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Why Leave the House When You Can Stay in Your Cosy Little Bed?

Going out didn't used to be scary. In fact, it was one of our favourite things to do—we used to go out like most nights of the week. By now, we all know what to pack when we go out: a mask, hand sanitiser, vaccine pass, ID, backup mask, wallet, and keys. But after wave after wave of lockdowns and new virus variants, we're also adding another thing to the list: social anxiety. How do we really interact with other people in person anymore?

We're pretty sure that we're not alone when we say that leaving the house is becoming more and more of a daunting task. Attending Zoom lectures and meetings and watching recordings online have become the new norm—at least for those of us who are too uncomfortable to leave the house and interact with other households.

Try as we might, it's hard to get used to this "new normal", especially if you have immunocompromised friends and whānau, elderly relatives, or a weak immune system. Perhaps there's a healthy balance to be struck, but what with random people walking within an inch of your face, bad masking-wearing practices, and the terror of the two-day infection-to-symptom delay,

sometimes it just doesn't feel worth it.

So, how do we take care of ourselves, not just physically, but emotionally, mentally, and sexually? Because for real, this drought period is getting out of hand. The dating scene is rough out here. What is even the protocol for going on dates now? If the pandemic goes on for any longer, we're gonna forget how to flirt—it feels like it's been months since we've gone on dates with new people.

Gone are the days of sloppy drunk party hook-ups (may they rest in peace). And it's not just because we're getting too old for clubbing—though that is true—it's just that even three shots in, you can still see that cutie with a booty sniffing every five seconds. Unfortunately, no matter how much we want to push caution headfirst into a bus, there's no escaping the fact that we both have family members that could be seriously affected by any careless decisions we make.

There's a lot of rhetoric out there that Covid is "just a cold" or "not that bad". That may be true for some lucky people, but for others, it can mean days, or even weeks, of serious illness. For us, being cautious at this time is

hard, yes. We can feel our social skills rapidly deteriorating; our houses are getting claustrophobic; and we miss our friends, and having regular sex. Not to mention that Zoom makes us want to throw our laptops into the sea. But however scary, exhausting, and stressful this wave is, we're all in this together (as cheesy as that sounds).

Because it's not just the virus—rife disinformation, scaremongering and a lack of empathy are all contributing factors to the fear we feel leaving the house. But if you think back to those first days in 2020, there was a sense of trust in the community. Trust in one another, and trust that we'd make it through. Although it's been a long and exhausting ride since then, that sentiment still holds true. We're not alone. If we're all a little more careful, a little more empathetic, and a lot more gentle, there will be an end in sight. Mask up (if you can), give us some damn room, take your gatherings outside, report your RATs, and stay inside if you're sick. We can do this. Kia kaha, 加油!

XOXO

Arohanui,

Flora Xie and Naomii Seah.

UoA Might Not Care, but AUSA Does



CHARLIE PARKER

AUSA Cares is a project by AUSA to provide care packages to students who need food and living resources.

The project was developed from the food package system that AUSA had running, with all students being able to get a free food package from AUSA House. The new AUSA Cares scheme includes more than just food, and also includes sanitary products and hygiene products; as students were still struggling to be able to afford the basic necessities to live.

As the University of Auckland was granted more funding by the government, the University offered some of the monetary resources to AUSA that allowed the project to develop from just food to care packages.

During the Red Light stage of the New Zealand Government's Omicron response, AUSA has been unable to open AUSA House and has been providing students with coupons for living essentials instead. They are currently looking into

delivering care packages to students in halls, and developing the care packages so they can become more accessible to students who are isolating.

Ishie Sharma, AUSA's welfare officer, said that the scheme had been "really successful so far". The food parcels alone were popular among students, with the hope that the care packages will become even more successful once AUSA House can open again.

Ishie also mentioned that they are trying to develop the care programme with even greater resources, so that the care programme can help students in a variety of ways. Ishie could not currently comment on some of the plans that were in the works, but urged students to "watch this space".

To apply for a care package, you can go online to: <http://ausa.org.nz/cares/>

news. | hearsay.

Look Over There! UoA's New Plan to Distract From Construction Delays



JESSICA HOPKINS

Two years on, the pit that once was a functioning University campus is still under construction, and students and staff are sick of it.

Most of us studying right now will never get to enjoy the promised state of the art recreation centre or world-renowned green infrastructure, but UoA has strategically placed some decor to improve the campus in the meantime.

Perhaps inspired by the Parks Committee of Pawnee, UoA has launched its own Sub-Committee for Pit Beautification to appease the masses who are tired of looking at a mound of dirt every time they come to campus. A colourful array of plants and strings of fairy lights can be found around the City Campus Quad for the few people that still study in-person to enjoy. Leslie Knope would be proud.



The University told *Craccum* that their Grounds Team rolled in several planters in front of the site's hoarding for the enjoyment of those using the Quad. They hoped this would "help play down the Recreation Centre construction site's impact and enhance the campus experience."

The move has proven to be a successful diversion from the ongoing renovations for some. Students on campus told *Craccum* that they enjoy the "aesthetic vibes" of the fairy lights, and described the decor as "wholesome." Although, those working around the construction noise, or paying student services fees might say otherwise.

PICTURE OF PIT TAKEN BY CRACCUM IN MARCH 2021
(BUT IT BASICALLY STILL LOOKS THE SAME).

Law Students Mediate Another Win

CHARLIE PARKER



The University of Auckland has won the ICC International Commercial Mediation Competition for the fourth year.

The competition is designed for students to practice international mediation, a common practice for lawyers where two parties try to come to an agreement or settlement outside of the court.

This year, 48 teams from 34 countries participated in the event, gaining a total of 450 participants. The University of Auckland team consisted of Spencer Barley, Anna Paton, Karan Kalsi, and Nick Stewart. They were coached by the 2020 winners Susie McCluskey and Keeha Oh.

When speaking with Spencer Barley and Karan Kalsi, they said, "I think you randomly stumble upon it at school," and that you signed up not knowing much about the competition until you're in it.

Karan said, "I became really excited sort of as the process went on; and I think what kind of makes it a bit different is that at law school things can just get boring and academic. It feels



like you're often distanced from the human element of... the law, so to speak"

The two both agreed that it was a test of their EQs, and made them rethink how interpersonal relationships work and form. It allowed them to understand that the power of words and their framing is critical to keep the peace between two parties.

Spencer also noted that this is not only a personal success, but one that should give credit to the University. He said, "Just the fact that the University has won four times in a row says something about not just us, but the coaches and the support network that's built around the competition. It's like whatever that wider network is doing... you know it's doing something right."

Both the students recommend signing up and giving yourself a new perspective on your law degree.

Support is Nice, Money is Better, Says AUSA

JESSICA HOPKINS



Last week, *Craccum* reported that the University of Auckland plans to use the government's well-being funding to expand campus care, AUSA care packages, and its health and counselling services. The University told *Craccum* they will continue to discuss hardship issues affecting students with AUSA, but we did it first. Dawn if you're reading this, you're welcome. I did your job for you.

Welfare Vice President, Ishie Sharma told *Craccum* she hopes this funding will allow AUSA to provide more direct support like hardship grants and food packages. "Currently, our budget for hardship grants does not meet the demand of students that apply every year."

Sharma states that many students, especially those who are isolating or struggling with food insecurity rely on their packages to get food on the table. "Our services have incredibly high uptakes of student engagement and there is a clear need for funding to be directed towards these services to keep them sustainable."

UoA has hired more mental health staff, but Sharma says that "providing students with more direct sources of support is the best way to support students." The University told *Craccum* that the \$1.6M in funding they received from the Government's Hardship Fund for Learners and the \$500K they contributed was spent on students who applied for it.

AUSA also encourages the University to ensure Health & Counselling is safe and accessible for students. "Students need to feel they are truly valued and supported consistently with access to more specialised care if that's what they require."

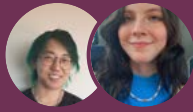
UoA has not stated that AUSA's Period Poverty Programme will be supported by the \$3.8M of well-being support for Tertiary students in Tāmaki Makaurau. "We would love to ensure we can provide free sanitary products to anyone that needs them on all our campuses, as our funding for this programme currently doesn't come from a sustainable source."

AUSA wishes to consult with students to see what additional support they can provide to best suit the student body.



Panopto: The Uni is Always Watching

Same shit, different platform—more problems than just faulty captions?



ARELA JIANG, CHARLIE PARKER

Panopto is the University's latest attempt to make online learning slightly more bearable for students and lecturers alike.

Named after the controversial 'panopticon', the theoretical system of control where prisoners fearing constant surveillance regulate themselves, the service provides the University with extensive information on student's interactions with uploaded recordings. Lecturers can see who is watching when and for how long at the individual and course-aggregate level.

Already, this invasiveness has rung alarm bells for online learners. *Craccum* spoke to some lecturers with expertise in privacy law and digital ethics on what this means for students.

The potential for Panopto as an overseas company to misuse student's data cannot be understated, with one lecturer noting "The University's privacy policy tries to comply with Principle 12 of our Privacy Act by saying data transferred out of NZ will be protected, but it's silent on how." The policy overlooks obtaining student consent, since "any such consent would need to be after [students] have been informed

... the service provides the University with extensive information on student's interactions with uploaded recordings. Lecturers can see who is watching when and for how long at the individual and course-aggregate level.

of the specific risk that their information may not be protected after transfer." Another lecturer was less critical that Panopto would pose special risks, saying, "All video systems like Panopto are vulnerable to abuse if people aren't thoughtful about how they use it. The biggest risks aren't new—they're the same abuses we've seen for years on YouTube, Zoom, and other video platforms."

The University is not new to controversy in using monitoring techniques for online learning. Its use of Inpera for smart-proctoring exams that allows footage to be taken of users raised ethical concerns over student's privacy. However, Panopto poses different issues: as one lecturer put it, "Smart-proctoring can be seen as a limited proportionate surveillance tool for a limited purpose, [and is] probably valid from a privacy standpoint. It is very different to the potentially unexpected ways in which lecture recording data might be used."

If student's data on their interaction with Panopto was used to determine aegrotats—a real possibility considering the service is more than capable—that would require full transparency from the University. "If one of the criteria for aegrotats is attendance at lectures, this needs to be communicated clearly at the outset and students should not be ambushed later," a lecturer explained. They went on to add that it would be inappropriate to substitute manual roll-marking by "just relying on a platform which may be inaccurate... the digital way of doing it is subject to error."

But the lecturers we interviewed saw no cause for alarm just yet. "YouTube and Netflix are collecting more detailed data about your video watching behaviour," one lecturer pointed out.

"Should we hold the University to a

it would be inappropriate to substitute manual roll-marking by "just relying on a platform which may be inaccurate... the digital way of doing it is subject to error."

higher standard? Yes! But I trust the University's intentions more than I trust Silicon Valley's. We have laws and University rules in place to prevent misuse, such as the Privacy Act 2020, the Public Records Act, and the UoA Data Governance Policy."

Another recognised since students agree to the University's conditions when they enrol, "Sometimes you have to trade off privacy for social benefits." But accountability is crucial: "The trade-off shouldn't be done in a sneaky way or in a way that people aren't fully aware of what's going on."

Students do have some avenues to take if they have concerns about Panopto over their data sovereignty and privacy. If Panopto is using information for its own purposes beyond the service agreement with the University, students can make a complaint to the Privacy Commissioner. Students can request the company's Privacy Impact Statement (PIA) for any flagged privacy risks and a copy of summarised key clauses to limit use of collected data in the agreement between Panopto and the University.

