

CRACCUM

THE UNIVERSITY OF AUCKLAND STUDENT MAGAZINE

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EARTH

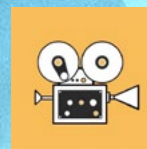
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The People to Blame

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PAGE 35

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TE AO MĀORI EDITOR
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We've Got The Whole World In Our Hands

PHOTO: NATHANIEL PEACOCK

This week, *Brian and Eda* celebrate Mother Nature.

We here at *Craccum* are guilty-as-charged for loving nature.

Of course, as with anything good, that love is in moderation. We're not entering '*UK woman marrying a tree*' territory here (which is apparently such a widespread phenomenon that it warrants its own Wikipedia page). But what we're saying is that among the hustle and bustle of University, it's reinvigorating to connect with nature away from the noise, pollution, and activity of city life. We also value the natural world, and want to contribute our bit to counter the damage of human and industrial action. No tree matrimony here.

Places to connect with the Earth around Auckland Central may seem few and far beyond the Domain and Albert Park, although with the latter being graced with PDA by day and small rodents by twilight, it is enough to keep us away. The closest we may ever get to remembering what nature looks like is when the Recreation Centre contractors eventually hit the mantle of the Earth.

Only 19% of Auckland's stream networks pass through native forest, signalling high volumes of land clearance and urban development.

Before Auckland City was built over by concrete and glass, Waihorotiu Stream was once a fishable harbour that flowed gracefully down Queen Street from what is now Myers Park, to Fort Street. Waihorotiu once carried waka and provided a water source, but it is now buried under storm water pipes in the form of a sewer.

Unless you are Phil Goff, a brilliant urban planner or environmental scientist, or you have a sugar daddy who can fund the restoration of Waihorotiu, it can feel like we are powerless in these big dreams of sustainable living. In an ideal world, we would have free, carbon-neutral transport, swimmable and habitable waters, restoration of mana whenua, inner-city native forest and birds, community composting and gardening, and sustainable construction projects. Perhaps, every person in the world could marry a tree, but all that would achieve is lowering the global levels of the sex hormone oxytocin.

Even though our individual power is small, it is motivation for us to look introspectively and question if we're doing enough to protect the planet. Whether it's thrifting, plant-based

diets or committing to public transport, many students find their own ways to cut back on pollution. Auckland Transport is also doing their bit to reduce pollution by making it hard for people to get anywhere. Whatever a sustainable lifestyle looks like for people, we want to celebrate that in this week's *Craccum*. It's also an opportunity to question if as a university, we're doing enough to tackle climate action. In the Times Higher Education rankings, UoA is the lowest ranked university in New Zealand on climate action.

While it is likely that our individual actions have a collective power, some collective powers might get us further than all going vegan at once. It's the tedious stuff like lobbying MPs, writing to your local councillor, and engaging with the local board that makes a difference. And recognisably, that's harder than ditching plastics and dairy.

Maybe your moment is the next time an AT person approaches you to take their 10 minute survey.

Yours faithfully,

Eda Tang (she/her) and Brian Gu (he/him)



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Auckland University Student
Chamber Orchestra Charity Concert

Idyllic Countrysides

9th & 12th of May

The Auckland University Student Chamber Orchestra (AUSCO) will be performing this May with all proceeds going to the Breast Cancer Foundation NZ. The programme features several beautiful pieces for string orchestra, themed around folk songs and landscapes. For more information, or to purchase tickets, head to the AUSCO Facebook page or find the event on Eventbrite.

Auckland University Commerce
Students' Association

The Wild West Stein

6th of May, 8pm

Dust off the cowboy boots, clean up your hoedown moves and saddle up your ride, because the Auckland University Commerce Students' Association (AUCSA) is taking their very first Stein of 2021 over to the Wild West.

There will be no door sales, so be sure to check out the AUCSA Facebook page to get your ticket in advance.



The Sustainability Network
**SustainYourself
Workshop Series**

iSpace (Room 315-491),
5-7pm Every Friday

SustainYourself is a series of lifestyle workshops based around sustainable living. The Sustainability Network organise activities such as meditation, yoga, open discussions about sustainability and documentary nights, and provide a space to socialize with like-minded people. All workshops come with a vegan dinner supplied by the Sustainability Network team.

Arts Students' Organisation & the
Education Social Work Student
Association

Speakeasy Ball

29th of May, 7pm

The Arts Students' Organisation (ASO) and the Education Social Work Student Association (ESSA) have joined forces to host a prohibition-themed, roaring 20s inspired ball. Tickets are selling out quickly, so get in fast. Information can be found on both the ASO and ESSA Facebook pages.

University's Annual Report Shows Māori and Pacific Staff Numbers Falling Short of Targets



ELLA MORGAN NGĀTI RAUKAWA KI TE TONGA

The University of Auckland's annual report for 2020 shows that "the proportion of Māori and Pacific staff [full-time equivalent] in academic and professional positions has fallen slightly short of the target values."

In 2020, Māori made up 6.1% of staff in academic positions, and 6.7% of staff in professional positions. Pacific staff numbers are lower, making up 2.6% of staff in academic positions and 6.7% of staff in professional positions.

According to the report, "the percentage of Māori in professional positions remains stable compared to 2019, while the proportion of Māori in academic positions, as well as the proportions of Pacific individuals in both academic and professional positions, have all shown small improvements." Despite this, the university fell short of its targets for Māori and Pacific staff numbers for 2020.

Despite many of New Zealand's universities setting targets to increase their numbers of Māori and Pacific staff, they are still widely under-represented in professional academic roles. In their article "Why Isn't My Professor Māori?", McAllister, Kidman, Rowley & Theodore found that between 2012 and 2017, Māori made up around 5% of the academic workforce nationally. Additionally, this research found that the numbers of Māori staff employed by universities did not increase over this time.

According to McAllister, Kidman, Rowley & Theodore, "this finding raises questions about the will of institutions to build a sustainable Māori academic workforce, their level of commitment to Te Tiriti o Waitangi and the notion of partnership, and the efficacy of academic equity and diversity policies."

"The results further show that Māori are more likely to be employed in less senior academic positions with fewer opportunities for career advancement than Pākehā, and that the gendered hierarchies of

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academia are reflected in the positions held by Māori men and women."

McAllister, Kidman, Rowley & Theodore also argue that hiring practices favor Pākehā candidates, and that the numbers of qualified Māori candidates are increasing.

Kayla*, who worked as a Graduate Teaching Assistant (GTA) at the University of Auckland last year, says that her experience echoes the findings of research on the subject.

"I was the only Māori tutor in the paper I was working as a GTA in. The majority of lecturers in my subject, both at Auckland and other universities, are Pākehā."

Kayla also says there are unique pressures that come with being the only Māori tutor or lecturer within a paper. "A lot of the time our cultural knowledge isn't valued which can be very frustrating. There is also a lot of pressure to be the one that deals with all the questions about Māori topics from Pākehā colleagues. In one of the assignments in the paper I was teaching last year, if students would bring up Te Tiriti-related issues in their assignments I was always the one who would be asked to mark it or assess whether they had done a good job. I don't think there's anything wrong with people asking me about that, but it's frustrating to be the only one that people think they can turn to for that knowledge, because there are no other Māori staff."

In the face of these challenges, Kayla is hopeful for the future. "If I go on to keep working in this area one day, that's one more Māori teacher out there. I never really got to be taught by someone who looked like me, so I hope that I can be that for someone else."

**Name has been changed to protect the student's identity.*

Sources: McAllister, T. G., Kidman, J., Rowley, O. & Theodore, R. F. (2020). Why isn't my professor Māori? A snapshot of the academic workforce in New Zealand universities. *MAI Journal*, 8(2), 235-249.

"The results further show that Māori are more likely to be employed in less senior academic positions with fewer opportunities for career advancement than Pākehā, and that the gendered hierarchies of academia are reflected in the positions held by Māori men and women."

Student Job Search Helping Students Into Full-Time Graduate Roles

ELLA MORGAN NGĀTI RAUKAWA KI TE TONGA

Not-for-profit organisation Student Job Search (SJS) has managed to double the number of full-time graduate roles it is advertising to students.

Jobs currently available for graduates cover a range of industries, such as media, engineering, technology, architecture, tourism, human resources and customer service. A few highlights include a \$60k per year Graduate Engineer role, 25 customer service roles, and a Media Assistant role suitable for graduates looking to get into the industry.

"We're focused on empowering graduates to successfully make the transition from graduation to full-time employment," says SJS Chief Executive, Suzanne Boyd. "No one else is taking the reins on this, and we're in the best position to do it – we're the place where talent meets opportunity."

SJS recognises the challenges that students face in light of COVID-19, and that employment prospects may have worsened for graduates. Despite this, the organization has been able to utilise their network to connect students with growing numbers of potential employers.

"The roles we're securing are high quality, well paying jobs which offer meaningful employment

opportunities for graduates, to empower them to use their experiences and skills gained during their studies," says Boyd.

SJS aims to place 27,000 students in jobs annually, and since 2014 has

helped students to secure 186,264 roles.

SJS encourages students to check out their website for more information, or give them a call on 0800 757 562.

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University of Auckland Rolls Out New Exam Technology

CHARLIE PARKER

The University of Auckland announced online examinations will be held on a new platform, Inspira, on the 16th of April.

According to the University's website, Inspira is "a best-in-breed, specialist examinations platform that provides a consistent, user-friendly examination experience", providing equally consistent assessments for students who are in New Zealand and located off-shore. The use of Inspira attempts to improve time management, be accessible to multiple device types and reduces the risk of submission issues. A key feature of the software is what Inspira refers to as 'network resilience' in which it monitors the exam and saves it even if your internet connection cuts out during the exam.

For predominantly equation based subjects, over the past year students had been handwriting their equations and scanning their answers onto Canvas. Inspira offers a 'Maths Working' option where students can access a math palette, consisting of a basic palette and an advanced palette. The palettes can be designed by lecturers to fit the specific needs of the class, however the University has not confirmed if it will be using this feature.

Inspira does have a monitoring system available, but this is not being used this year. However, lecturers at the University have told classes that the assumption is that the exams will be closed book and monitored in upcoming years. The monitoring system includes live analysis of the behaviour of students, where 'suspicious behaviour' is flagged. However, there is currently limited description available on what this behaviour actually entails.

