We’re not qualified to deal with your problems, but neither are you.

HOW IN THE EVER-LOVING FUCK DO YOU DECIDE HOW SICK IS TOO SICK TO GO TO LECTURES? NOT ALL OF THEM ARE RECORDED, BUT I DON’T REALLY WANT TO BE THE DETONATOR FOR A LECTURE-WIDE PANDEMIC.

MAKE FRIENDS IN YOUR LECTURES. If you know people in your lectures, then you can ask them for their notes if you miss a class, or you can at least get them to tell you the gist of the lecture. I know, ugh, people, but trust me, this will save your fuckin’ life. You don’t have to have them as your maid of honour, or even really like them, but you need to know someone well enough that you can borrow their notes when you’re transformed into a fountain of puke. Plus, if you take a chance and talk to someone, you might find that you actually like them – unlikely, but possible. Having someone to sit next to is always nice, especially when you’re new.

I get that lecturers who don’t record classes are trying to preserve the moral sanctity of *learning* or whatever, but all they’re actually doing is penalising students who have extenuating circumstances, and forcing us all to sit in the spit-spray of some poor fool who’s coughing up their lung whilst trying to learn about the three branches of government. One of my lecturers decided to follow up that dull-as-dish-water corona virus video with a hearty rant about how you’ll fail if you don’t come to all your lectures. We can’t have it both ways, people.

In short, non-recorded lectures are ass. If you have friends in lectures then you have a fall-back plan if you’re sick because they can show you their notes. You should talk to the person beside you so you can use them for your own gain. Man, I’m a really good person – wonder why I have no friends?

CRACCUM’S CRACKIN’ TIP:

Don’t buy all your textbooks straight away. Most of them will never be opened. Go to class for at least a week before you decide if you really need it.

1. Here’s how to know when you need to drop the cash for a textbook:
2. The lecturer often brings it up/teaches from it
3. Exam questions mention it (ask your tutor if they will, or look up past exams)
4. Your tutorials have required readings from the textbook

Otherwise, spend that money on Sensational Chicken and thank me in the morning.

DOLLAR DOLLAR BILLS Y'ALL

PISCES

FEBRUARY 19 – MARCH 20

As the birthday sign, there's a very good reason for making not-strictly-necessary purchases this week. Straight to the Sugar Club at Sky City, or maybe a Yu-mei bag. Treat yourself, or set up a mutually beneficial arrangement with a DADDY. You are most compatible with Gemini this week, with strong 'Let's pop a bottle of champagne' sexual energy. I heard the Longroom at Ponsonby is the best place to find a Mastercard.



ARIES

MARCH 21 – APRIL 19

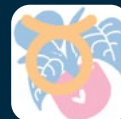
As a fire sign, you better be careful walking through all the construction STILL ONGOING AT UoA. One wrong step and you'll be sent to the Auckland Hospital emergency ward faster than the uni can pull its med students back from exchange. Hey, at least you're saving money on rent at Auckland Hospital by still using your old flatmate's Netflix account (he moved out three years ago) while eating egg sandwiches and jelly.



TAURUS

APRIL 20 – MAY 20

You've probably just finished a summer job, and feeling pretty successful right now. Re-centre yourself and align with Leo. They've got some leftover change in their backpack. You two should definitely start managing events at 1885.



GEMINI

MAY 21 – JUNE 20

Gemini is the sign that embodies 'new year, new you'. While you don't usually place too much emphasis on material goods, you are willing to invest in experiences and knowledge. As an air sign, you're looking for something fresh to occupy your attention span. This week, try dropping some cash on a new hobby, like painting with wine.



CANCER

JUNE 21 – JULY 22

As a Cancer, you're guided by the phases of the moon. You're sensitive to changes in your environment, with the wind gust of 11km, humidity of 88% and a gentler low pressure rumbling through. You need your creature comforts – I promise that dropping money on Lush products and candles and Blunt umbrellas definitely counts as a part of self-care.



LEO

JULY 23 – AUGUST 22

Leo, you're a dazzling, powerful leader. It takes a lot of confidence and energy to be you, and you're doing a great job of it. When it comes to money, you tend towards things that make you feel more successful. You're often drawn in by the 'reliability' of a purchase. Why not enhance that energy with a \$5 extra-hot triple shot latte? Or add pea protein in your Tank Smoothie.



VIRGO

AUGUST 23 – SEPTEMBER 22

Usually, you're ruled by logic and sensibility, and a set budget. It's not like you to spend money on things you don't really need, Virgo. That's why it's the perfect time to invest in things you can use to maintain your aura of perfection, like an eight-pack of rainbow highlighters. That you can use when you do your readings. In Shadz. By yourself.



LIBRA

SEPTEMBER 23 – OCTOBER 22

Libra – the balanced one. You prefer things to go your way, and have high-class tastes. Part of balance, though, is knowing when you need to let things tilt a certain way, which is what you'll tell yourself as you order Uber Eats yet again. P.S. – your Watercare bill is probably due, and you should definitely stop avoiding paying it.



SCORPIO

OCTOBER 23 – NOVEMBER 21

Scorpio, you're defined by a transformative, enigmatic nature. That's why you're associated with Pluto (the planet – or is it?). You tend to seek out varied forms of income, and you probably work multiple jobs instead of going to class. Use that income to purchase something incredibly cool – perhaps an album, or accessory – from a brand no-one has heard of... yet. Check out 95bFM's top ten for local show-gaze grunge bands to pretend to know to name drop.