As of print UoA has not responded to Craccum's questions about potential Panopto privacy concerns.

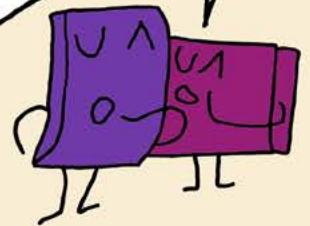
I was juggling too many balls and felt bad when I couldn't keep them all in the air at once.



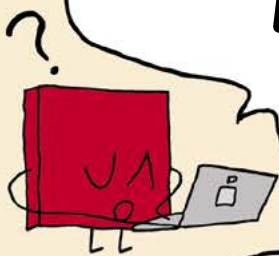
I have this anxious need to try and do a lot, and that manifests with me trying to be a superhero when I should just be trying to be me.



I was convinced I was a fraud despite getting excellence endorsement.



I think being in Tuākana has helped me a lot. I look around and see people that look like me and it makes me feel better about have a place here.



Whakarongo

MAI



Has impostor syndrome set in yet for indigenous students studying online?



OMNI ARONA NGĀPUHI, NGĀTIWAI

With two weeks of the semester gone, first years have gotten their first taste of tertiary study during the apocalypse. But the end times haven't stopped students from feeling like uni wasn't made with them in mind.

With UoA being online for the first six weeks, many undergrads have missed out on a normal integration period within tertiary study. This, coupled with already present feelings of imposter syndrome, have only added to issues new students face in these uncertain times.

Craccum spoke to indigenous students across faculties about how they're feeling after two weeks of uni, and if any form of imposter syndrome has set in yet even with it being online.

Caleb (Ngāti Maniapoto), Computer Science

How have you felt during the first two weeks of uni? "I'm used to classes being online. The last few lockdowns during my last year at high school prepared me for this. I would have liked to see the campus and walked around a bit to get that feeling that you're actually at university, but I guess it wasn't meant to be haha."

Do you ever have feelings of imposter syndrome, self-doubt, or that you don't belong? "Tuākana sessions have made me feel much more comfortable. It's less strict and way more funny, and the tutors are just happy for us to be here. The people are a bit more relatable and make me feel like there is a place for me here."

"I've had bouts with 'imposter syndrome'. I went to Westlake Boys and the environment never made me feel like school was for me. I was convinced I was a fraud despite getting excellence

endorsement. I think that's how it might've been for me if lectures were in person or if I never found out about Tuākana. For now, I'm comfortable with online learning but would like to step onto campus one day."

Ngaio (Ngāi Tūhoe), Environmental Science

How have you felt during the first two weeks of uni? "This is my second year, and the majority of my student life has been behind a screen. I took too much on in my first year, joined a lot of clubs, tried to become class representative for everything. My dad said I was juggling too many balls and felt bad when I couldn't keep them all in the air at once."

Do you ever have feelings of imposter syndrome, self-doubt, or that you don't belong? "My dad is a high school teacher, he always said uni isn't made with our people in mind, but I'm comfortable with the subject I'm studying, and I think I bring an important viewpoint to a pretty westernised subject. I think it's because of the environment. I've made friends who come from the same culture as me and their presence makes me feel like I belong here. I have this anxious need to try and do a lot, and that manifests with me trying to be a superhero when I should just be trying to be me. I've returned to the hobbies that make me happy and I think this year will be better than the last."

Mikaere (Ngāpuhi), Biological Sciences

How have you felt during the first two weeks of uni? "I miss being around friends, it's hard to pay attention to online lectures."

Do you ever have feelings of imposter syndrome, self-doubt, or that you don't belong? "I think being in Tuākana



has helped me a lot. I look around and see people that look like me and it makes me feel better about have a place here."

"I don't know if I would call it self-doubt, but I worry a lot in terms of my grades. I'm afraid of failing, being unsuccessful. I've had to take some classes that med students had to do as well, and I've felt like I wasn't good enough. I think it was a genetics paper, BIOSCI202, the lab practicals made me feel inadequate without much support. I guess you could say those were moments where I felt like I didn't belong."

Kristen (Ngāpuhi, Ngāti Pūkenga) Arts

How have you felt during the first two weeks of uni? "I was excited to start uni and be on campus after last year. I can't imagine being online is the same experience as actually being in and around uni."

Do you ever have feelings of imposter syndrome, self-doubt, or that you don't belong? "I remember writing on imposter syndrome when I was in high school. I remember there being a few different forms of it. The form that always stuck with me was when a person prefers to work alone. It was me being afraid of being incompetent in the presence of someone else. When I worked alone, my grades were great, but paired with someone else or a group, I thought I would be seen as incompetent. So far, it's been all solo work for me."



Equity for our people: Māori health authority

We have come too far to not go further; We have done too much to not do more



OMNI ARONA NGĀPUHI, NGĀTI WAI

Health equity for Māori has been a long-standing goal for our people. COVID-19 has exposed already glaring disparities in both Māori health outcomes and Māori influence within health system operations. With the establishment of a Māori Health Authority (MHA), Māori will hold more power than they've ever had in the health system since the arrival of Pakehā. Still, questions arise regarding how much influence the Māori health authority will really hold.

The implementation of the role is important for the future of the health care system in Aotearoa and students who choose it as a career. The Waitangi Tribunal has acknowledged the need for a clear understanding of what the MHA is, how much power the MHA will possess, the funding behind it, and who will ultimately be accountable. As our people look towards a more equitable health care future with the implementation of an MHA, we cannot be complacent. The MHA is a step forward, but it alone is not enough to fix the effects of decades of institutionalised, systemic racism and colonisation. Although this is a significant step in the right direction regarding health for our people, we need to keep pushing towards more substantial change. It will be of no surprise that the initiative will face opposition of every kind during the integration process, and policymakers will try to minimise our influence.

One of the roles the MHA holds is that it is an agent of Tino Rangatiratanga (self-determination in design delivery of Hauora Māori), but right off the bat, there are details that raise concerns. A momentous announcement was the introduction of the Pae Ora (Healthy Futures) Bill. Within this Bill, there is a bewildering clause that attempts to limit the application of Te Tiriti o Waitangi to only a few Māori clauses. The Bill then states that some of its principles to engage with Māori "don't apply to all the health sector agencies". It makes it clear that the Minister of Health has an ultimate say on what the MHA can do.

A new type of entity has been made to decide who sits at the table. But this entity and its decisions rest with the government. An example includes the decisions on board

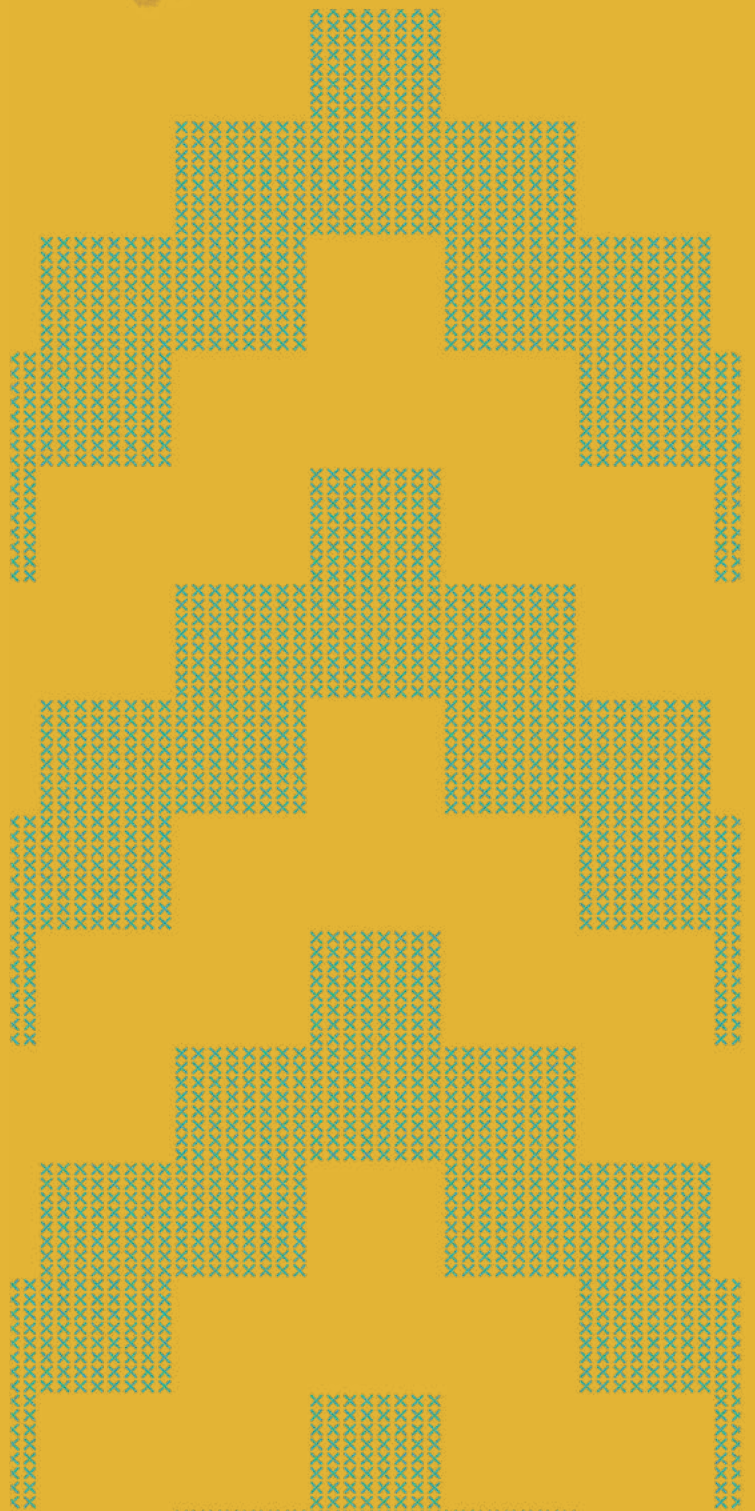
appointments (and board firings) which currently sits with the Minister of Health. An entirely new entity with more Māori control was proposed, but officials declined as they saw this idea as “not reflecting Te Tiriti partnership and accountability”, as it “gives the Crown little assurance about the capabilities of the crown to discharge their functions”. From this statement, it is clear the Crown places its power above its commitment to Te Tiriti. Any attempt to fix this broken system is met with opposition from those who only seek power for themselves.

Our people need to have a say in how the authority is operated. This allows the authority to be governed by and for Māori. The Tribunal is hopeful that an arrangement that upholds Tino Rangatiratanga can be made. But certain situations have put doubts in our minds. The COVID-19 pandemic has shown how inequitable our health system is for Māori, and the Ministry has not helped Māori primary health intrusions enough during this time. During the pandemic, it has been increasingly hard for Māori health care providers to gain the necessary data on Māori health statistics from the Ministry.

Moving towards and investing in Māori health approaches fixes many negative health outcomes for our people. This includes investment in Māori primary health care. By looking at COVID-19 equity data sets, we see the discrepancies. Halfway through the Delta outbreak, Māori infection rates reached 50% of all new cases despite being only 15% of the population. But the most infuriating statistic is that Māori made up 40% of the deaths during Delta. If the MHA is not put in a position to make real change and is not financially backed, then the current institutions that fail our people will continue to exist without alternatives.