Students have reported that despite an official

Students have reported that despite an official email announcement being sent out mid-April, a handful of lecturers had also mentioned that the technology was going to be used this year in lectures, back to the earliest reported date of this on 26th March.



email announcement being sent out mid-April, a handful of lecturers had also mentioned that the technology was going to be used this year in lectures, back to the earliest reported date of this on 26th March. A number of students who spoke to *Craccum* were still unaware that the software was going to be used for exams. The University's website recommends completing the demo assessment available on Inspira before your exam, however this may prove challenging if students are still unaware of the software.

Third year Bachelor of Arts student, Liz*, says "I'm a bit confused by the decision to use a completely new software that virtually no one knows anything about...I feel like forcing everyone to use a new software for the first time for our exams is just going to lead to more problems with the technology, and add another layer of unnecessary stress to the already nerve-racking exam period".

First year Bachelor of Science student, Louie, also added "Canvas seems to be a fairly successful class organiser, I don't mind using it at all...if exams [on canvas] run anything like the mid semester tests did, then it should be totally cool."

To find your exam timings, visit your student services page online. The University website states that all exams for the year will be "conducted as online, non-invigorated, time-limited examinations".

**Name has been changed on the request of anonymity*

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Sustainable Future Collective Hosts Clothes Swap Party



JESSICA HOPKINS

As part of Fashion Revolution Week, The Sustainable Future Collective (SFC), the largest student-led sustainability club on campus, hosted a Clothes Swap Party. Jess talked to another Jess, the Co-President of SFC, and students at the event about UoA's emerging second-hand culture.

Fashion Revolution Week commemorates the 2013 Rana Plaza factory collapse. The people in this building were manufacturing clothing for many of the biggest global fashion brands. This year marked eight years since the tragedy, which killed 1,138 people. Fashion Revolution seeks to amplify unheard voices across the fashion supply chain and encourage communities to explore innovative and interconnected solutions to create a better fashion industry.

SFC's clothes swap is part of their programme of Fashion Revolution Week events. Jess says SFC hopes to encourage a second-hand culture at UoA. 'There's no shame in having second-hand clothing. It's a more sustainable option than buying new clothes,' Jess told *Craccum* that students donate their pre-loved, quality items, which SFC collects before the event. Then, all students can take their pick of the items on the day, even if they did not donate. Clothes weren't the only things on the table, with books, jewellery, stationery, décor, perfume, and games also accepted.

The annual event has been running since the club was formed in 2016. SFC was even able to go through with last year's event, which fell one week before the first lockdown. 'It's been really successful in previous years. Last year most of the clothes on the table were gone,' Jess says they are in contact with op-shops, who collect any items not taken by students.

As well as the clothes swap, SFC hosted an 'Ethical and Sustainable Fashion Panel Discussion'. The club also organises a range of social and informative events such as beach clean-ups, volunteering opportunities at the UoA Bee Sanctuary and sustainability workshops. Their 'bring your own bowl for vegan ice cream' event to encourage reuse culture at the University also proved to be a success among students.

Fashion Revolution seeks to amplify unheard voices across the fashion supply chain and encourage communities to explore innovative and interconnected solutions to create a better fashion industry.

Despite the recent popularity of their events, Jess says SFC is still working to make sustainable living a long-term practice in students' lives. "Sustainability is quite a new buzzword at uni at the moment." She believes UoA students are becoming more conscious, but "the reason our club exists is to shift that consciousness and awareness into action."

Antonia, a Global Studies and Sociology student and second-hand shopper, told *Craccum* people need to move away from feeling the need to keep up with fashion trends. 'We should get into the habit of swapping clothes rather than buying things new. It feels so much better.' She says SFC does great work, and she would love to see the University support more initiatives and events like the clothes swap. 'There needs to be more recycling bins and compost gardens on campus.'

Despite the recent popularity of their events, Jess says SFC is still working to make sustainable living a long-term practice in students' lives. 'Sustainability is quite a new buzzword at uni at the moment.' She believes UoA students are becoming more conscious, but 'the reason our club exists is to shift that consciousness and awareness into action.'

Sam*, a Law and Arts student, says they have purchased second-hand clothing not only because it's sustainable but mostly because it's affordable. 'It wasn't always a cool thing. It was actually embarrassing not being able to afford new clothes. But shopping out of necessity taught me how to make sustainable choices.' They told *Craccum* they're happy to see more people are shopping second-hand. 'Hopefully, it isn't just another trend, and second-hand is here to stay.'

The University holds a top ten overall spot in the Global Impact Rankings. Jess says new papers offered at UoA like Sustain 100G provide opportunities to study sustainability and sustainable development. But she says more needs to be done outside of education. 'The University is doing an ok job at raising awareness about sustainability through education, but in terms of action, clubs like Fossil Free UoA, Generation Zero, and us are trying to push further work in the sustainability space.'

**Student's name has been changed.*

Musings of a Muso and the Elephant in the School

BELINDA HOPMAN

The School of Music has been in the spotlight a bit recently, what with housing a sexual predator for 20-odd years to the point where they held the title of Head of School. And if that wasn't bad enough, this was not the first institution he facilitated this behaviour in. Everybody in the School seemed to know about the rumours, if not actual details. I myself was privy to the rumours in my first year as a music student in 2019; I remember the conversations my newly-formed group of friends had about these rumours and about how commonplace it was to talk about them. And now, in light of what we now know, no-one wants to talk about it, like saying anything will damn them from Music. So with all of these dynamics at play, I find myself reconsidering my own choice of degree and career path.

Let me be clear: this is by no means the first time I've had a panic about if I'm on the right path or doing what makes me happy, that happens every other week. But this feels different, I'm no longer holding myself back from feeling and talking about the bad parts of my studies. The rose-coloured glasses are well and truly off. Not only has the university and Music School's recent enlightening cover-up brought me to considering my place in music as a woman, and as a person who grew up in South Auckland not at all surrounded by classical music, but it has also brought me to terms with the fact that, as a disabled person, music does not want me.

The University in general is not known for its accessibility or inclusivity. Unfortunately, having to settle for a more difficult time comes with being a marginalised person in society, but I've been noticing more and more things that require me to take an extra step to remain equal with my classmates. Even things I gave the school the benefit of the doubt on, like having to figure my way around course material and assignments so I can actually engage with them, or having no female musicians in the material, or having no kinds of differing music to diversify tastes, even something as simple as clapping or snapping a rhythm; I am now seeing how simple those things are to think about and take note of.

Honestly, I can't help but feel that the Music School is a wormhole to the 19th century, that no-one has been able to update their opinions and priorities in 2021. This is also not a problem exclusive to this one school in this one university; this seems to affect the whole fields of musicology, classical music and, yes, even the ~progressive utopia~ that is the mainstream music industry. The surface-level problems with this should be obvious, but there's a deeper issue at play here: if people like myself who do not react well to the current system get pushed out, then there is no necessity to change or be more inclusive, and the cycle just continues for eternity.

And let me tell you, it's hard to feel like you belong when your existence was not expected or wanted. No matter how much I try to interact with the material or convince myself that this hardship is worth the end goal, I still keep feeling deflated and feeling as though the point is that I'm being pushed out, that they don't want to give me the benefit of the doubt.

On a slight upside, from what I hear the change in leadership has been beneficial, at least in the short term, in terms of starting the process of righting some accessibility wrongs of the Music building, and I think, if continued, that sounds promising for future musicians who come through the doors. I can't help but wonder how many have already been pushed out, if this is the bare minimum too late, and with the speed of societal shifts, how many will actually be able to take advantage of not settling anymore or feel accommodated by the system.

So, unfortunately, this recent news is just showcasing the kind of environment that the School of Music cultivates and sits in, that both the university and the music industry had help in creating. It's only a single drop in an ocean of superiority, exclusivity, and bias, and the people seeing through it are drowning.



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Ancient Wisdom, Revisited



MAIRĀTEA MOHI TE ARAWA

Kaitiakitanga means guardianship and is a concept ingrained in the Māori worldview. Māori people consider themselves interconnected with the environment and consider ourselves guardians; the etymology of the word Māori means "natural" or "normal." We literally call ourselves tangata whenua, so of course we believe we're one with the earth. As guardians of the earth we try our best to safeguard the taonga of Papatuānuku for our future generations, our future kaitiaki, to enjoy.

Our tupuna have always known what was up. They ventured out into the unknown using nothing but the sun, wind and stars. They were our world's greatest explorers and have a story with an accompanying lesson for everything. In the spirit of sustainability, here's the Māori creation myth of humankind which has an underlying message about using and appreciating what you have already.

What happened after Ranginui and Papatuānuku separated?

What came after Rangi and Papa was man. Actually it was W/Oman. The recently separated brothers were fed up with the sausage fest and decided they wanted to create life. They wanted to create pussy. So the atua began to gather the red stained clay called kurawaka from the blood of their mother, Papatuānuku. Tānemahuta fashioned the shape of the woman in the image of the Mareikura who were wives to the guardians of heaven called the Whatukura. To this coke bottle body-ody, Tānemahuta's brothers added muscles, flesh and fat.

After all this was done, Io, our supreme, sent Rehua, the head guardian of the Whatukura with five things. These were toto (blood), wai (water), wairua (spirit), manawa (heart) and hau (breath): the five principles in the creation of life. Tāne, the atua of the forest, planted his seed and grew life within her, cementing our connection to the earth. Finally, he bent over the lifeless form and breathed into its nostrils, giving her the first hongī.

The woman's chest rose and then she took her first breath,

What your tupuna were trying to say

"Kāore ā te rākau whakairo, kei te tohunga te whakairo."

The wood has no understanding, only the carver.

Meaning: A mild rebuke to one who attempts to instruct the leader.

Modern Lesson: Don't be an asshole. Don't correct the lecturer.

"Haere taka mua, taka muri; kaua e whai."

Go in front not behind; don't follow.

Meaning: Be a leader not a follower, lest you be led astray by an erratic leader.

Modern Life Lesson: Try speaking up in your tutorial, shut that pretentious teachers pet up. We all know you did the reading.

"Tihei".

All of the atua were pleased with the woman so they gave her the gift of life – "Mauri ora". The first woman was called Hineahuone – woman made of earth. Io decided that it was time that the atua and Hineahuone should receive a gift that would help humankind in their quest for knowledge.

Io sent his bitch boy Rehua to fetch an atua to climb to the highest of the twelve heavens to receive the three baskets of knowledge. Tāne volunteered and when he arrived he was blessed, then handed three kete.