SAGITTARIUS

NOVEMBER 22 – DECEMBER 21

The fire-fuelled archer on a quest for knowledge. Sagittarius, you need to be intellectually stimulated, and throw yourself into your endeavours. You also tend to be more careful with money than some of the other signs. To keep yourself from boredom, you'll spend money on a holiday or outing, with money taken out of a savings account you opened for that specific purpose (unlike Cancer who definitely tapped into the emergency flat fund).



CAPRICORN

DECEMBER 22 – JANUARY 19

As a Capricorn, you don't let anyone or anything stand in your way. You're a hard-worker, and you thrive in pressured environments. You're a good saver, too – at least, that's what you tell yourself when you won't buy a round for the lads. It's a tough grind – so you deserve a reward for your successes. Come up, surely for the boys. Thanks.



AQUARIUS

JANUARY 20 – FEBRUARY 18

You always put money towards the greater good – generous, and future-focused with your investment. Thank god Kiwisaver finally banned investing in fossil fuels through their default plan. Oh wait, but what about all the corporations that use fossil fuels rather than just produce. What about the materials used in making illegal weapons. WHAT ABOUT ALL THE LEGAL DANGEROUS WEAPONS? All of this is a weight on your shoulders. Relax! This isn't Schindler's list. Let your friends convince you to go out to a bar or a club – or even better, for a Shadz jug.



the people to blame.

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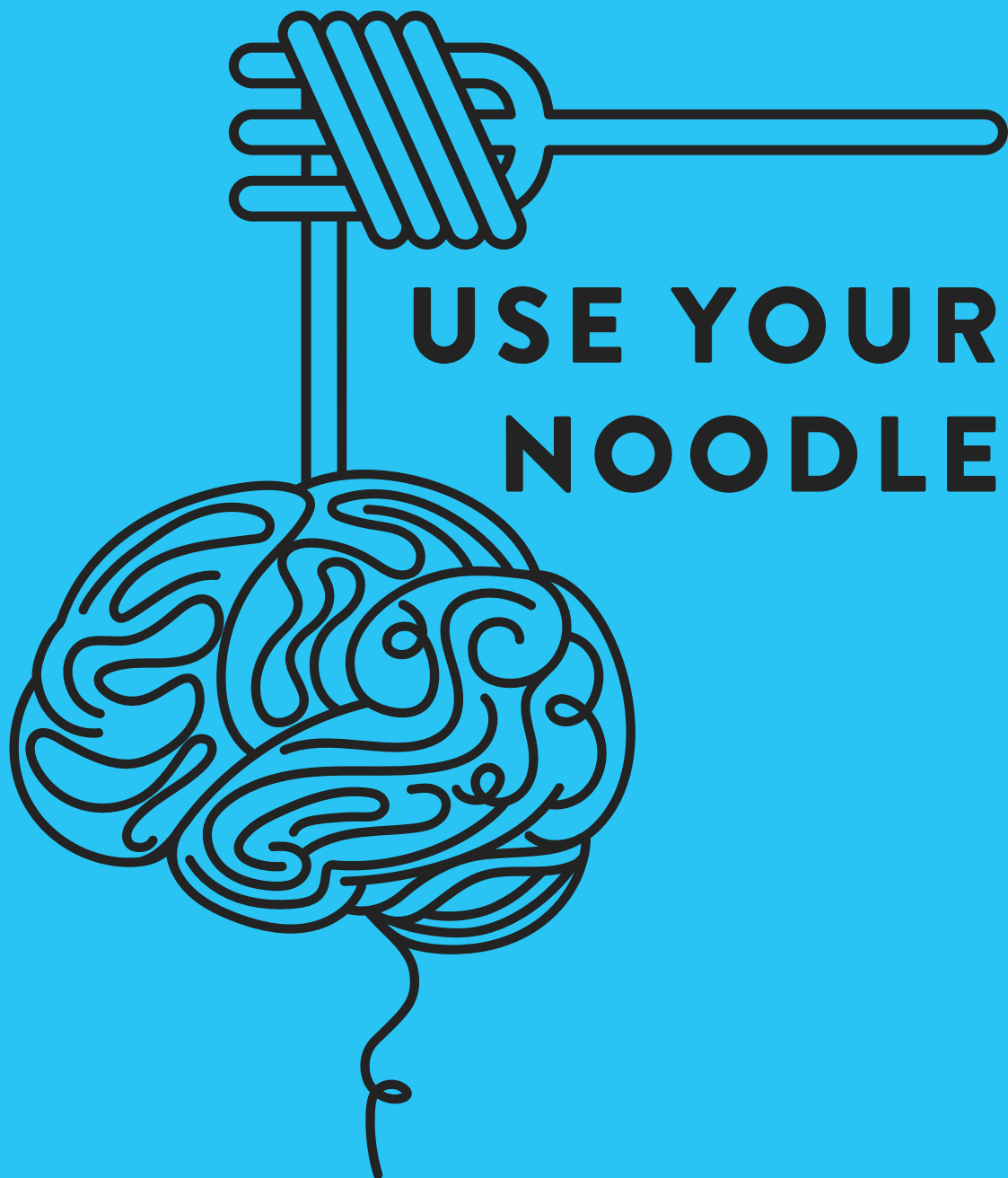
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