Time will tell whether the MHA is set up to meet complete Māori health equity goals. Our people have struggled for too long and fought too hard to stop fighting for our right to heal. The Poutama pattern that accompanies this piece symbolises the various levels of learning and intellectual achievement but also the steps in which Tāne-te-wānanga ascended to the topmost realm in his quest for superior knowledge. For us here, they represent the steps towards total health equity for our people to not only survive but heal. Whether the MHA has the necessary power to make a change or not, we will continue to fight until Māori health frameworks are fully ingrained into the New Zealand health system, and Māori health outcomes improve. We have come too far to not go further; we have done too much, to not try and do more.

...it is clear the Crown places its power above its commitment to Te Tiriti. Any attempt to fix this broken system is met with opposition from those who only seek power for themselves.



Once It's Gone, It's Gone

Explaining the sunk cost fallacy and what you can do about it



GRACE BURTON-MCKEICH

"Do you ever feel like a plastic bag? Drifting through the wind. Wanting to start again?"

I certainly hope your answer to the first question is no. What did Katy even mean by that? Nonetheless, I'm sure you've felt a "wanting to start again." Felt it. Then thought—well—I'm already here, so I may as well stick it out. Here are a few scenarios where this thinking might have played out:

1. Despite realising 5 minutes into a Netflix movie, the entire budget was spent on paying Jason Momoa, and the trailer told you everything you needed to know; you sit through the entire 1 hour and 50 minutes.
2. Even though the first bite of the \$8 muffin from the Shaky Isles counter in the Engineering building sucked all the moisture from your mouth, including the saliva from your salivary glands, you force yourself to finish it.
3. Halfway through your degree, the thought of one more class has you internally screaming and drafting a post for UoA Confessions every other week. Yet, you carry on to the bitter end.

The sunk cost fallacy is a common but flawed way of thinking. It's when we decide to complete something only because we have already spent time or money on it, and not because the benefits of persevering will outweigh the costs¹. We tell ourselves to keep on keeping on even though it makes us wish we were a plastic bag. But a biodegradable one, so we can get the shit over quicker.

The reason this thinking is flawed is because no matter what we do, there's no way to get the resources back. The

one, two, or three years you've spent studying (and the student loan to go with it) is gone, regardless of whether you end up with that degree or not. What we should be doing is making decisions based on what will bring us the best future outcome.

Of course, it's hard to figure out whether you don't like something enough to justify not completing it, especially when other things keep you on the fence. For example, "every year without fail," Flora considers dropping out of law. However, coming across "cool lecturers", enjoying a particular paper, and the hope of ending up with a "decent job" convince her to hold on. No one can doubt the sense of security completing degrees with clear graduate outcomes like law, med, and engineering offer, so how can we find clarity?

In search of reassurance that the tears spent over first-year health science papers won't go to waste if I don't apply for post-grad med, I talked to Liz Barry. No. Not Hilary Barry's sister—I checked—but a person who's just as iconic. She's a careers consultant both privately and at CDES.

Uni students go to Liz all the time asking whether or not they should stay in their programmes even though

**We tell ourselves
to keep on keeping
on even though
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shit over quicker.**





they don't enjoy them. Her answer: "It depends." If you've got one semester left, stick it out. Even if you know you don't want to work in that field, Liz says, "All is not lost." Employers don't just look at what degree you've done and call it a day:

"The degree may unlock the door [...], but it's your employability skills that push the door open into that job, it's who you are as a person and what you've done alongside your studies that make you more employable."

Liz isn't lying when she says your English degree doesn't mean you have to become an English teacher. She has an MSc in pharmacology, but it's her job as a career coach that gives her life purpose. At the end of the day, the bare minimum you can take away from a degree is learning what you don't like doing.

According to Liz, most people she sees stay in their degrees and careers because they don't know what else to do. If you're in this position, Liz suggests taking some time out from uni or spending time once you've finished your degree to explore the world of work. She's a big advocate for taking gap months or years and giving yourself space to think or try something new. Liz said that if she had listened to the following quote someone shared with her at 21, there's no way she would've spent time cutting up "genetically hypotensive rats" for her thesis:

"Here is Edward Bear, coming downstairs now, bump, bump, bump, on the back of his head, behind Christopher Robin. It is, as far as he knows, the only way of coming downstairs, but sometimes he feels that there really is another way, if only he could stop bumping for a moment and think of it."

In saying this, Liz believes you don't need a gap year to figure out what you would rather be doing. The first step in her career decision-making process is "soul search". Ask yourself what skills would you rather be using and "what you yearn for". Look at the things around you, such as the books you're reading or the people and events you're

Alternatively, you could ask yourself what you would do if the thing you're doing is free. We're much less likely to finish something we don't enjoy when we haven't paid for it.

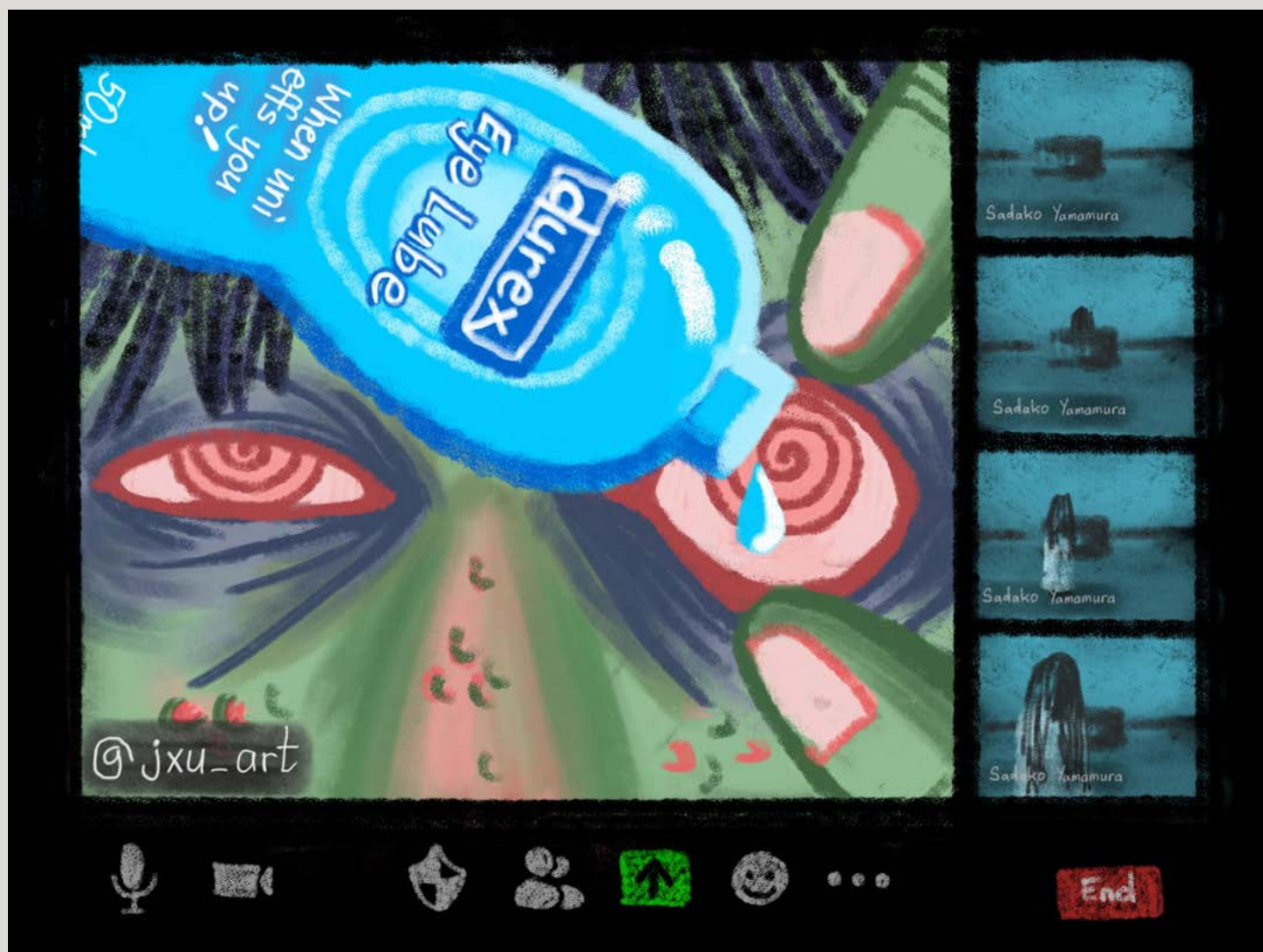
following, for clues as to what you're passionate about and interested in. Liz says, "Curiosity is a meta-competency," and it can be exercised alongside studying through working part-time or volunteering in industries that interest you and talking to people who have jobs that you think you might like.

Research also suggests that if you imagine that you don't have much longer to live, or perhaps that you're about to be thrown into another Level 4 lockdown, we're less likely to pay attention to the sunk cost fallacy². Alternatively, you could ask yourself what you would do if the thing you're doing is free. We're much less likely to finish something we don't enjoy when we haven't paid for it. Taking these suggestions might help you with "soul searching". If not, I'm sure Liz or another advisor at CDES could help. So, book that free appointment already!

The sunk cost fallacy needn't keep you from trying new things and following your interests. I know it's easier said than done to give yourself permission to just spend another 20 minutes choosing a different Netflix movie or taking a break from a course that's not working for you. But choosing happiness isn't quitting, it's winning.

References

1. The Decision Lab. Why are we likely to continue with an investment even if it would be rational to give it up?
2. Journal of Behavioral Decision Making. "No Time to Waste: Restricting Life-Span Temporal Horizons Decreases the Sunk-Cost Fallacy".



Vision-ary Advice: Preventing Zoom-Induced Eye Problems

Don't worry, no one's telling you to get off your phone



GRACE BURTON-MCKEICH

While our lecturers pessimistically say, "Let's keep pretending we're going to see each other in week 8," I continue to hope that we might actually get to see them (and other students) in real life. You know what else is hoping for that? My eyes. While probably ranking in the top 10 of first world problems, in our current situation, staring at screens all day is something we cannot turn a blind-eye to.

Dr. Alex Müntz, an ophthalmology research fellow; Professor Jennifer Craig, an academic optometrist in the Department of Ophthalmology; and

Dr. Phil Turnbull, a senior lecturer in the School of Optometry and Vision Science, are here to provide evidence for our future lawsuits against the Uni for causing eye disease in later life. Well—more like explain what extended screen time is doing to our eyes—but, is there really a difference?

What are the immediate risks of staring at screens all day?

All three experts talked about dry eye. Yummy. When focusing on our devices

for long periods of time, we blink less frequently and less completely. Professor Craig explains that this means "the tear film, which coats the surface of the eye and keeps it moist and healthy, doesn't get replenished in the way it should," leading to sensation of burning and dryness. Dr. Turnbull says dry eye is "generally temporary self-resolving with a good night's sleep."

We're also likely to deal with 'digital eye syndrome', or asthenopia, because we aren't giving our eyes many chances to do something different. Dr Müntz says symptoms of this include dry eye,

watery eyes, blurry vision, head or eye aches, hunched back, and neck tension.

What are the long-term risks of staring at screens all day?

Since we're the first generation to have had access to screens all our lives—just call us guinea pigs already—research into the long-term impacts of extended screen use is only emerging. But the results of Dr. Müntz and Professor Craig's recent study suggest that frequent screen use from an early age may lead to premature loss of oil glands needed to keep our eyes moist. These glands are like teeth; we tend to lose them as we age and they're irreplaceable. Their results mean that we might be more at risk of experiencing severe dry eye sooner. Severe dry eye is "associated with a significant drop in quality of life," because it affects vision, is painful, and linked to depression. In saying this, the chance of young people experiencing such severe levels of dry eye from extended screen use alone is unlikely, or at least we don't have the evidence—yet. So, save yourself the anxiety of trying to decide whether or not to sacrifice your Sims. They can live another day.