The first kete (kete tuauri) contained all of the ritual chants needed to converse with Ranginui, Papatuānuku and their offspring. These were the ancient karakia that allowed man to ask the deities to control the weather so that conditions would be favourable for human pursuits. Gathering food, fishing and even sailing.

The second kete (kete tuatea) was the basket of evil that contained all the bad things to know- also known as the kete of toxic exes.

The third and final kete (kete aronui) had in it all the good things to know. These included positive human emotions as well as the teaching of all those practices that benefit humankind. This knowledge pertained to the earth, land, water, animals, birds, fish, insects and food.

These were brought back to earth for humans and atua alike to share and bask in the knowledge. These teachings are still furthered today through song, chant and recited karakia.

"Me haere I raro I te kahu kōrako, kia kai I te kai, kia whiwhi I te taonga."

Travel with a white hawk so that you eat well and receive gifts.

Meaning: The white hawk stands for a prominent chief. The company of such a personage ensured the best treatment.

Modern Life Lesson: The white hawk is your professor. Try going to the networking events they talk about in class. It's usually free food and awesome opportunities.

Modern Lessons

The biggest take away from this is that we are literally part of the earth. All of our actions go back to her and thus we should conduct ourselves accordingly. Like Tāne, make do with what you have already. Don't go buying takeaway cups for your coffee; just reuse the Keep Cups the Christian cults gave out to us on O-week (better than the jandals they used to give out tbh).

Make do with what you got now! I'm

not telling you lonely people to go fashion yourself a new S/O out of dirt, because you'll get an STI. But I am telling you to appreciate what you have already, physical and intangible.

Appreciate not only what you have, but what you are. Just like Hineahuone, you were made with a purpose. She was created in the perfect image, with everything she needed. If you trace that whakapapa all the way back to you, then you can recognise that you too are a part of a long line of greatness.

Maramataka Matauranga



ATAWHAI NGATAI NGAI TE RANGI

Maramataka Māori is a form of mātauranga Māori that forms our understanding to the motions and reactions of everything that makes up our physical world. It breaks down 'the ups and downs' to amazing detail. It gives insight on the processes and roles we have as people in fitting in to the natural flow of our environment. This is the guide to understanding and implementing Maramataka Māori as students just trying to get by in the rat race.

In this modern academic world, being obsessed with success is the norm. This mindset of defying gravity is praised and overseen as 'the grind' when really it is unnatural, unsustainable and impossible.

The natural phases of gravity are in every aspect of life from

the time of the creation, to the formation of the galaxies, stars, planets, their habitats, to the tidal cycles and the life of every living organism. Gravity has had such an impact on the environment of which mankind is only a small part. Without the down, there is no up; to have no cycles, there is no movement; and without vortex, there is no life. Maramataka shows us the necessary balance between working and resting, using te reo Māori, tikanga, kōrero that's been passed down and the environment. Here are this week's moon phases and what they 'COULD' mean for you (maramataka is only a suggestion, not hard factsssss)... Lashgooooo!!!

FYI: Maramataka Māori (Following the dates and phases for Rangitikei)



KOREKORE TE WHIWHIA

KOREKORE TE RAWEA

KOREKORE TE PIRI KI TANGAROA

(May 1-3)



TANGAROA Ā MUA

TANGAROA Ā ROTO

TANGAROA WHAKAPAU

(May 4-6)

Low Energy, Medium Energy

To begin this week, we descend in energy, returning to the phase of Korekore. The name foretells the vibe for the next two days. For many, the Korekore period is a time to draw near to whānau and friends, to check that we have enough between us, and to plan for the rest of the week. It is the closing down of the earth, preserving, resting and replenishing itself-

Fishing, eeling and gardening is not recommended under Korekore. Fish aren't plentiful and harvesting is unproductive, but it is a time where creative and intellectual pursuits are encouraged! Maramataka encourages the Korekore phase to be used to wānanga, learn waiata, karakia, and all of those kinds of tings. It is a time where physical productivity is lowered but mental repetition is favourable ... So in saying that, get your overdue lectures out and do some study. Low energy days accommodate for a less intense grind, but they aren't rest days

High Energy

Moving up from Korekore, the Tangaroa phase is a time where mahi kai is plentiful whether it be harvesting, planting, fishing or eeling. It is a time where the earth and seas are fertile and productivity is increasing. For us students, it is a time where energy is abundant and study vibes are perfect, but it is not a time for reflective hui or wānanga (as energy and emotions are HIGH), so perhaps go grind it out in the library instead, and steer clear of that one overly opinionated law student in your study group in Kate... (Unless you've been waiting to confront them, then of course this might be the perfect time).

Fertile earth, fertile seas, date night? Many kaumātua and kuia would analyse the moon phases and the behaviour of ngā tamariki a Tangaroa (eels, fish etc) during them to measure a good time to 'get it on' with their S/O.. Tangaroa, high energy moon phase, high energy fertility.. Why not? Okay I'll leave it at that lol. What you do with that Tangaroa energy is entirely up to you, haha!



Can We Be Sustainable?



SARAH ALBOM

I go shopping with reusable bags. My toothbrush is made from bamboo. I haven't used a take-away cup in over a year.

Wherever I go, I always try to be more sustainable and eco-friendly. Yet, as I look around my room, my rubbish bin is heaped with plastic packaging. I'm trying to help the environment; why am I failing?

As a university student, my budget is limited to the weekly \$240 Studylink payout. After rent and transport, I'm dealing with pennies to feed myself each week. It's important to find discounted food and cheap deals, but those always come with the steep price of being wrapped in a plastic bag. Every time I find a bargain, I touch the disposable wrapping and think of how I've killed another polar bear.

Our place of study isn't much better. Sure, the University of Auckland has won the Times Higher Education sustainability ranking charts two years running, but what about the stores it contains? I took a wander around Munchie Mart. Aside from some fruit, croissants, and a chocolate éclair, every single thing in the store was wrapped in some sort of single-use packaging. Our favourite convenient option for lunch is also one that's full of plastic.

I try to be good. But remembering bags, and Keep Cups, and utensils, and organising pre-made food ... I can't be alone in thinking that this is all such a headache.

We hear suggestions for how to cut down on our carbon footprint all the time. Take the bus, or walk where you can. Try to buy unwrapped produce, and bring your own reusable bags. It's time to save the world. Think of the turtles! Think of the microplastics that clog our oceans and will outweigh fish by 2050! In reality, all of these individual sustainability suggestions are too time intensive for the average student. When I have three impending essays and two tests in five days, I simply don't have the time to take two busses to an out-of-the-way shop so I can refill my shampoo.

But maybe, all of this plastic usage isn't entirely our fault.

Studies show that 71% of our planet's annual carbon emissions are produced by just 100 companies. Almost 50% of lifestyle emissions are produced by the wealthiest 10% of the population. As broke university students, our contribution is pitifully nominal.

And then, there are the products we actually buy. Rather than telling us to agonise over whether to break the budget or hurt the environment, why don't companies just not use plastic in the first place?

We're always told that it's up to us to be more environmentally friendly, but maybe the suppliers of our basic needs should take responsibility for their wasteful habits.

A popular phrase is that there's no ethical consumption under capitalism. To this, I add: there's no sustainable consumption under capitalism. Sustainability is not economically friendly. There's a reason your devices all break down in a couple of years. If you buy something that lasts forever, you'll never make the company more money by buying another. Cheap products, disposable products, add up to big profits just as they add up in our landfill. As long as companies have access to cheap plastics and no incentive to change their habits, they won't.

Our plastic problem shouldn't be put on the consumer. Corporations and governments are refusing to care about the environment, and it's our generation who will be footing the bill in a few decades.

Luckily, we have a chance to make big changes by each contributing a small amount of effort. Donate to organisations that are taking action to help the environment. Contact your local MP about prioritising climate change. Sign petitions. Join protests. The louder we speak, the more they might listen.

Grassroots change and bamboo brushes can only take us so far. If the world has a fighting

chance, we need to get change at the highest levels of society. Until then, we as individuals cannot be sustainable.

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Ref: Oxfam. (2015, December 21). *World's richest 10% produce half of carbon emissions while poorest 3.5 billion account for just a tenth* [Press release].

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Living Like It's 1760

A **truly** sustainable lifestyle



NAOMI SEAH

Trying to live sustainably in the 21st century is something of a minefield. We live in late capitalist hell and every purchase or decision made often comes with a hefty carbon footprint, or price tag. It's exhausting and discouraging. No I don't have time to hand-milk oats, and no I don't have \$500 for an ethically made, sustainable hand-beaded dress from Reformation.

There's no easy answer to these struggles. Of course, we can try our best to source sustainably—consuming less, eating local and thrifting, etc. But unless one lives off the grid and doesn't participate in capitalist society, no one can claim to be perfectly ethical.

Hell, even in 1760 no one was perfectly ethical. Any product from that time period likely involved slavery, and classism and racism was definitely worse—at least in Western society. However, there is one major difference. The industrial revolution hadn't happened yet. That meant carbon emissions were still low, and we hadn't yet torn the Earth's ecology a new one with industrial activity.

Sorry to be incredibly depressing, but being alive in 1760 was probably the last time Western society could be said to be truly

Sorry to be incredibly depressing, but being alive in 1760 was probably the last time Western society could be said to be truly sustainable.

Like most people, I am not fabulously wealthy, so the more expensive and rare fabrics of the time like silk and cotton were out of the question. I had a rummage through my things.

sustainable. Spoiler alert, I am not caucasian, so if I had been born in that time period I would definitely not be residing in Western society. However, I am now part of the large Asian diaspora in the Anglosphere, so my current lifestyle can be said to be a continuation of Western traditions.

Specifically, a continuation of the working class or peasantry traditions.

In that spirit, I decided to live like a 1760s English peasant for a day.

This obviously came with a few challenges. The first was getting dressed in the morning. Like most people, I didn't have easy access to petticoats, stays and 16th century gowns. However, a cursory Google search told me that most clothes were made out of wool or linen, and shoes were made of leather. Lo and behold, these fabrics are still around in the 21st century, and I had some in my wardrobe. Like most people, I am not fabulously wealthy, so the more expensive and rare fabrics of the time like silk and cotton were out of the question. I had a rummage through my things.