We're instead more likely to develop short-sightedness (myopia) because the risk of this increases by doing more near work and a lack of natural sunlight exposure—both of which are hard to

counteract when working from home. Dr. Müntz thinks myopia is a much higher price to pay for extended screen use, because for a small number of people, myopia can progress to the point where glasses or laser eye surgery won't help anymore; high myopia comes with a big risk for blindness due to secondary eye disease. That's a tough pupil to swallow.

Dr. Turnbull also pointed out that long days on our devices can lead to "more systemic problems like poorer circulation from sitting, poor posture, as well as mental health issues from reduced in-person social interactions."

What can we do to help our eyes?

Obviously, crusty, squinty eyes aren't conducive to scrolling TikTok in comfort. Our friendly academics suggested a number of simple ways to keep our eyes healthy while spending 8+ hours a day looking at various screens.

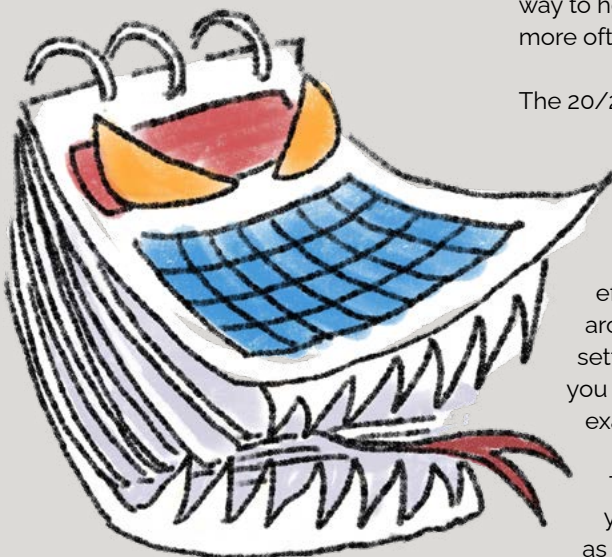
One of the most useful things you can do is blink more. Professor Craig suggests asking your eye care professional for blinking exercises which help prevent dry eye, but I found some YouTube videos that look pretty wild. I also feel that walking by the people you live with and clapping your hands in their face while asking "are you scared of flies?" is surely a great way to help the others around you blink more often.

The 20/20/20 rule is one for the pomodoro stans. Every 20 minutes of screen use, look at something 20ft (6m) away from you for 20 seconds. This is even more effective if you briefly move around. Dr. Müntz suggests setting up your space so that you have to get up often to, for example, refill a glass of water.

There are lots of other things you can do for your eyes such as going for walks outside, using multiple monitors, increasing the

font size while you're typing (don't worry, this can prevent you from becoming that boomer who has messed with their display settings, not be them), trying dictation or voice-to-text features, and physically distancing yourself from your screen. The rule of thumb for phones and tablets is that they should be held at the distance your elbow is when you hold your fist to your eyes. For computers and laptops about half a metre is good. Another great suggestion courtesy of Dr. Müntz—I swear—is to read the hard copy of *Craccum* instead of the online version, and to listen to things instead of watching them, when you can.

Dry eye does not need to be at the top of your priority list; Dr. Müntz said it well when he said they're "bigger things than dry eye" right now. But if your eyes are uncomfy after long days on Zoom, even doing one of these things can help.



GET AMONG FACE

CRACCUM

CRACCUM EDITORIAL TEAM

Facebook groups are monumental to the Zillennial generation; those born during the 'Millennial' period but grew up in the 00's. I'm talking to you, 1994 to 1999 babies! Facebook Groups were created for the sake of building community and bringing together like-minded people. We're personally avid fans of them, whether they're Buy & Sell groups, Flats Available, or even fandoms. The best memes are the ones from average citizens, the best sales are ones from website that don't get such a big percentage (*screams in Depop-you-take-10%*), and even ones that just share stories about what it's like growing up from a specific culture, they're superb too.

With the emergence of Covid, Facebook groups have allowed one to feel less alone, whilst enjoying the comfort of not actually having to see someone when you really can't. They just give that little fix of efficiency and fun. So fun. So, here are a couple of Facebook groups the *Craccum* team urges you to look into.

“The Clothing Bin”

Super great. Imagine if your Clothing Bin was filled with hot baes at the

With the emergence of Covid, Facebook groups have allowed one to feel less alone, whilst enjoying the comfort of not actually having to see someone when you really can't

bottom who would buy your second hand clothes. Baes who would actually pay for clothes you don't want to use anymore, and would love them wholeheartedly? The Clothing Bin, is an New Zealand based Buy & Sell group, where you can take pics of clothes you don't want (*even shitty pictures, they don't have to look IG-esque*), and people honestly buy them within a day. The best part is FB won't get a cut from a sale you just made, and the sales are so much easier than on Depop.

“Flatmates Wanted”

There's an Auckland version, and obviously ones for different cities. It

truly is 'chef's kiss'. Speaking from experience, I met my flatmates here, and now I've been living with them for two years. Happier than ever! Plus, the absolute reach that Facebook groups have allow such an allotment for time and choice, before you make the important decision: do I really want to live with this person or not? *Yeah nah.*

“Tramping in New Zealand”

I've been on one Great Walk so hiking is my personality now. This group is the Zomato of campsites, huts, and hikes across the country and is honestly great for anyone who walks. Whether you're looking for a peaceful two-hour meander along Auckland's west coast or an Edmund Hillary style multi-day, glute-burning, knee-destroying sesh, you're sure to find the info you need. You can also find reviews of gear, dehydrated food brands, and an array of stunning pics, which could be used to prove to your friends and family that the place you went to was actually pretty and not just 0.5 megapixel trees—'cause who wants to spend oxygen taking a decent picture when they're boosting it up a mountain?

ST IT: BOOK GROUPS

“Zoom Memes for Self Quaranteens”

With almost a million members gained over the past two years, it's safe to say no matter where you were quarantining in the world there was one thing all students loved... memes. It's your daily dose of student banter and classic lockdown nostalgia jokes that are just the ticket to get you to the procrastination station and completely lose your train of thought. A simple but sturdy group that always brings a little extra light-hearted fun into a student's life. If you're not already in the group, what are you even doing?

“Quotes from Professors at UoA”

Apparently this group is one of the few Facebook groups that are not under surveillance by the University (if you remember that scandal), but who knows how long they can keep that title once this gets published. It's so easy to get sucked into scrolling through the posts when you're reading lecturers' attempts at being funny and witty in their lectures (attempting and succeeding, to be truthful). There are quotes from lecturers in all the various

faculties, but most notably, there are a lot from the Science departments and the Law faculty. I guess when it's hard to keep your class interested in what you're teaching, you just gotta learn to be entertaining!

“Memebo No. 6”

Nothing is better than having a group full of like-minded, fun, mostly non-m*n gathering together to share their meme folders. If you've got a gripe with dating in the 21st century, and especially if you date m*n, this is the group for you. I've literally peed a little before while scrolling through this group, and everyone is always supportive in the comments. #yassqueen. Memebo No. 6 is truly an oasis away from mean Karens who will mock your hair and random middle-aged men trying to get your number. It's a place to share how one feels about the world burning, screengrabs of m*n being idiots, and to complain—but in a fun way, not a can-I-see-your-manager way. It's a meme group for the whole friend circle!

“Craccum Community 2022”

This one is self-explanatory. Join us

With almost a million members gained over the past two years, it's safe to say no matter where you were quarantining in the world there was one thing all students loved... memes.

on Facebook to chat shit, discuss ideas, and keep up-to-date with the coming issues. Being a contributor means getting to hang out with us, the certified coolest people on campus, and you could get your work published! Whether that's cool artwork, important kōrero, holding the University accountable or ranking all the food at *Shadows*, we're here to provide a platform for student voice. That could mean you! Plus, you get to see your work in print. So, haere mail!

SNAKES &



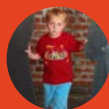




TV

PEACEMAKER

DIR. JAMES GUNN



TASMAN CLARK

The DCEU is in for a mighty recovery with the momentum that it has recently gained, and a big part of that is due to **James Gunn's** *Peacemaker*. After delivering a fresh take on *The Suicide Squad*, Gunn brings in a spin-off with the pizzazz of his feature-length films, while utilising the lengthy character development of eight 40-minute episodes. **John Cena** stars as the titular character, honing in on his comedic and physical performance from his years as a professional wrestler, while demonstrating a new and incredible dramatic side.

The show follows a classic superhero story structure—an alien form is taking over the world, and a team of unexpected 'heroes' must face up to the challenge. Despite employing a tried-and-true formula, it holds unexpected surprises throughout the series—mocking the usual hero storyline by not conforming to the norms. For how silly the show is, Gunn delivers political commentary that isn't undermined by the tone of the show. White supremacy and Nazism are criticised and satirised, while also treated with a serious and heavyhearted standard.

Gunn and his team have created one of the greatest superhero stories of the modern era—and season 2 is still to come.

I did taste it—and I want more.



PLAYING AT ACADEMY'S
\$5 WEDNESDAYS:

NIGHTMARE ALLEY

DIR. GUILLERMO DEL TORO



MADELEINE CRUTCHLEY



Oscar winning director **Guillermo del Toro** is back with an impressive follow up to *The Shape of Water*, making another play for an Academy award. This treat of a neo-noir thriller is full of Hollywood favourites, and that star power keeps you strapped in your seat. **Bradley Cooper** and **Willem Dafoe** turn in particularly stunning performances, and **Toni Colette** is as stunning as ever—she really never misses.

The sets are rich and vibrant, and often come across as intensely theatrical. The carnival 'House of Damnation' is an especially freaky funhouse that you'll have trouble forgetting as you fall asleep at night. Expert precision in the design and lighting make it feels as if the actors are performing across a stage. This creates a really uncomfortable juxtaposition with the graphic and cruel qualities of the story. This strange tension is deeply compelling, and draws you into the twisting plot for a long two and a half hour run time.

As per, del Toro nails that difficult and dark Grimm's fairy tale tone. He crafts a mood specific to his tastes and never lets up. It's a film for the brave, so proceed with caution.

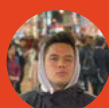
To go into the draw to win a double pass to see *Nightmare Alley* at Academy's \$5 Wednesday, email arts@craccum.co.nz and tell us about the last film you watched!



MUSIC | TE AO MĀORI

312 DAY

SWIDT



OMNI ARONA NGĀPUHI, NGĀTI WAI

Onehunga's very own SWIDT come in hard with a 3-track EP. Named after the iconic 312 bus route from Onehunga to the Civic, the collective has released a trio of tunes that range from relaxing drink-up tunes to pure rap braggadocio bangers. The EP was released on December 3rd, further honouring the 312 motif, but only recently entered the Top 20 NZ Singles chart. Currently sitting at 19, 'KELZ GARAGE (feat. Lomez Brown)' is slowly becoming a sleeper hit on the charts and a must-have in your Māori and Pacific shed/hall party Spotify playlist alongside *Heartbreak Anniversary*. The ethos of KELZ GARAGE is capturing the vibe of chatting shit with your friends on a Friday night. The song becomes the highlight of the EP.