I had a pair of linen trousers (albeit lined with polyester and kitted with a zip and plastic buttons), a wide range of thrifted woolen jumpers, and a pair of Doc Marten Jadons. So I'm soft-boy hipster trash, don't come for

me. Unfortunately I didn't own linen underwear, so I had to go commando. This wasn't terribly comfortable, and led to some chafing, but the first step was complete, and it was easier than I'd anticipated. There was no need to bother with makeup, as I didn't fancy putting rat poison on my face. So far, so good.



some produce. I felt it would be the closest thing to a local market in the 1700s, and it was a blessedly short 20 minute walk. There, I procured some vegetables and a few eggs for lunch and dinner later on.

I took my time, swinging past my local community garden in Kingsland to get some free kale and spinach to add to my meal. By the time I got home, it was lunch-time.

After a quick meal of pan-cooked veggies and a fried egg on bread, I was ready to get to work.

The problems began when I realised that most dairy products would have been made by hand. Handcrafted cheese and unpasteurised milk is now considered artisanal, and I didn't have \$20 lying around to buy those ingredients. Also, coffee wouldn't have been available for a peasant like me. I'd have to live with the caffeine-withdrawal induced brain fog for the day. My morning vape? Also out of the question. It was a rough day for my flatmates, let's just say that.

I'm usually naughty and skip breakfast, but without my coffee, I needed some replacement fuel for the morning. Luckily, my flatmate works at a wholefoods store and often brings back free bread, which is handmade. I decided this was acceptable, and I had two plain bits of bread for breakfast.

I planned the day for a Sunday, so I was able to head to the local Farmers Market to buy

Living like it was 1760 meant I had to stay off my laptop and phone for the day, so I had a free pass to ignore my uni work. On the flip side, this left me with almost nothing to do. I didn't have cows to milk or a vegetable garden to tend, and what else did 16th century women do?

I decided to work on some sewing projects I had abandoned in the corner of my closet.

Luckily, I don't have the faintest clue how to use a sewing machine, so that was not an issue for me. I happily passed all of an hour hand-stitching some thrifted finds on the porch. For maximum accuracy I used a single stitch method that a YouTube video had once told me was common back in the day.

After that, I read a novel for an hour, even though a peasant in 1760 would probably have been illiterate.

Then, I hand-scrubbed the floor in my kitchen. This sounds drastic, but it was probably akin to the housework lower-class women did back then. My flat's floor had also not been cleaned for over a year, and there were mysterious black globs in some areas. I used water, lemon, baking soda and an old rag. It was surprisingly efficient, though I did go over it with a mop and disinfectant the next day.

Then, it was dinnertime. I made the same meal that I did for lunch. It was getting dark outside, but electricity was out of the question, so I lit some candles. This was a very inefficient source of light, and I burnt my hand on the edge of the pan as a result. Afterward, I tried to do more uni readings by candlelight, but gave up after developing a headache.

In the end, all we can do is be mindful of the ways in which we consume. Take that walk to the local market, turn off the lights when you're not in the room, eat more vegetables, and probably drink less coffee.

I'll be honest—I didn't last the whole day. I had a headache from using candles as a source of light, I was grouchy from the lack of nicotine, and I felt sweaty and gross without a shower or a toothbrush. I gave in and did my usual night-time routine, treating myself to some Netflix before bed.

What did I learn from this experience? Nothing that I didn't already know—namely, it was impossible to make completely sustainable decisions. It's not 1760 anymore. I had running water and an electrically powered stove. I also had to use the toilets, and I eventually cracked and had a shower. All of these things come with environmental consequences, and what's more, they're now necessities. From the production of the house I lived in, to the polyester lining of my pants, to the plastic bucket that I used for the floor—none of the materials I had were free from the environmentally destructive industrial capitalist machine of the 21st century.

In the end, all we can do is be mindful of the ways in which we consume. Take that walk to the local market, turn off the lights when you're not in the room, eat more vegetables, and probably drink less coffee.

As individuals, we can't get around all the structural changes that have happened in society since the industrial revolution.

But at least now we have showers and toothpaste.

Also, coffee wouldn't have been available for a peasant like me. I'd have to live with the caffeine-withdrawal induced brain fog for the day. My morning vape? Also out of the question.

The Best Farmers Markets in Auckland

A student perspective

CRACCUM TEAM

Ah, Farmers Markets—the promised land of fancy cheese, honey, soap, vegetables and cute flower stands that cottage-core dreams are made of. More importantly, Farmers Markets are touted as a pillar of sustainability in the 21st century. Vendors are usually local farmers, meaning that transport emissions are significantly reduced. Products are usually made in small batches, by small business owners, so there's less of a sense of the faceless mass production that so often comes with shopping at the local supermarket. Additionally, products—especially produce—don't come wrapped in single use plastic.

There's a general consensus that Farmers Markets are good for the environment, and good for you—you know where the food is produced, and vendors often market themselves as organic, sustainable and local. But in as big a city as Auckland, there are dozens of markets to choose from. Some are big, some are small, some are expensive and some are affordable. Which is the best? The team breaks it down.

Matakana

Naomii

Everyone who has lived in Auckland for more than two weeks has heard of the Matakana Farmers Market. People rave about this one all the time, and I have been dragged along on more than one occasion. It's a bit of a hefty drive, and unless you're down to carpool, there's no other way to get there. I mean, you could probably

find a bus if you're desperate but it's an hour North, so it would take most of the day for a trip up. Once you're there though, the vibes are: gentrified small town, but in the best possible way. There are so many cute vendors to choose from. Lots of fresh fruit and veg, locally sourced seafood and meats, and lots of fresh flowers, honey and cheese. It's the perfect backdrop to prance around in a white linen dress. Shout out goes to Harrygarlik, who grows delicious fresh produce and makes yummy pickled garlic for an extra fancy touch.

Accessibility: 1/10

Cottage-core fantasy: 10/10

Affordability: 6/10

Kumeu

Maddy

This farmers market, despite its somewhat rocky schedule over the past three years, is a staple of West Auckland weekends. It takes place on the Kumeu Showgrounds, in a couple of massive sheds. This makes it ideal for escaping the clogged CBD, and living your farmer fantasy, without bowing down to Fonterra and committing to picking up shit at the crack of dawn. The market is divided into two sections: kai and NZ-made arts and crafts. If you're feeling peckish, there's always some cheese and bread hanging around. Sometimes if you're lucky there will be crepes flipping up a storm at the entrance. It's also pretty lively, with buskers playing some sweet tunes to wake you

up on a dusty Sunday morning. The event is more occasional than most, occurring every third weekend of the month, but it's on rain or shine so you can head out with 100% confidence you'll be chowing down on some goodies. Unfortunately, there's basically no way around driving out west, unless you're up to catch a couple of buses. But, the coffee is good and the scenery is a nice break from the smoggy city skyline. It's a good opportunity to take your brain out of your head and... I don't know, touch some grass?

Accessibility: -3/10

Cottage-core fantasy: 9/10

Affordability: 7/10

Britomart

Jess

If you're looking for farmers market escapism without leaving the city and feel like spending too much money on coffee and pastries, this might be the place for you. I decided to check out Britomart's Saturday Market at Takutai Square last week, which recently returned after closing due to COVID-19. Self-described as 'Auckland's favourite inner-city fresh market', they offer your basic farmers market staples including fresh produce, flowers, coffee, vegan foods, pastries, crepes. The fresh produce selection wasn't anything you couldn't get from your standard fruit store but was reasonably

affordable. The majority of the market hosted a range of 'artisan' food retailers, which is not a word in my daily vocabulary as a student. The coffee and pastries were delicious, but for \$5 each, not something I need to add to my weekly expenses. The major plus of this market for Auckland students is that it's just a short walk from the city campus. They also offer two hours of free parking at Britomart Carpark, with a \$10 receipt, which will probably get you one glorified, artisan hotdog. I don't know if I'll go again, I'll probably stick to the \$3 coffee at Shads for now.

Accessibility: 9/10

Coffee and Pastries: 10/10

Affordability: 5/10

Coatesville

Brian

Halfway between the stretch of highway connecting Kumeu and Albany, the Coatesville markets are the largest farmers markets I've been to in Auckland, despite being so out of the way. Hosting over a hundred vendors, the food trucks, handmade crafts and live music tempts large crowds from the inner city. It's unlikely as a student you'll be dishing out any money, as the varnished woodworking pieces, pottery and greenstone jewellery is more to attract high-end buyers—the people in Coatesville are *very rich*. The range of food trucks is guaranteed to please, with what Jess describes as 'artisan' foods, as well as ethnic cuisines, and market favourites. My mantra is: you know a market's gonna be good if *Double Dutch Fries* are there. Except when they're parked on Alfred St. Final word of advice though - do be prepared to bring a gold coin, as the scouts manage the closest carpark as a fundraising activity. Wilson Parking would be proud.

Accessibility: 3/10

Random cute crafts that you don't need: 8/10

Affordability: 5/10

Catalina Bay (Hobsonville)

Sophie

When you work right next to a farmers market, you're basically living the Taylor Swift small country town fantasy. The Catalina Bay Farmers Markets are the best farmers market to have a camera crew following you wearing a silk scarf and linen shirt. They run every Saturday and Sunday featuring a set rotation of independent vendors ranging from the honey man (who literally pops in next door for a beer after) to some of the best customisable vegan falafel breakfasts. If you're familiar with Sweet As Crepes then you're in for a familiar sight but there's also an artisan cheese stall, specialist butcher stall and two handcrafted bakery sections that all look like they're from a studio ghibli movie. Note of warning: there's some absolutely bonkers construction going on so save yourself the impossible parking mission and catch the ferry in.