'KELZ GARAGE' is a change of pace in terms of the group's sound, but it's done gracefully. At the same time, the track 'Survival' is a return to the formula that crowned SWIDT the "Princes of New Zealand hip-hop". The EP has an international polish. It is crisp and sharp, but when you hear it, it's 100% gritty, aggressive, raw, and proudly South Auckland hip-hop. The EP pulls back the curtain on the character of the cultural capital of Tāmaki Makaurau, South Auckland.

8/10 vibes



MUSIC

CLUBBING IN THE TIME OF CHOLERA [DEEPSTATE PURERAVE REMIX]

BABY ZIONOV



CONOR HEAD-MCCARTHY

For two weeks running, **Baby Zionov's** 'Clubbing in the Time of Cholera [deepState PureRave Remix]' has held fast at number six in the **95bFM Top Ten**. And I can see why—whether you're manically studying for an assignment, up late driving your friends to the next spot, or raving in your isolated home, Baby Zionov delivers on hyping you the f*** up. The track is so energised with the constant screwed piano beat, audio inserts, and undeniably addictive lyrics. Baby Zionov says, "get your ass dressed... we've got a party to go to tonight" and I am ready!

Including the deepState remix, Baby Zionov released a remix EP with five remixes of 'Clubbing in the Time of Cholera'. My personal favourite is the '12" Club Mix', which is slower than the deepState Remix, but makes me feel like I'm driving round a dark city in *Need For Speed: Underground*. Looking forward to what Baby Zionov releases next to keep our spirits high in these times of Cholera.

The theme song to our modern pandemic.



MUSIC

ONLY LOVERS WHEN THE WORLD ENDS REVIEW

MISSY



ILENA SHADBOLT

Producer and artist MISSY has kicked off 2022 with two singles, 'Ekpyrosis' and 'Only Lovers When The World Ends' (OLWTWE).

'OLWTWE' is about extremities of feeling and circumstance. MISSY sings: "I shut down when I think of you... Hiding at the slightest little hint of you." At first, it seems like denial about developing feelings for someone, but it soon reads as claustrophobia within a relationship. These people are "only lovers when the world ends / holding you at arm's length," only colliding at the most desperate time, when even still, they are defensive. Such directly emotive lyrics are juxtaposed with wordplay that conceals simmering anger: "your verbiage lacks in a / certain vernacular / use the magic word that's not 'like'". Brutal but striking!

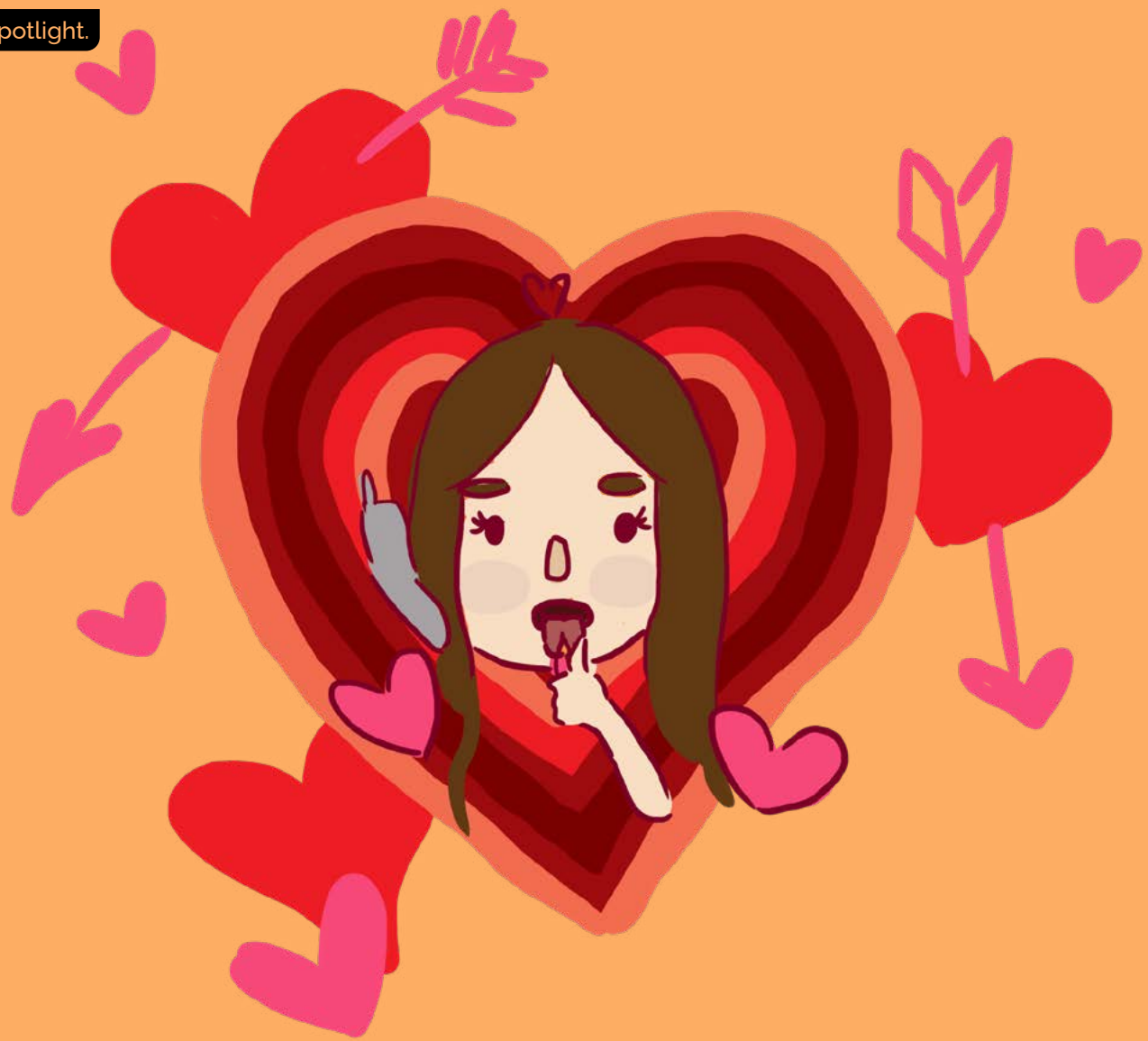
MISSY excels at scintillating textures in 'OLWTWE'. The drums and incessant claps are crisp and tightly wound with guitar licks. The first chorus strips it right back before hitting you across the face with, somehow, even fuller drums and her signature acidic bass.

MISSY's melodies are intricate. They leap octaves and run back down and have that particular quality of someone who produces her work. The production and vocals work synchronously, swelling in intensity together. MISSY often builds kicks and basses from voice notes and random noises, which become unrecognisable by the effective end result. 'OLWTWE' feels organic because it does not rely on presets.

This song marks an exciting evolution in MISSY's career: easy to listen to, dynamically varied, and pop-orientated but singular.



- 1. TAWHITO**
Mokotron
- 2. Dial Tone**
Hybrid Rose
- 3. Pride Of Silence**
For the Girl Who Has Everything
- 4. Everything is Going to be Alright**
Princess Chelsea
- 5. Hiding in Colour**
Mads Harrop
- 6. Sabbath Shirt (ft. fantasyluv)**
P.H.F.
- 7. Clubbing in the Time of Cholera [deepState PureRave Remix]**
Baby Zionov
- 8. Bismallah**
Scalper
- 9. SCENE 5**
Christoph el Truento
- 10. MOOM**
GG Mothra



Our Apologies to Megan Fox

Jennifer's Body and the Feminine Eye Film Festival



MADELEINE CRUTCHLEY

It's 2007. Mountain Dew swirls in the cups of excited movie-goers and cinema speakers boom with explosions. Megan Fox, aged about 19 or 20, swaggers to the front of Shia LeBeouf's transforming car. She's dressed in an orange crop top, denim miniskirt, and wedge sandals (did I mention it's the 2000s?). She props up Bumblebee's hood, and as she does, Michael Bay's camera hones in. Bay drags the camera up Fox's body, briefly pauses at her face, and drops back down to tightly frame her torso as she leans down over the engine. Fox is talking, but neither the camera or Mr LeBeouf is listening. Instead, they look keenly at her navel—Michael Bay's

favourite part of the body.

This scene from *Transformers* is often used to illustrate the meaning of the phrase 'male gaze'. The camera movements, music, and costuming all work together to transform Megan Fox into a passive object. *Transformers* is certainly not the only offender—UoA students include it within a longer list of objectifying media such as *Euphoria*, *Baywatch*, *Fifty Shades of Grey*, *Riverdale*, and, notably, literally "any Tarantino film". In fact, you could likely pull endless scenes from Fox's filmography alone to explain the ins-and-outs of this misogynistic mode of filmmaking. Reflecting on her

early career, Fox has explained that objectification is "not the right word" as it doesn't even begin to "capture what was happening" to her in her films and in the press.

The 'male gaze' is a concept originally coined by feminist film critic Laura Mulvey, who critiqued dominant media representations of female characters. Appropriating psychoanalytical theory, she looked to reveal how "the unconscious of patriarchal society... structured film form." Mulvey found that the representation of women in film is often objectifying and passive. She wrote at length about "the look" (or "the gaze") from protagonists, spectators,

and cameras, and suggested that though women in film often bear it, they rarely have the authority to direct it. Her analysis in this pivotal essay has been hungrily absorbed and distributed throughout popular culture since its publication in 1975—now #malegaze returns 262.9 million results on TikTok.

Naturally, as a response to Mulvey's concept, the 'female gaze' has become an alluring and potentially promising term. Attempts at definition are not so easy however, as there's not as long a film history to pull from (due to, you know, long standing inequalities).

UoA film fans present what the term means to them, sharing several similar sentiments. Naomii presents a broad definition of the term, suggesting that it simply refers to "viewing the world through a (socialised-as) woman's eyes." Amelia highlights that this gaze is "representative of the female audience in what we want to see, experiences we want represented, and the clear agency of female characters." Trevor also highlights that this "critical lens... focuses on perspectives specific to the feminine experience" and gives women "more agency rather than [making them] objects of desire." Bryony seconds this absence of objectification, stating that this gaze explores "beauty through joy or passion without exploiting."

The inclusion of women in the creative process is another key aspect of the female gaze. Amelia also explains that "usually—but not always" this means that the directors or cinematographers involved are women. This is affirmed by Grace who points to the inclusion

...female gaze media must incorporate "the experiences and insights of women of colour meaningfully" and decenter exclusionary white feminism in the process.

of a woman's perspective within art, literature, and film.

Though, academics have posed some criticism to this term. Caetlin Benson-Allott suggests that the inclusion of women's perspectives has often privileged whiteness and failed to truly represent the diversity of women across intersections of identity. Her argument is that female gaze media must incorporate "the experiences and insights of women of colour meaningfully" and decenter exclusionary white feminism in the process.

As academics and film fans continue to wrestle with this term, there is a continuing effort to present and highlight media that engages the perspectives of marginalised genders. Across TikTok, Letterboxd, Twitter, and Instagram, there are lists that draw attention to stories that challenge that pervasive male gaze. More locally, at the Hollywood Cinema in Avondale, the team has curated a collection of films to make up Feminine Eye: Woman Behind The Lens. This film festival works to centre the work of women in film, and offers the chance to see some classics on the big screens.

One incredibly exciting inclusion to the festival lineup is the cult classic *Jennifer's Body*, a 2009 horror-comedy written and directed by women—a movie that has come to represent the reclamation of a career for Megan Fox. In the film, Fox plays popular cheerleader Jennifer, who is transformed into a demon and forced to eat flesh after a struggling indie boy band botches an attempt to sacrifice her (understandably, she decides to kill only boys). It's told from the perspective of her best friend 'Needy', played by Amanda Seyfried, who avenges Jennifer after she dies. The film explores friendship and exploitation, with a wry, self-aware sense of humour.

Jennifer's Body was a box-office bomb upon release, and the men who reviewed it tended to be condescending, if not vicious. Writer Diablo Cody has since explained that the marketing for the film was targeted towards young men. She had not

With the advent of the #MeToo movement, new audiences have found the film, and it has been embraced by a range of queer and feminist communities.

written *Jennifer's Body* about or for that audience, and the movie suffered greatly from that studio decision. With the advent of the #MeToo movement, new audiences have found the film, and it has been embraced by a range of queer and feminist communities.

Jennifer's Body actively challenges male gaze conventions, with montages of close body shots that end abruptly. This draws attention to the disruption of a longstanding trope of filmmaking, potentially making the audience reconsider their own assumptions. While Fox is captured on camera, and is dressed in hyper-feminine silhouettes, she is not made into an object by the choreography. Often she demands the camera attention and it focuses on the way she perceives herself during her transformation. The film is an important one in breaking apart the male gaze and building up a language to understand the female gaze by, in the way it was made as well as the way it has been consumed.

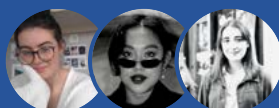
To see *Jennifer's Body* in a cinema now is an opportunity to give the film a screening it deserves. Those delicious mirror shots, the criticism of 'nice guy' falsity, and the exploration of objectification and exploitation makes it a must-watch to understand how we move forward with another mode of looking in mind. As Jennifer would say, the "boy-run media" has had its time.

THE FEMININE EYE FILM FESTIVAL STARTS AT THE HOLLYWOOD CINEMA AVONDALE ON THE 17TH OF MARCH. TO BOOK TICKETS TO JENNIFER'S BODY AND OTHER FILMS GO HERE: [HTTPS://TICKETING.OZ.VEEZI.COM/SESSIONS/?SITETOKEN=FPNCCXY3MA159G-7Z8A3Eg5ASY8](https://ticketing.oz.veezi.com/sessions/?SITETOKEN=FPNCCXY3MA159G-7Z8A3Eg5ASY8)



Fashion as Verb

to fashion with Craccum's most stylish editors



MADELEINE CRUTCHLEY, NAOMII SEAH, JESSICA HOPKINS

"Art is political—so is fashion."

- Fatima Sanussi

Twelve life size photographic portraits stand tall in The Pavillion Britomart for Te Ahurei Toi o Tāmaki, posing proudly in their best looks. *to fashion*, an exhibition by the New Zealand Fashion Museum, captures the act of styling in action, and asks us to consider what the act of dressing means in our everyday lives. It looks to explore the way that clothing and style becomes an expression of identity and culture. The striking photographs are captured by Edith Amituanai, and the group of participants includes poet and writer Tayi Tibble, artist Mariadelle "Abbey" Gamit, and *K'Road Chronicle* Editor Six, among many others. As this exhibition is about self-expression, here we offer some individual reflections on the exhibition's impact, and explain what it means *to fashion* to us.

Madeleine

Clothing is a tool of multiple functions. It allows us to explore who we are as individuals, connect with our familial and cultural histories, and communicate a little piece of who we are to others. *to fashion* presents twelve drastically different approaches to style as an expression of identity, with no single ensemble even remotely similar to another. Each individual explores their own meaning of fashion, with the results ranging from playful to moving. Diving into the descriptions of each outfit, I was most warmed by those who told stories about receiving the pieces as gifts, hand-me-downs, or picking them out second hand. There's something quite precious about holding the people we love close through our clothing, and creating new use for clothing that was once loved. It was also compelling to hear clothing addressed through so many lenses—

as a site of play, as reclamation, as a channel of attitude. It's enough to encourage reflection on your own state of dressing... How and what do I express through my own choices? What politics am I participating in? On the stroll away from Britomart, I found myself slightly more curious about the people I passed on that street, and wanted to know why they wore the clothes that they did. To consider clothing as a device for storytelling may be slightly romantic, but it certainly inspires a mode of empathy and inquisitiveness that I'll be holding on to.

Naomii

In many ways fashion—all fashion—is art, and it's gratifying to see it presented as such. All the portraits told a visual story about the people depicted before we even scanned the QR code to hear their voices. Many wore their heritage proudly, with

traditional cloth patterns, garments or accessories. Others referenced recent fashion history. All had a sense of joy and purpose in their clothes. The portraits illustrate how clothing can become an extension of self, almost a second skin. The people whose portraits hang in the exhibition show how fashion is also an extension of craft. Dressing can be a subversive, creative, everyday act. Clothes express heritage, attitude, comfort, meaning, and yes, politics. Personally, I've been shamed often for my sense of self-expression and clothing—the skin—I inhabit. Dressing and fashion has been a personal and political rebellion, against labels, against perception, against beauty standards, against misogyny, and against cultural erasure. For both myself and those who get it (iykyk), fashion is a way of reclaiming ourselves.

Jessica

Approaching each photograph in Amituanai's exhibition, I would say something like, "they're a dancer", "they're confident", "they're creative". Although we might not always feel we have a strong intention behind what we wear, our style still communicates a lot about who we are, where we are going, and where we came from. Listening to subjects speak about how their cultures, identities, occupations, and experiences influence their dress resonated with me. My favourite clothing items have a story behind them; like my embroidered purse passed down from my Gran or pearl earrings my mum wore in the 80s. I enjoyed that the individuals in the exhibition didn't necessarily reflect a popular or current style but were instead unique and authentic to themselves. I was inspired by people using clothing in ways they perhaps weren't intended, like Chanel lipstick with briefs from Countdown. It all paints a picture of who they are, and that's powerful.

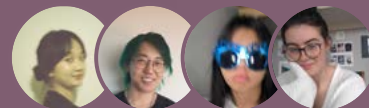
SEE *TO FASHION* AT TE ARA TAHIHU WALKWAY IN BRITOMART BEFORE IT CLOSES ON THE 27TH OF MARCH! [HTTPS://WWW.AAAF.CO.NZ/EVENT/TO-FASHION-DRESSING-AOTEAROA](https://www.aaaf.co.nz/event/to-fashion-dressing-aotearoa)





Act Your Age!

This multimillionaire star whose entire physique is curated for a movie role is 68, looks 17. Students hate them!



NANCY GUO, ARELA JIANG,
GABBIE DE BARON, MADELEINE CRUTCHLEY

"Act your age", huh? Pfft. Our generation never stood a chance when the hot teens on our screens were actually 20-something-year-old actors. In exchange for legal-age eye-candy, we got unrealistic body-image expectations (still waiting on those cheekbones, Lord) and images of teens with receding hairlines. Nevertheless, it's almost an unpleasant rite of passage to realise the 17-year-old cutie with the tragic backstory you crushed on in Year 10 is played by a future Hollywood A-Lister born in 1992. So, this week, our editors at *Craccum* take a look at the worst of these geriatric teenage castings and rip them a new one.

The Entire Cast of *Euphoria* in *Euphoria*

Maddy: I'll admit that high school is certainly a time period where we try out new experimental looks. However, the idea that Maddy stomps down her high school corridors with neon green eyeshadow and an I.AM.GIA set without being absolutely torched by her friends is unbelievable. I was still struggling with my foundation shades at 16, let alone nailing a double-winged, star studded cat eye. I assume that Maddy's electric confidence is something that comes with Alexa Demie's age—we think she's 31 (but it's also possible that she's an immortal being).

Nancy: Once you reached Year 13 in my high school, as a reward for not dropping out or running away from

institutionalised education, you could wear mufti. In my experience, all I remember wearing to school was the same three pairs of sweatpants and hoodies on rotation. I'm not even saying that to come across as ~not like other girls~, my poor mental health made getting dressed in the morning and just being on school grounds a near impossible task. While some people may have rocked fuschia glittery eyeshadow in the halls, I think I speak for most teenagers (who are just going through it) when I say that NO teenager had the time or effort to look like Cassie.

Moaning Myrtle from *Harry Potter*

Nancy: I grew up as THAT Harry Potter kid who graffitied their Smiggle pencil case with deathly hallows signs and quotes like "don't let the muggles get you down". So, when I found out that the actress for Moaning Myrtle was 36 YEARS OLD at age 11, I didn't think too much about it given my blind devotion to the fandom. However, in retrospect, WHAT THE FUCK IS WRONG WITH THE DIRECTORS??? The actress was old enough to be the golden trio's mum for god's sake. But to be fair, there are aspects of the *HP* universe that are more concerning and deserving of our attention—aka JK Rowling and her transphobia!

Arela: I bought this middle-aged woman playing a dead child then, and I buy it now.

The entire *Riverdale* cast in *Riverdale*

Gabbie: I've got so much to say but let me start at: KJ Apa. Why? How is Archie *THAT* ripped and he's supposed to be 15? Yeah nah, what a joke. Also, when *Riverdale* aired, I was 17. To have people that look like Camila Mendes and Lili Reinhart play teens younger than I am, is definitely a greeting to my self-image issues.

Arela: Tbh, the plot lines in *Riverdale* were more unbelievable than the casting—and Reggie was played by two actors older than 26. What in the

fuck even was that?

The entire cast (including Tom Holland) in *The Entire Spiderman Universe*

Gabbie: Yes because Liz Allan from *Spiderman: Homecoming* was supposed to be a senior in high school but she was 27, when that was filmed and she is crazy gorgeous and toned. No one has arms like that at 17, babe.

Maddy: In the original Sam Raimi Spidey movies, it's virtually impossible to tell the difference between the students and the teachers. Upon a recent rewatch I burst out laughing as one adult growls another for not bringing in their homework. It's probably not helped by the fact Tobey Maguire was 26 during filming.

Arela: This is pretty controversial but Tom Holland walks the line between looking both 16 and 52 to me. He's got a baby face for sure, and that's how he gets away with playing his 15-year-old version of Spider-Man at 19. But when the light hits him a certain way (so 50% of the movie) he looks like he should be playing a Netflix romcom divorcee—next.

Darren Barnet in *Never Have I Ever*

Arela: Absolutely, Darren Barnet can fucking get it. He still deserves jail for being 28 playing a 16-year-old in season one who's kinda(?) dating a 15-year-old played by an 18-year-old. You don't need to be an engineering student to calculate that's an entire MAN macking with someone barely-legal. I know age is just a number, and sure "Asian don't raisin". But if I was 16 seeing that dude-bro trying to get with a Year 11, I would be beyond uncomfortable (and unfortunately, kinda into it).

Danny and Sandy in *GREASE*

Maddy: Rizzo, BABE, give it up. You're walking around the cafeteria with

goddamn wrinkles. As a kid, I always thought these high schoolers looked extra old, though I also thought that the 50s setting really brought out their maturity. But, nope, turns out almost everyone in *Grease* was over 21 years old. Director Randal Kleiser, actually did "crow's-feet" camera tests to make sure the characters looked the right age. Maybe the digital remastering of the film has also exacerbated the issue. I mean, the lead Pink Lady was 33 years old at the time she played an 18-year-old.

Arela: Ah, a classic. That I have not seen. John Travolta's weirdly old face just puts me off.