Accessibility: 1/10

4kg of a cheese you don't know how to pronounce: 9/10

Affordability: 3/10

Takapuna

Sophie

And just in case anyone wanted to stalk me, I

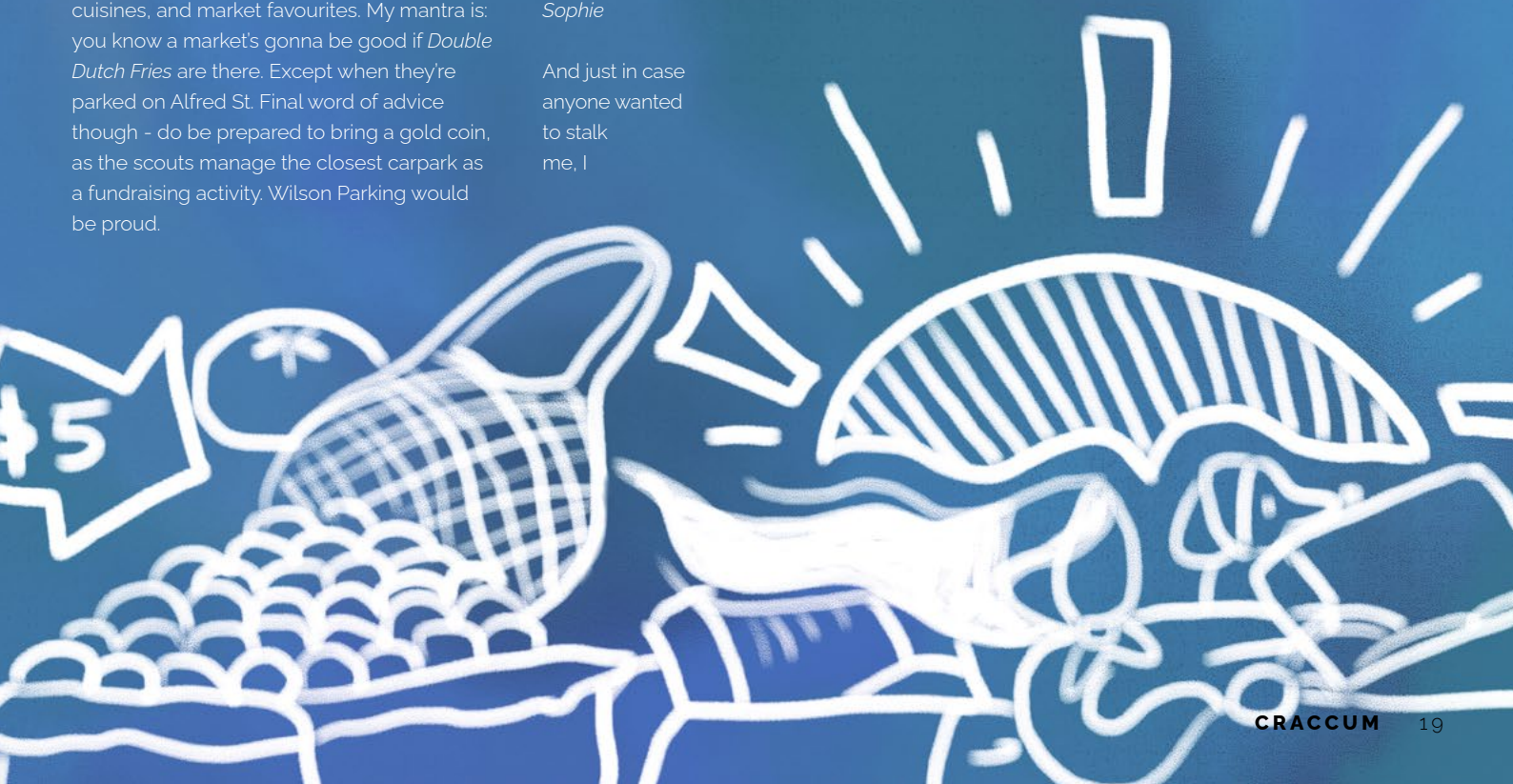
also live next to a farmers market. My best childhood memories would be waking up early on a Sunday morning and helping my dad pick out apples from the goliath mountain that spilled out the back of a transurban truck. The Takapuna Sunday markets are about as authentic as they get with stall vendors selling produce right out of the backs of their trucks. Fresh fruit, vegetables, flowers and vintage clothing and home knick knacks all feature at this iconic market. My personal highlight of the market goes to the old Chinese couple who call me over to buy Chinese vegetables and share their recipes with me everytime they see me, despite my broken protests. Whilst this market began with strictly cash transactions, some vendors have their own eftpos machines - best to bring some loose change just in case though. It doesn't get more real than that.

Accessibility: 6/10 (park on a residential street)

Early morning wake up and sunrise view: 10/10

Affordability: 9/10

So there you go: next time you're dusty on a Sunday morning, head along to one of these absolute gems. This isn't by any means an exhaustive list, and the team is sure there's better Farmers Markets out and about. So get out there, explore our beautiful city and let your mouth explore what our wonderful local producers can do. And let us know your recommendations, too!



THINK GREEN.





Why Don't More Of Us Take Public Transport?

Make it easy, dammit!



NAOMII SEAH

Sustainable transport should

be simple. Walking, biking, running, skating, swimming and sprouting wings and flying are probably the most sustainable options, as they don't involve fossil fuels or an engine.

But these options aren't always possible, especially in a city as huge as Auckland. Even driving can take hours without traffic from one end of the super-city to the other. For those that live outside of the central suburbs—which is most of us—driving is the most practical and efficient (if expensive) solution. But what about public transport? It's one of the more sustainable ways to get around, as it's essentially one big carpool. This saves on fuel, but often comes with a big time cost. And it can be expensive.

But what about public transport? It's one of the more sustainable ways to get around, as it's essentially one big carpool. This saves on fuel, but often comes with a big time cost. And it can be expensive.

As the congestion on our roads attests to, transport in Auckland can be a shitshow. A single drop of rain adds half an hour to any commute, regardless of whether you're taking public transport, and for a sub-tropical city, it doesn't bode well.

It's no secret that Auckland and New Zealand in general has a culture skewed towards private vehicles. Just think of how many car guys you've met. It's been a hot topic in recent years, especially in the conversations around sustainability. Aucklanders have been vocal about their desire for efficient public transport, with Mee and Dodson's 2007 paper noting that "sustainable transport plans [are] desired by [Auckland's] residents." So what's stopping us from ditching cars entirely?

Like most of the Auckland population, students are time-poor. The fact that public transport in Auckland can be incredibly inefficient is one of the most cited reasons that students avoided taking the bus. Sophie, our Visual Arts Editor, noted that "public transport makes [my commute to uni] 45 minutes regardless of traffic," even though she only lives a 12 minute drive away. Additionally, she says that the NX1 to Britomart from Smales Farm is often empty, but the NX2 to University doesn't stop because it's full. The combined two hour commute means "it's sometimes just not worth coming in."

The fact that public transport in Auckland can be incredibly inefficient is one of the most cited reasons that students avoided taking the bus.

Arts Editor, Maddy, who lives a 35 minute drive from the city, says that it took her an hour and twenty minutes to get to University by public transport. Additionally, she had to take two buses and a train, which meant she was "tagging on and off six times a day." It hiked her costs up, even with the student discount. Now, she drives halfway and takes one bus so she can avoid paying for parking—but it doesn't eliminate her reliance on her car. She says her "decision to avoid public transport is due to the time factor. If it was more streamlined and cheaper,

Maddy noted that taking public transport gives her time to decompress and unwind, and it's a good opportunity to check out some hunnies.

then I would do the full trip into town to try to decrease my carbon footprint."

Co-editor Brian said that he would "rely on a first-year Biomed lab partner more than I[he] would Auckland Transport," as the commute from East Auckland doesn't have bus lanes for most of the journey. This means that travelling at peak times on public transport significantly increases the time of his commute. Luckily, his schedule means he doesn't have to travel at peak times, but the price hikes still deter him from public transport. Brian notes that paying for parking is still more appealing than taking the bus if the price of public transport remains high.

It's not all negative though. Devika has lived in central city suburbs for most of her time in Auckland, so she finds the commute to University less time-consuming. She is a fan of the live-departure feature, as it makes coordinating her journey easy, so increases her incentive to take public transport. She does note that "costs are kinda expenny," and they've gone up while she's been in the city. Going through one zone now costs \$1.70 for a student. In comparison, other cities like Dunedin have instituted a flat fare of \$2, regardless of how many zones one goes through. Masters of Planning student Nicholas notes that a similar flat fare would be relatively easy to implement in Auckland, as AT is supported by the council and the NZTA.

Maddy noted that taking public transport gives her time to decompress and unwind, and it's a good opportunity to check out some hunnies. She notes that she generally feels safe, which is a plus. As someone who has often had to do long commutes on public transport, I can also attest to the fact that it's a good time to listen to a podcast, or do some meditating, or even just straight up take a nap.

However, it's not just time and money that constitute barriers to taking public transport—the 24 hour delay between online top ups and card balance updates means that I've been stranded several times while trying to take public transport. On the North Shore, where my parents live, the buses often run on half-hour schedules, but they can come up to 10 minutes early, or 10 minutes late. It makes coordinating my schedule with the public transport route a verifiable nightmare.

That's not to say that Auckland Transport isn't trying their best, given the sprawling rat's nest that is Auckland streets. It just speaks to the lack of integration between transport and urban planners in the city. Some areas of Auckland aren't even accessible by public transport. Asia, who lives in Dairy Flat, notes that the closest bus stop to her place still requires a ten minute car ride.

Of course, we'd all like to be more sustainable. And with Auckland Transport rolling out their electric and hydrogen fueled buses, public transport is likely to be more sustainable than ever, with an 85% reduction in emissions by 2040.

But until it becomes more cost- and time- effective, it seems unlikely that many students—or the Auckland population in general—will realistically be able to give up their cars.

In the end, to meet the sustainability targets and emissions reductions that our government has committed to, we have to make the sustainable option the easy one. Although steps are being taken in the CBD to make this a reality, like the light-rail project and the many bike-lane road works, it seems that the efficient Auckland of the future is a far off dream. It's counterintuitive—anyone who owns a car knows that paying for petrol, parking, road-user taxes,

maintenance etc. etc. is a pain in the ass. In comparison, buying a HOP card and bussing around Auckland sounds like a simpler alternative. But it's not. There are many disincentives to owning a car, but it seems that none outweigh the convenience of using a private vehicle, even with +2 hour times in traffic at peak hours.

So why don't more of us take public transport? Because as it stands, it's still a pretty shit system. So, on behalf of students and eco-conscious citizens everywhere, here's an open plea to Auckland Transport.

Make. It. Easy.

And with Auckland Transport rolling out their electric and hydrogen fueled buses, public transport is likely to be more sustainable than ever, with an 85% reduction in emissions by 2040.

Reviews.



LIVE SIX60 SATURDAYS - EDEN PARK

BRIAN GU

"This moment has been 118 years in the making," says Six60 lead singer **Matiu Walters**, to the capacity Eden Park crowd, in the stadium's first ever concert.

For a band that was formed just over a decade ago, and would've been lobbying to play Eden Park in an even shorter time, it seems quite a ridiculous claim to make. Yet, seeing the boys take the stage, it's apparent how much this achievement means to them. It's the crowning moment of their journey from 660 Castle Street.

Headliners **Six60** came out in strong form, starting with the classic "Don't Forget Your Roots", and finishing on a crescendo with "The Greatest". They were the true stars of the night's show, and across two hours, they played their library of hits. Standing looking outwards from the centre of Eden Park, the five boys were true giants of the NZ music industry.

Opening acts **Drax Project** got the crowd hot (these guys are truly special whenever they take the stage), and even **Dave Dobbyn** had the crowd buzzing with his classic Kiwiana hits, leading the guy next to me to shout "one more, Dave!"

As someone who's not an active fan of **Six60**, or many local artists, it's quite a curious sight to see them sell out Eden Park Stadium - I imagine similar to seeing **Benee** sell out Spark Arena (sell out, for God's sake!). But ultimately, it's an unparalleled celebration of our great nation, that everyone - bar the Eden Park residents association - would be glad to see.

"I guess for one night, Six60 were The Greatest."



LIVE VAN GOGH ALIVE

THOMAS GIBLIN

The new big thing in town has just arrived at the Spark Arena. The *Van Gogh Alive* exhibition is here offering an "immersive" experience that is "unforgettable." Prepare to be disappointed, though, as it's a vain, impersonal, underwhelming experience. Its only purpose is to serve as the aesthetically pleasing background for an Instagram post or Snapchat story.

The exhibition has you walking through 3 different rooms; the first a brief history lesson on **Van Gogh** and his works which you could've done at home. The second, a 40-minute projection of his works coming to life in a "vibrant symphony of light, colour, sound and fragrance." They forget to add that this symphony is just his art projected onto large screens and that it also features advertisements shilling the event's sponsors. Thirdly, is what you've seen all over social media: the Sunflower Room. It's filled with cheap plastic flowers that perfectly captures the essence of this exhibition. Rather than finding "beauty everywhere," it is an exhibition that robs people of what is most profound about **Van Gogh**. The intimacy of a small brushstroke and the existentialism a splash of green or blue generates is lost in catering to the digital artifice.

At *Van Gogh Alive*, the reflections of a *Starry Night* are no longer stars but rather camera flashes reminding you of how forgettable this supposedly "unforgettable" exhibit is.

"It's a vain, impersonal, underwhelming experience."



FILM NOBODY

JAY ALEXANDER

Lock, stock and one hundred smoking barrels... the new release action thriller *Nobody* does not mess around. The movie posters for this film feature the main character's face being punched by an absurd number of hands which would have you expecting a chaotic ride. Yeah, that doesn't begin to cover it.

Bob Odenkirk stars as Hutch, whose rage is unleashed as his life is rudely interrupted. It's a marvel to watch on the screen. You wouldn't pick **Saul Goodman** to be an action movie king, but the guy delivers on every detail of his role. The action scenes are brilliant, flow well, and insane to watch. Blood, bile, bullets and knives clash in these scenes at 100 miles per hour and all for the sake of enjoyment. It's also great to see an action hero that visibly experiences pain and isn't some invisible superhero. **Ilya Naishuller**'s direction also allows for the movie's escalating plot to go at a steady, yet ferocious pace. There's so much going on, yet nothing is ever too confusing. The supporting cast are all a load of fun, with the great **Christopher Lloyd** jaw-droppingly surprising to witness. It's such a refresher to see something that is so obviously relishing in what it is and isn't complex or too thoughtful among the large number of Oscar picks. There are some truly satisfying moments to be had in *Nobody*, a super fun, violent romp that is for sure worth your time.

"Eight out of ten, goodness gracious me."



MUSIC FEARLESS (TAYLOR'S VERSION)

GABBIE DE BARON

Taylor Swift's *Fearless (Taylor's Version)* definitely revives old Taylor circa 2009. The 2021 re-record of her 2008 album also includes bonus tracks - the artist has disclosed that these were tracks she wrote before but never finished, or never released. We've been blessed! A really strong comeback for **Swift**, considering her *Reputation* phase was definitely the central conflict in her fame-arc... and I've felt lost wondering what she was trying to achieve with that? Though, since Swift's moved from that to *Lover*, we see that the arc slowly resolves itself. With the release of *folklore*, it's clear that her career has come full circle, since it's the album that's won Swift her third Album of the Year Grammy (which, has never been done by any other female artist).

Fearless (Taylor's Version) exists more as bait for already established swifties. The album has a whopping 26 tracks, including seven new songs. With songs like "Fearless" and "The Way I Loved You", she adds a drumbeat that makes the songs more inviting. In "Breathe", you can really tell how much her vocals have grown. The real delight is truly the nostalgia in her tone. She's come a long way since the original release, with *folklore* and *evermore* featuring tracks that drew from her experiences as well as more mature language - yes, swearing, but metaphysical poetic touches too! This album is independent of her whole narrative-arc, like a sweet treat to those who never left her side through the entire decade of her stardom.

"In "Breathe", you can really tell how much her vocals have grown."



PODCAST DYING FOR SEX

ANNIE KANG

Dying for Sex follows the intimate conversations between host **Nikki Boyer** and her best friend, **Molly**, who has just left her unhappy marriage of 15 years. The two bring listeners along on Molly's journey of wild, weird, freeing, and thrilling sexual adventures, as she seeks to find herself as a 40-something-year-old hot new single. Sadly, amongst all of that, Molly is also dying of Stage IV breast cancer.

Released in 2020, this six-episode podcast is funny and honest and absolutely devastating. You really don't expect sexting or tickle fetishes to poignantly explore what it means to be alive - but **Nikki** and **Molly** do so with charisma, wit, and such vulnerability that sometimes it feels wrong to keep listening.

Equal parts healing and heart-breaking, *Dying for Sex* is something special. It's a podcast about sex and love and dying and living. It's about feet-worship and ballbusting (in one episode, at least). Above all, it's about the friendship between two women who adore each other, sitting in front of a microphone sharing scandalous gossip and trauma and making sense of a senseless illness, together. It's about loss. And it's a gift.

Heads-up: the final episode is profound and life-affirming. I used to think of myself as an emotionless, stone-cold bitch - but I heard it and sobbed.

It's been a year since I finished *Dying for Sex*, and—given this review—I haven't really stopped thinking about it since. You won't either.

"It's about loss. And it's a gift."



PLAYING AT ACADEMY SAW OVERNIGHT MARATHON

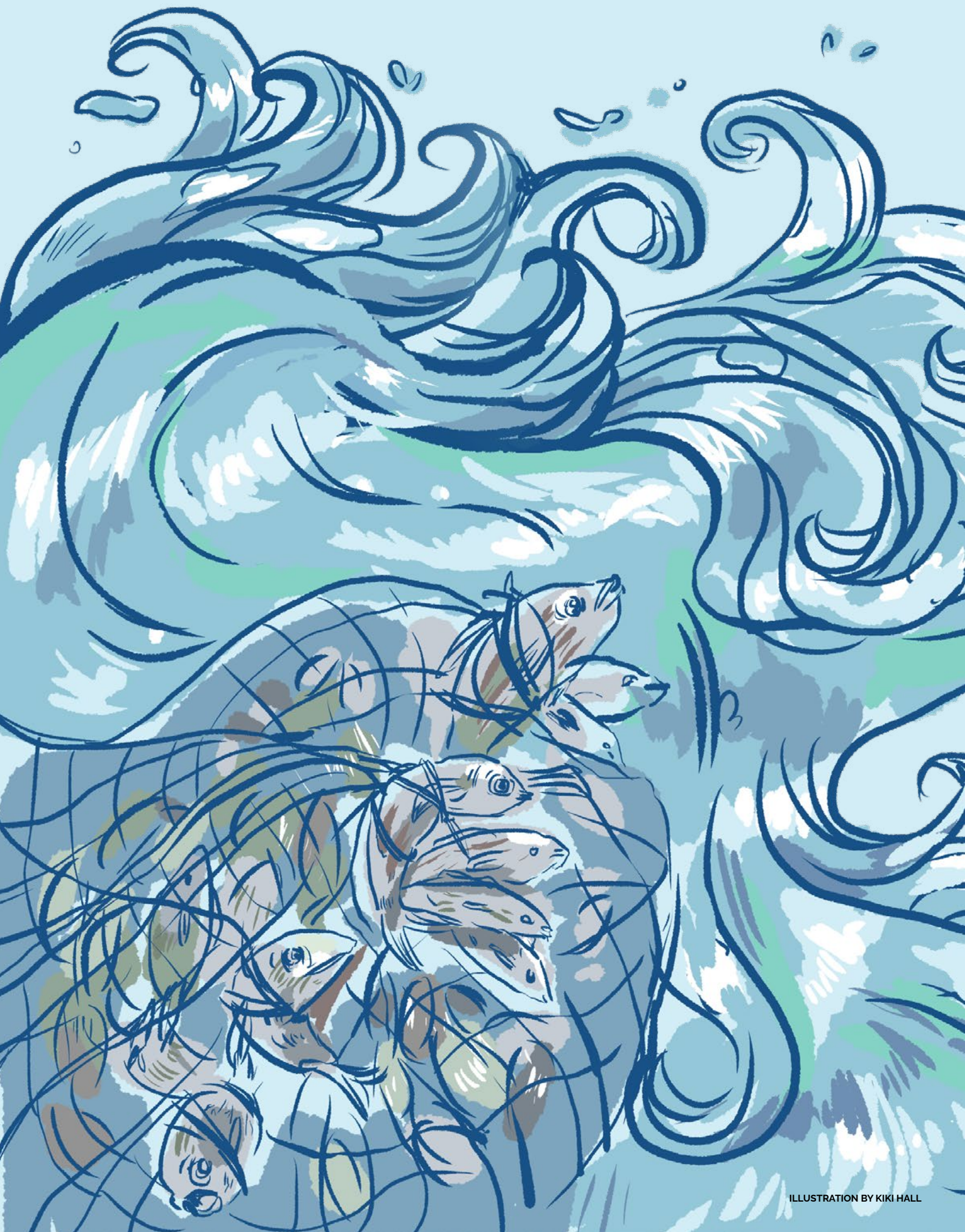
MADELEINE CRUTCHLEY

At this point in semester, we're all giving into some worrying masochistic tendencies... Indulging in caffeine after hours, pleading with tutors for extensions and skipping class to catch up on sleep you missed, because you were skipping class. There's a sick enjoyment that we find in the depths of week 8, signalled by how much we talk about our shared pain. On the 15th of May, Academy offers up an unlikely site of solidarity, streaming seven films from the *Saw* franchise.