Honourable mentions

The Love Interests in Every YA franchise you wished never happened

Maddy: Cara Delevigne plays the mysterious teenage girl-next-door in *Paper Towns*, at age 25. I mean, doesn't that completely contradict the whole point of this film? John Green is trying to make a point about the harms of the manic-pixie-dream-girl and the dangers of creating a false image of a person—so they cast a mid-twenties Victoria's Secret model to play an 18 year old. Cool.

Nancy: In the *Divergent* trilogy, the directors were actually forced to bump up Four's age from 18 to 22—a measly attempt to account for Theo James' 'mature' looks. As tall, dark and handsome as everyone's adolescent crush Theo was and is, they really casted an almost 30 year man as the main love interest. This definitely fucked with 14-year-old me's expectations. I'm sure other ex Pak college students can attest that our school did not have Year 13 boys with sexy back tattoos who could also run across trains hurtling at full speed.

@OHMYFOODIEGOODIE

From Student to Food Content Creator: The Inside Scoop with Alma @ohmyfoodiegoodie

Ticking off her infinite food list, one eatery at a time!



NANCY GUO

Alma, aka food blogger @ohmyfoodiegoodie, is always serving. Her followers are treated to mouthwatering and aesthetically pleasing food reviews and guides—covering the crème de la crème eateries from Auckland to Seoul. So, whether you wanna know where to get the best Korean fried chicken or

what's the most bang for your (student) buck, Alma has got your cravings and weekend brunch plans sussed.

What's also special about @ohmyfoodiegoodie is that Alma's food gram was created in July 2018 during her time as an undergrad at UoA! She managed to balance food

content creation alongside her studies, and now full time work—serving as an excellent example of how our passions can be turned into fun and fulfilling side hustles.

In celebration of hitting 10k followers, @ohmyfoodiegoodie will be launching some exciting giveaways to commemorate this milestone! Be sure to keep an eye out on Alma's Instagram and Tik Tok for more details.

Tell us about yourself!

I did a BCom at UoA, majoring in Accounting and Finance. I actually did two years of law as a conjoint but didn't continue this. I've now been working at Deloitte for two years, in Tax & Private (which means March madness currently!). I'm also studying towards my Chartered Accountants qualification, with one final paper to go.

What motivated you to begin your food blog and Instagram @ohmyfoodiegoodie?

I used to share a lot of my food photos on my personal account but I only actually decided to start the food gram when I got a new phone, which had the best phone camera (at the time, now





there are even better phone cameras!), and so thought I should make use of it and share my food photos separately. As much as I loved to eat out, I was also conscious of my spending so I loved finding deals and I thought it'd be a good platform to share with other students. This was in my third year of uni and I honestly didn't think I would keep it going this long! Now, I'm motivated to keep improving my photography skills (still got a lot to learn), and the opportunity to work with local businesses and brands, especially supporting them in ways I can during these tough times.

How did you balance this project during your studies at the University of Auckland?

In uni, it was just a hobby I did in my spare time. On a student budget, I obviously couldn't afford to eat out

As much as I loved to eat out, I was also conscious of my spending so I loved finding deals and I thought it'd be a good platform to share with other students.

too much so it was a bit hard to keep the content up. But time-wise, it was actually easier then, as I could go wherever, whenever—much more flexible. Whereas now, as I work full-time in a very busy role, on top of studying when that's on, I generally am only able to do things gram-related on the weekend.

For current students, what cheap eats and places would you recommend for us to check out?

My top cheap eats are definitely:

- Japanese Dining You (aka YouCurry) which does \$6 curries and \$8 udon, free upgrade to large. They used to be on Queen St, a lot closer to uni, but are now on Hobson St.
- Cosmo Coffee, opposite Albert Park, does cheap coffees (\$4.50 for large).
- Velvet Burger 2-for-1 Tuesdays was a favourite deal of mine when I was at uni.

Outside of the CBD I also recommend:

- Chu Long Ji in Wairau Valley

find your point of difference and think about how you can create value for your audience, be consistent in posting and develop your own style.


- No.1 Pancake which has moved out of its iconic little shop to Rosedale and Basu Lounge in Takapuna and Browns Bay.

I also recommend using Foodprint and eVouch apps for great deals—both are free to use.

For students who are interested in food blogging and content creation, what are some words of advice?

There's heaps of food bloggers out there now (I've seen so many pop up since I started) so find your point of difference and think about how you can create value for your audience, be consistent in posting and develop your own style.

THE FLONION) OF WISDOM



Where we take a headline from “The Onion” and write an objectively finer article



SOPHIE SUN AND NANCY GUO

“Woman Can Always Tell Period Coming By Way Doors Slam Shut, Lights Flicker” – The Onion, 22/7/21

Sophie Sun

If my life were a reality TV show, I would officially be in that crazy-celebrity-during-pandemic phase. My flatmates watched *Hereditary* and all I could think about, as I layed on our luxurious student flat L-shaped couch, was how great it'd be if Elon Musk could make some technological system where I could digitally upload my uterus online. Although I don't identify as a woman, I'm still blessed/burdened with the cosmic abilities to predict the weather based on “that time of month”. And needless to say, I will be oversharing.

For those of you who do not turn into a werewolf at every full moon or are God's favourite and have a 5 day (or

less) cycle, let me tell you a bit about the barometer in my belly. It's pretty hard to distinguish if my hysterical crying sessions are due to my period because I'm normally sobbing 6 days a week. However, if I'm passing out, craving a pot load of pasta, or about to smother my darling boyfriend in his sleep—that's a pretty tell tale sign that the eighth layer of hell is about to open.

**IDK about you guys
but that Year 10
puberty video did not
mention that this was
something I'd have to
deal with.**

Normally, it's when I have absolutely no sanitary products on me and I'm wearing white that I begin to feel that looming paranoia of the apocalypse. It also doesn't help that my joints ache like Sophie from *Howl's Moving Castle* and I have just conveniently consumed the last remnants of chocolate in my flat.

You'd think after 108 or so periods I'd get my shit together, but nope. The three days of healthy vaginal discharge did not come with a weekly plan. Every 70 days or so, I update my Flo or Clue app. But like every other person with a life, I let that pink app just take up storage on my phone. Not to mention how do I even start to input things like a UTI, chronic fatigue, the worst IUD cramps (thanks Jaydess) and a really

weird sex position as reasons for why we're going off script. IDK about you guys but that Year 10 puberty video did not mention that this was something I'd have to deal with.

Am I mad that I had to spend a couple of hours freaking out with WebMD open when I got that yeast infection a couple of years ago? You bet I am. Thanks *Euphoria* for showing penises in mainstream media, but when are we going to start talking about the daily shit (literally). Cranberry juice does nothing for a UTI and period blood is not blue like how sanitary ads show it. I do not have shaved kitty bitties when my period is coming and I most definitely do not have the energy to do early morning basketball. I'm looking at you, U by Kotex Sports Edition.

The real horror of period woes isn't even the physical side. It's the social and emotional side. Sorry to my ex about that time I didn't sleep with you because I was self conscious about my ingrown hairs. Sorry to myself for that time someone couldn't go down on me because I was still spotting. Sorry to all the kids growing up now who feel like clean shaven is the norm when they see smooth coochies in porn. Sex ed is not just about how to feel good (although tbh we fail in even teaching that). Sex ed is about all the embarrassing things like queefs and post-sex clean up and cottage cheese discharge too.

Sex ed is not just about how to feel good (although tbh we fail in even teaching that). Sex ed is about all the embarrassing things like queefs and post-sex clean up and cottage cheese discharge too.



Donkey's conclusion: queef is just one letter away from queen!

Nancy Guo

One of the many great qualities about *The Onion* is that it accurately captures the nuances of having a uterus. As a fellow womb owner, I can always tell that time of the month is coming by the following symptoms. An unexplainable and incessant need to vacuum whole pickles out of the jar before rubbing the leftover juice all over my face. Raging mood swings where one minute I'm yodelling and swinging my cowboy hat around with joy, to hysterically sobbing out my prescription contacts the next. Oh, and can't forget about the violent urge to partake in wild hunting spree where I rip off the testicles of any man I encounter while prowling the streets!

Menstruation's elicitation of paranormal reactions from uterus possessors undoubtedly makes our cycle a very frightening 5 (or so) days for men. Yes, men may have initiated every single instance of global conflict throughout human history, but it's us emotional and irrational coochie-possessors who truly sustain the anarchy and suffering of the world. So, the next time blood is oozing out of your vagina, consider the fragile feelings of these angelic beings who have to put up with a full week of 'blue balls' and a lack of home-made sandwiches, ego-stroking and free emotional labour.

Unfortunately, menstruation is just the tip of the iceberg. We also have to acknowledge the deception

We really just can't help but ruin everything—from our panties, to the wellbeing of society's backbones.

surrounding periods and vaginas that men are subjected to. Imagine the sheer betrayal they must experience when they find out that period blood is not a pretty baby blue but instead varying shades of ugly red and brown! That's not even taking into account the varying textures of our little blood clot friends that swim out in the scarlet flood that flows from between our legs. Honestly, paying tax on sanitary products is the bare minimum compensation we can give men as reparations for this grotesque bodily process.

What's devastating is that no activist organisation is spreading awareness about the fraudulent behaviour of vaginas—a pressing issue that creates long-term and often irreversible damage to the male psyche. It's heartbreaking that when we're not leaking with blobby blood, we're secreting milky white coloured discharge. We really just can't help but ruin everything—from our panties, to the wellbeing of society's backbones.

And our coochies have the audacity not to smell like bouquets of roses or punnets of fresh strawberries? It's time to petition for legislation that makes bottles of *FemFresh* mandatory for all uterus owners. While our crimes against humanity are countless, this is a small step we can take to begin righting our many wrongs.



Puss(y) in Boots' conclusion: If no one is going to stand up for the injustices committed by vaginas, I will.



Well, This is Anticlimactic: Navigating Our Twenties in the 2020s

The only thing that's roaring about the 2020s is disappointment!



NANCY GUO

Most of us can agree that the 2020s has been a pretty turbulent time thus far. We're almost three years into a pandemic and a global economic recession. The Taliban took over Afghanistan, plunging the nation into terror and poverty. The climate crisis saw Australia's forests burning to a crisp. Putin's invasion of Ukraine has displaced millions of ordinary people and further fractured international relations... You get the point, we all read the news. Everyday it's depressing as fuck.

Growing up as twenty-somethings in the 2020s, where only uncertainty is certain, is arguably a peculiar and

We're not as sheltered or naive as our younger high school selves. Nor wise and experienced like our parents.

contentious experience. We're at an age where we're not only figuring out our identities, purposes, passions—but also our relationships with others around us. We're not as sheltered or naive as our younger high school selves. Nor wise and experienced like our parents. We're told we should be taking risks and making mistakes, but we lack the insight older adults possess when it comes to navigating the difficult and complex consequences of our actions.

The expectation and glorification of our "twenties" as the "time of our lives" only contributes additional stress to our already chaotic lives. Endless films, TV shows, and songs craft unrealistic narratives that depict being twenty-something as a carefree and exciting time of experimentation and exploration. They scream that this is THE time to travel the world, party 'til sunrise and fall in love a million times. You better savour every precious

moment of your finite youth before you hit 30 and are tied down with snotty kids, a spouse you'll inevitably cheat on, and a corporate job you hate!