The *Saw* films kicked off in 2004, and quickly became some of the most iconic films of the early 2000s 'torture porn' horror wave. They followed the horrific, diabolical plan of John Kramer, better known as the Jigsaw Killer (played by **Tobin Bell**). The *Saw* films all have thrilling, awful beginnings that make your stomach turn within seconds. Someone will wake up, trapped in a room or chained to an ominous object, and then endure a game show-like challenge to escape with their lives (spoiler: they never really win). Like many horror franchises, the lore becomes more and more ridiculous as the series goes on. However, there's a certain thrill that comes from the campiness of the later films. Something for the whole family. Surprisingly, there's actually moments of inventive and interesting filmmaking, amongst all the unsavoury gore. The films are definitely not for those with a sensitive stomach.

Head in with friends who are also avoiding their assignments, and see how long you can last. Maybe eat beforehand.

Craccum has two double passes to give away to Academy's Saw Overnight Marathon on the 15th of May. Email arts@craccum.co.nz and tell us who you'd like to be stuck in a Jigsaw trap with!



Just Another Conspirasea

Diving into the blind spots of Netflix's *Seaspiracy*



NANCY GUO

"I am never touching sushi again,"

I swore to myself, like many other viewers, after I finished watching *Seaspiracy*,

Netflix's latest viral documentary hit. From the same filmmakers as *Cowspiracy* and directed by **Ali Tabrizi**, the controversial film managed to successfully alter my perception of seafood, forever. I couldn't look at fish without being reminded of *Seaspiracy*'s disturbing images of slaughtered dolphins and sea turtles...

Or so I thought.

After a second watch, and conducting a bit of independent research into some of the bold claims the film makes, I've come

to the disappointing (but unsurprising) conclusion that

Seaspiracy is really only great at the surface

level. If you dive deeper and beyond the depths of its beautiful, somewhat glossy production, *Seaspiracy*'s narrative suddenly seems a lot less convincing and impartial.

With a more critical

eye, it becomes apparent that no amount of gorgeous cinematography is able to shroud the

documentary's glaring flaws of misinformation and lack of diversity and inclusion. It also becomes painfully obvious that the film is intended to push the audience towards veganism, citing cutting seafood out of your diet as the best solution to restoring our oceans' ecosystems. This

prompted not only my own questioning of *Seaspiracy*'s validity, but raised criticism and scepticism from viewers all around the world.

However, *Seaspiracy*'s spot in Netflix's Top Ten shows after its release on the 24th of March was not without good reason. Despite a large amount of controversy it has stirred up, what the film gets right is its call for attention to the key role of our marine life and the immediate threat to our ecosystem. The film's central focus of commercial fishing is also an important issue deserving of the spotlight, given its undeniably huge impact on our oceans and ecosystems.

Nevertheless, it's equally important to address the inaccurate and outdated scientific information the film uses to back up these claims. I won't bore you with every detail that *Seaspiracy* stretches or gets wrong - there are plenty of reputable internet sources that have done this already - but what I will say is that Tabrizi's alleged misrepresentation of his interviewees is definitely something that sets the alarm bells off. Many of those quoted in the documentary have come out saying that their words have been taken out of context and bent in a way to fit the producers' super privileged 'just-go-vegan' approach to solving the problems our marine ecosystems face.

Something that I still can't decide whether or not was intentional or just executed with (very) poor taste is *Seaspiracy*'s lack of diversity and inclusion. Not only are 90% of the film's interviewees white (uh, where are the BIPOC activists and organisations?), but Tabrizi seems to unfairly put a disproportionate amount of blame on Asian countries in terms of their part in commercial fishing, with a particular focus on the whaling industry of Japan. Are the producers just going to blatantly ignore the fact that Norway actually leads the world's hunting quotas? Why are these white countries not villainised in the same way as the Asian nations featured in *Seaspiracy*? What happened to documentaries being objective and non-partisan? Surely, the director, a self-proclaimed marine life

"enthusiast", would've been informed enough to include this into his work?

But are *Seaspiracy*'s underlying xenophobic tones *really* that surprising? Tabrizi flat out naming Hong Kong "Shark-fin city", amongst other overtly anti-Asian sentiments, throughout the film made me want to scream at the top of my lungs... Bro! Read the fucking room! You'd think big platform filmmakers would be more sensitive to the rise of anti-Asian hate crime amidst the current pandemic. I guess I'm mistaken in thinking we've come further in shutting down xenophobic ideas and stereotypes.

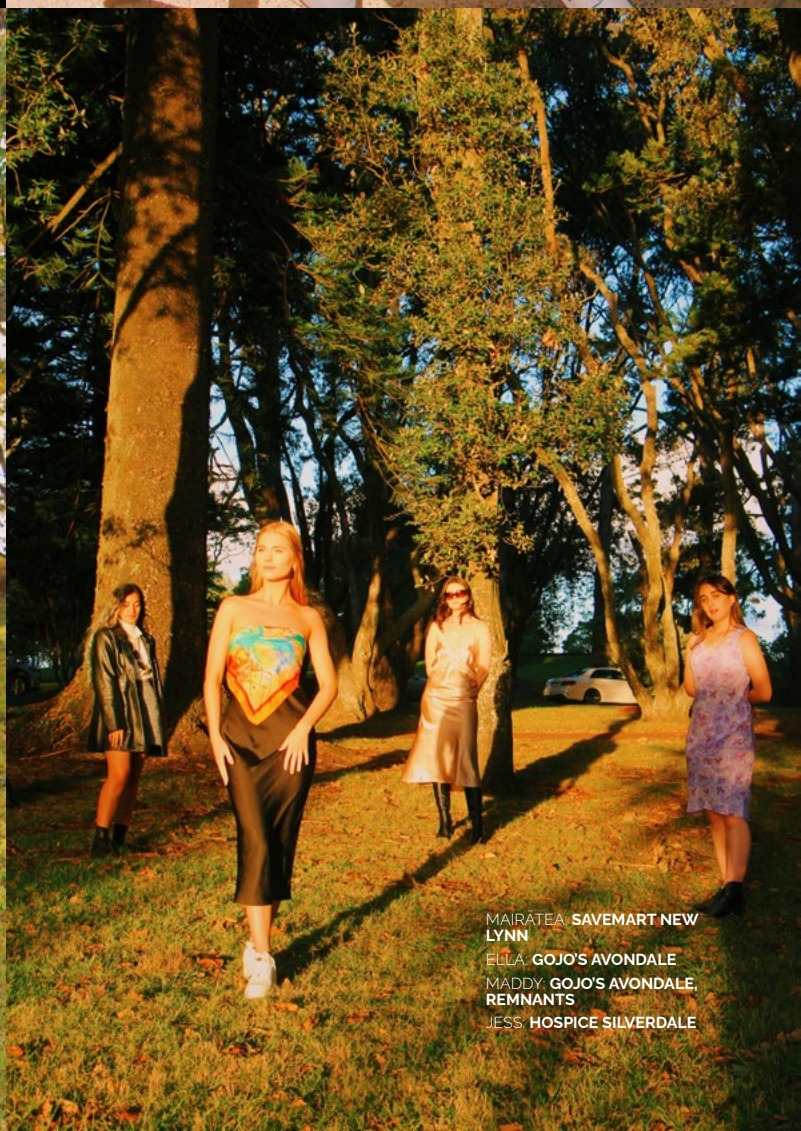
On the topic of exposing the problematic claims of *Seaspiracy* - it would be criminal to overlook Tabrizi's incredibly privileged solution of just getting rid of seafood consumption, which he proposes will miraculously restore our marine ecosystems. This solution is ridiculously ignorant to the coastal communities and Indigenous peoples that rely on the ocean for income and nutrition. Unlike the mega-corporations that destroy our seas, many Indigenous communities live harmoniously alongside and continue to protect the ocean as their ancestors have done in the past. It's no wonder *Seaspiracy* fails to take this into account after glancing at the perspectives featured. It's no wonder *Seaspiracy* fails to take this into account after analysing the perspectives featured. Their extremely elitist, capitalist and Euro-centric solution clearly disregards all BIPOC voices - who in Tabrizi's eyes are clearly not worth interviewing.

So... is *Seaspiracy* worth a watch or not? My verdict is that it is worth viewing as long as you take everything Tabrizi spits at you with a grain of salt. With that being said, in optimum conditions, the salt in question would be one rather large chunky-boy-grain. Viewer discretion is advised.

SECONDHAND SCENES

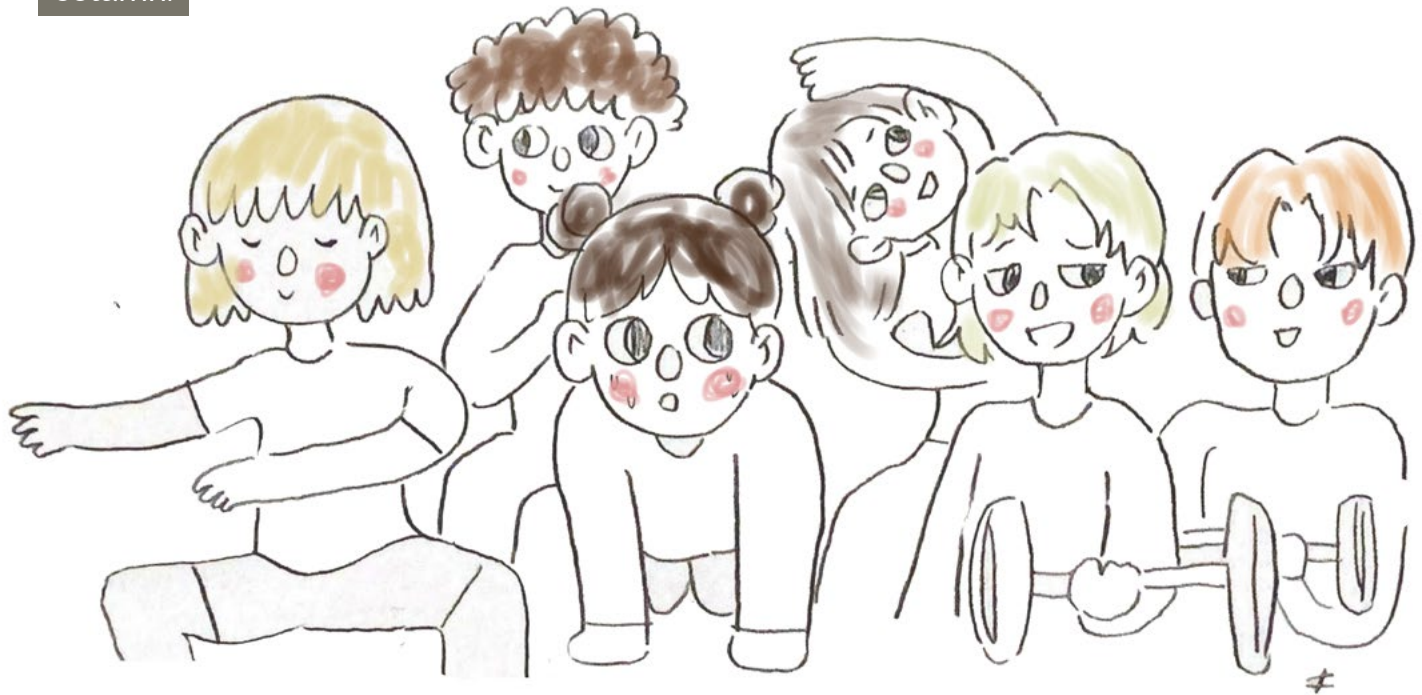
PHOTOGRAPHY FLORA XIE (@FLORAESCENT)