For women, the pressure to date around and capitalise off the "peak" of our looks is especially pronounced. The patriarchy tells us that our value as human beings exponentially drops after our late twenties, so we better bag a man before it's too late! It's also ridiculous to think that in 5 years when I'm 25, I'll be too old to be girlfriend material by Leonardo DiCaprio's standards. Not that I'd want to be caught dead holding hands with someone who's only won one Oscar anyways.

While subscribing to these manufactured expectations stem from a place of privilege and are not attainable for every student, it still doesn't erase the longing of



young people to escape the rigid and monotonous routines we've been subjected to since we entered institutionalised education. However, the pandemic has significantly jeopardised our opportunities to discover and cultivate a personal identity outside of our study and work. Saleha feels that with the impact of Covid, she's wasting her "peak" years. "It feels like that after the pandemic ends, we will all just go to our big girl jobs," making it almost impossible not to be defined by our degree or occupation.

Endless films, TV shows, and songs craft unrealistic narratives that depict being twenty-something as a carefree and exciting time of experimentation and exploration. They scream that this is THE time to travel the world, party 'til sunrise and fall in love a million times.

For many students, this semester will mark our fifth semester that has been disrupted by the pandemic—hardly the picture of the frat parties and sports days depicted in our beloved coming of age films. Especially for a university with a reputation of having a non-existent student culture prior to Covid, Zoom classes have only intensified the disconnect between ourselves and our peers. Online uni has not only impacted student culture, but also the quality of our education. Saleha feels that she is missing out on vital opportunities because of remote learning—"how are we supposed to network? How are we supposed to get work experience when we literally join team meetings for internships?"

On the flip side, Zoom uni has opened up unique doors for students that would not have been traditionally available if we were on campus. Grace feels that "it's a privilege to have so many opportunities available to me that weren't available to my parents and grandparents when they were my age. For example, it's possible to study anywhere in the world, but from New Zealand."

The constant uncertainty of the 2020s has also elicited a wide range of responses and corresponding coping mechanisms from young people. For Grace, she feels that there is an overwhelming pressure to do something meaningful—"to help save

Especially for a university with a reputation of having a non-existent student culture prior to Covid, Zoom classes have only intensified the disconnect between ourselves and our peers. Online uni has not only impacted student culture, but also the quality of our education.

the world from the climate crisis and fight for social justice because I don't want everything to still be a shit storm for my younger siblings."

Julianna feels that with the current climate of chaos, she needs to "romanticise life in order to be content". She actively focuses on self-improvement by working on her studies

and gym goals because “that’s all we can do” given the current environment.

For Maddy, she feels that the unpredictable nature of the 2020s has halted the momentum she had been building, pushing her “into a much less social and productive couple of years.” Consequently, she has thoroughly contemplated how the pandemic has impacted the early years of her twenties—often wondering if her “path has taken a turn away from what it might have been.” However, Maddy finds turning to her closest relationships as a great source of comfort when dealing with the uncertainty of the future, bonds she feels she might not have appreciated “as much if not for the state of things.”

“it’s a privilege to have so many opportunities available to me that weren’t available to my parents and grandparents when they were my age. For example, it’s possible to study anywhere in the world, but from New Zealand.”

Fortunately, not every young person’s experiences of their twenties has been completely ‘woe is me’ thus far. Arela feels that he’s pretty happy that he “lasted this long and in the body I’m more comfortable with.” With all of Covid’s disruptions, it is “weird not to be going out as much” but he’s starting to accept that as part of the uni lifestyle. On a more positive note, Arela has reportedly entered his “hipster kombucha drinking introspective phase” a little earlier than anticipated—which honestly sounds super ideal. After all, it’s never too early to show some TLC to your gut microbiome!

For everyone that’s feeling the FOMO or disappointed in their twenties, Naomii has some wise big sister words of reassurance. Her take is that being in your 20s during the pandemic “might honestly be one of the longer straws. Because if I’ve learned anything, it’s that you’ll probably be depressed as hell at some point during this volatile time and the pandemic at least gives you an external reason to project onto.”

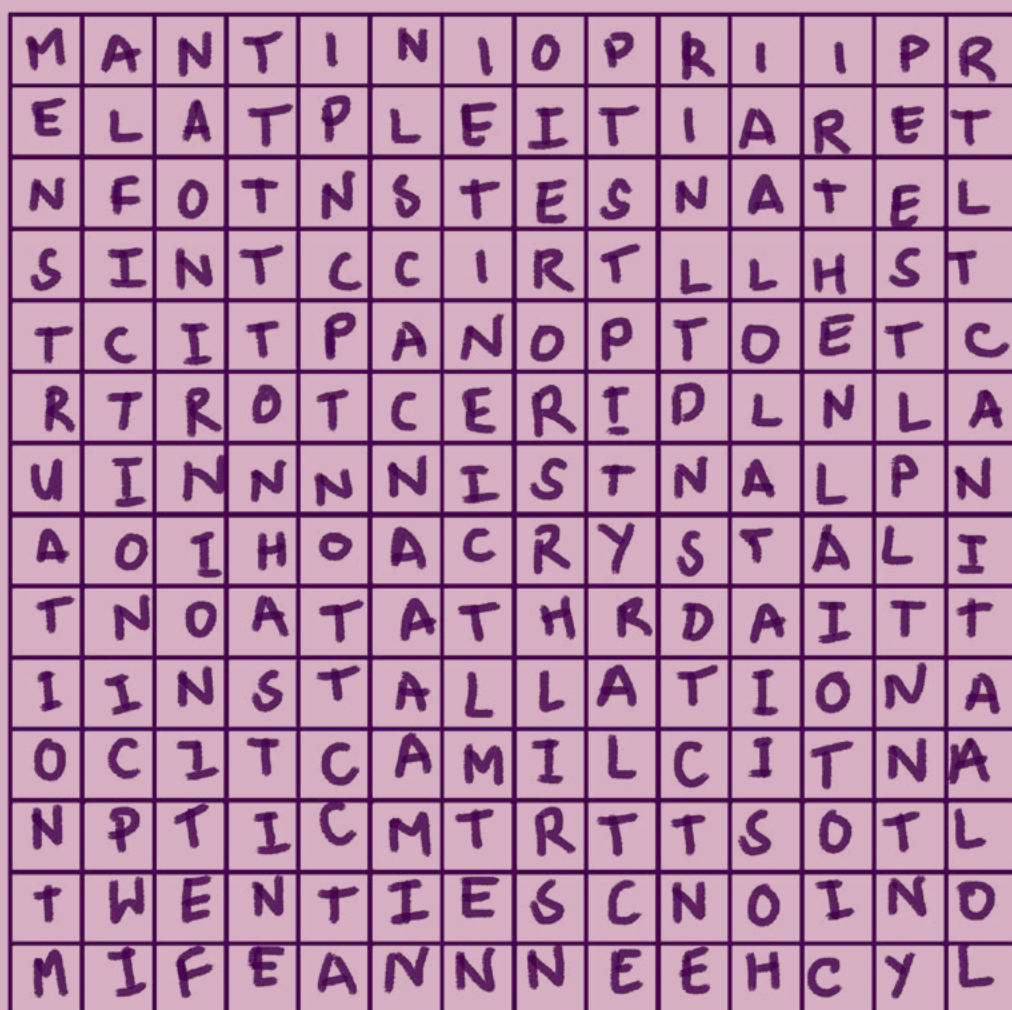
It’s time we stopped propagating the idea that our thirties will magically have us all playing golf for fun and “needing” a glass of wine every night to not leave our husbands. Like in Naomii’s words, “when we’re in our thirties, we can hoe it up as much as we want and truly claim our *Sex and the City* vibes”—we shouldn’t let silly little numbers, the

With all of Covid’s disruptions, it is “weird not to be going out as much” but he’s starting to accept that as part of the uni lifestyle.

media, or other people’s expectations, dictate our judgement of what kind of lifestyle we should be living. Let’s also dismantle the idea that our twenties are the “peak” or the *crème de la crème* of our lifetime. Like c’mon, we all know we peaked in primary school. Life is never going to be better than our days of bull rush and Kid Pix.

So, instead of letting disappointment and uncertainty control your future, take it from Naomii, who earned her life coach license through being white girl wasted from the ages of 18 to 22, “being in your twenties is a volatile time and I kinda think the 2020s just matches that vibe.”





INSTALLATION
 PLANTS
 FICTION
 LYCHEE
 DIRECTOR
 RATS
 LARP
 ANTICLIMACTIC
 PANOPTO
 TWENTIES
 ONION
 MENSTRUATION
 CRYSTAL



HOROSCOPES

After receiving zero donations of Dyson Airwraps and Tatcha skincare last week, it appears that **Polly Prophet** has spitefully filed for an indeterminate amount of sabbatical leave. Taking her place this week is her sister **Madame Mystique**, who knows the true art of being politely (maybe brutally) honest. While we may still feel ourselves lingering in the Aquarius Season of the past, directing our energies to the pure delight that is the Pisces Season is our new focus...

ARIES

It's time to unclench that jaw and unpack your emotions. The soft energy of Pisces will help with your apprehension. And with your season coming up, your excitement must feel electric. But please pace yourself.



TAURUS

Now is the time to make new friends! Even though the new moon has passed, continue opening your heart to others. Your independence is beautiful but don't let it be your downfall. Asking for help is okay and vulnerability is so sexy.



GEMINI

Nobody can do duality better than you. But with that in mind, try and ground yourself. As fun as it is trying to uncover everyone else's deepest darkest fears, do you know what yours are? You deserve just as much focus as you give to other people.



CANCER

I know crying comes a lot easier during a season of a water sign, but try and put down the tissues and be extra careful with your heart. Take a page out of Gemini's book and put yourself out there. Make mistakes and forgive yourself. The world can be cruel but life is beautiful. You'll be okay.



LEO

I know the last thing you'll probably want to do is be more like a Pisces, but set your gorgeous ego aside and let go of your old ways of thinking. You dream of success but there's more than one way to get it. You're allowed to break your own rules now and again.



VIRGO

The arrival of an autumn breeze is the perfect time for you to do some belated spring cleaning. Whether it's for your wardrobe or messy situationships, stand tall and be firm. I know you and stress are besties, but you know better than to hold onto toxic relationships.



LIBRA

Perfection and validation may be addicting but you're worth more than that. A Tumblr blog would tell you that you're perfectly imperfect, and truer words have never been spoken. Try some self-love affirmations this week and make an extra effort into showing your love to others.



SCORPIO

Try and practice the art of forgiving, because walking around with a heavy laden heart is exhausting. Once you believe in freedom and start to trust, you'll realise how cathartic it truly is.



SAGITTARIUS

Although your honesty and impulsiveness is a humbling experience, approach with caution. Emotions and stress levels are about to reach their peak so practising some self-restraint will benefit us all.



CAPRICORN

I can practically see the steam billowing out from your brain! So please, go ahead and indulge yourself, you deserve it. We all know the grind never stops but even gym rats have their cheat days. We acknowledge and appreciate all your hard work. But it's Pisces season, time to loosen up!



AQUARIUS

Your reputation of being the humanitarian of the zodiac precedes you. However, while you fixate on other people's problems, you completely neglect your own! Seek from within you. It'll be worth it.



PISCES

It's your time to shine my beautiful Pisceans! While you may be feeling extremely overwhelmed, channel your energy into some mediocre poetry, seek meanings in your dreams, keep your crystals close, and your guardian angels even closer.



RED BULL PAPER WINGS.

WHO CAN REALISE DA VINCI'S DREAM OF FLYING?



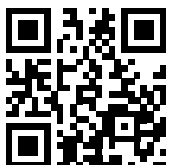
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