MAIRATEA: GOJO'S AVONDALE
ELLA: RECYCLÉ BOUTIQUE
MADDY: GOJO'S AVONDALE,
TATTY'S PONSONBY,
REMNANTS
JESS: HOSPICE SILVERDALE



MAIRATEA: SAVEMART NEW
LYNN
ELLA: GOJO'S AVONDALE
MADDY: GOJO'S AVONDALE,
REMNANTS
JESS: HOSPICE SILVERDALE





Sweat Drops

Something oddly disconcerting about a fitness instructor being an inanimate video screen this week.



MELANIE DUFF

Not going to lie, this week's class was a bit of a strange experience. I was originally planning on going to Lisa's Retro Dance class, a fun session with one of my favourite instructors at the rec centre, but scheduling issues meant that I ended up not being able to make it. Instead, I booked in for the only class that fit into my hectic mid-semester timetable - a virtual Total Body class. I usually quite like Total Body, but had never done one of the rec centre's virtual classes so wasn't sure what to expect.

First of all, when I walked into the room, I was the only one there. Usually, even with the more sparsely-attended classes, there are at least a few other people, so it was weird to arrive in an empty room. It reminded me of the Zoom workouts I was doing last year in my parents' lounge, though even then I was usually joined by my sister (and occasionally, my cat). I'm generally not a fan of solo workouts (which is why I go to group fitness classes), but I had already walked all the way down the hill to Stanley Street and gotten changed into some of the vast pile of athleisure I've managed to amass, so I figured

I'd stick with it for the duration of the half hour class.

The "instructor" was a pre-recorded video on a large screen at the front of the class. While the video did give good demonstrations and predicted some of the corrections that would be needed, a major downfall of not having a real person taking the class was that there were no variations of the exercises provided. Generally, a good instructor will give several different versions of each movement to account for the variations in ability level, but this was only provided for one exercise.

About five minutes into the class, a second person showed up. She turned out to actually be looking for a yoga class but had come on the wrong day (virtual yoga is on a Tuesday afternoon), but decided to stay for the class anyway, so at least I had a workout buddy for the rest of the session.

There was no music in this class, which was disappointing. Especially when there are no other people to add to the collective energy of the workout, a good soundtrack is vital to a

fun and engaging class. If I had known about this in advance, I would have brought my own music to listen to.

All in all, I wish I'd gone to Lisa's dance class instead. At least I would have been able to do my squats and lunges to 1980s pop-rock jams.

The Verdict

Fun: 2/10. Boring and repetitive exercises, no music, and no other people (except the lost yoga-seeker). The voiceover had a nice accent, but that was about it.

Challenge: 5/10. There wasn't a huge variety of exercises, and they were all pretty standard (push-ups, lunges, and burpees made up a decent chunk of the class). I still got up a bit of a sweat, but not having an instructor there made me a bit lazy so I didn't push as hard as I usually would.

Would I go again? Probably not. If I'm going to do a pre-recorded workout, there are plenty on Youtube that are more fun.

GREAM (Gwyneth Rules Everything Around Me)

Like Jafar forcing Aladdin to recover the mystical Genie/Robin Williams from the depths below, Craccum has asked me to plunge into the wondrous depths of GOOP's offerings.



LACHLAN MITCHELL

Gwyneth Paltrow's empire of health supplements, additives and cleansers is something to behold, regardless of any qualities or claims of actual benefit they may lack. In her desire to lay claim to levels of ferociously guarded wealth not envisioned outside of Smaug's guarding of the ancestral Dwarven treasure trove, she has set up a world of faux-health that has completely subsumed her previous brand as the premier WASP actress of her time. While the British Empire famously stylised itself as a realm where the sun never set on its colonised lands, where it was never far from the light of God, the GOOP Sultanate has laid claim to these very rays - sunlight itself is within Gwyneth's manicured grasp, in the form of Hum Nutrition's High-Potency D3 pills. The Paltrowcracy is absolute, and I must give her credit for that.

However, in *Craccum's* Earth issue, we are taking a look at some of the treasures in Gwyneth's Cave of Wonders. We're going to evaluate them on our patented Sustainability Scale (™) so you can know just what sort of lifestyle you're getting into when you buy from the GOOP East India Company. Obviously, GOOP does not sell itself on affordability - being sustainably healthy is something to aspire to, not something to expect, of course. It is unfortunate, but the poor must accept their lot in life. So we will not be factoring cost into our analysis, since if we were to do that, we'd all be shit out of luck.

The Sustainability Scale is a simple 1 to 10 rating, with a mysterious weight of Sexy counterbalancing all of our other secret determinators.

1. Gemstone Heat Therapy Mat

"Approximate an at-home spa experience with this heating mat. It combines five natural therapies: hot stones, far-infrared light, red light, pulsed electromagnetic fields (PEMF), and negative ions."

This thermonuclear Steven Universe simulator is very pretty to look at, and offers many benefits to the body. However, it is a massive energy guzzler - while leaving your electric blanket on over winter would only cost an estimated \$10 for the entire season, that is inefficient in and of itself. This particular mat guzzles an entire week's worth of an electric blanket in one setting. So for now, we must settle on a rating of **5**.

2. Olga

"If something can make a super-sleek vibrator even more sexy, it's 24 karat gold—right? This sculpted dildo has a long, rounded end for deep penetration and a flattened end for G-spot and clitoral stimulation. It's as great solo as it is with a partner."

Now, Lelo's \$3490 golden dildo is not the most accessible option out there, for reasons that go without saying. However, is there anything more guaranteed on Gwyneth's site to last longer than a vibrator constructed with royalty in mind? It does not appear so. This vibrator is cited to have a shelf-life of decades, with minimal energy usage. So great points for sustainability there. However, it is a dildo layered with the definitive precious metal, so unfortunately, Lelo's masterpiece ranks a mere **2** on our Sustainability Scale. *ITEM IS NON-RETURNABLE.*

3. GOOPGENES All-in-One Super Nutrient Face Oil

"After just one use, 100% of women showed instant, highly significant improvement in skin moisture!"

Psoralea corylifolia contains the active ingredient that powers this GOOPGENES classic, bakuchiol. But due to overharvesting in the name of insecure suburbanites, this flower is increasingly endangered! Bad Gwyneth. We give this a **3**. However, due to the relative ease of isolating bakuchiol from

other sources, and increasing cultivation of this magical little plant.

4. Rose Quartz Egg

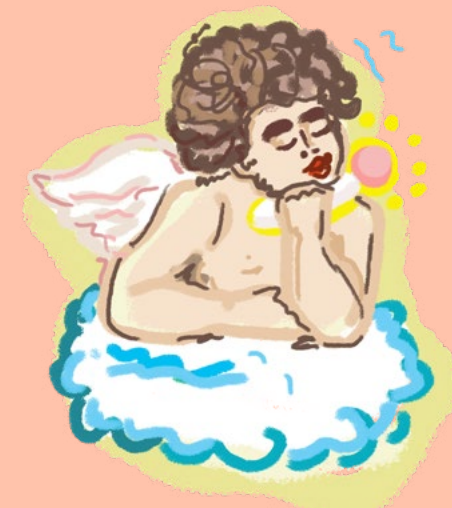
"Insert the egg into your vagina and feel the connection with your body by squeezing and releasing the egg."

Our scientists are reporting high levels of Sexy readings in our measurements, to the point where we have no choice but to consider it the definitive measurement in our Sustainability Scale. It is a vaginal rock carved from highly accessible quartz, so I mean, you can do a lot worse on the site. We give this a **7**.

5. Manuka Honey Trio

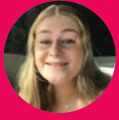
"The good stuff, all the way from New Zealand"

Yeah, well, your demand for our precious queen jelly is overworking our fucking bees, lady! We're dying out here, and Manuka is only a brand name anyway - get back to us when you're touting the far more replenishable Kanuka name, one nowhere as buried in destructive red tape and breeding laws. For this, we give you the cursed **1** on the scale. For shame.



Becoming the Main Character

Sometimes, we have to stop being Player 2, and become the Player 1 we were meant to be.



SOPHIE STEEL

At the ripe age of 17, I left my family, my home and my friends to arrive in a city that was absolutely foreign to me: somewhere I had never experienced, and a landscape I had never seen before. It occurred to me a couple months ago, while I was excessively bored in my MIQ facility, that I was in fact, the main character.

Since then, my experiences with my surrounding environment have been astronomical. After missing my home much more than I anticipated, I learnt to embrace nature a lot more. I suddenly became more appreciative of taking long walks, running through the rain, and buying house plants to make my room feel like a garden-nursery. I realised that even though I am extremely far away, I always feel at home with nature. Through a closer connection to my surrounding environment, I have the ability to romanticise my life, and I witnessed the arrival of 'main character energy' in my own life.

The Main Character

"You have to start romanticising your life. You have to start thinking of yourself as the main character. Because if you don't, life will continue to pass you by, and all the little things that make it so beautiful will continue to go unnoticed."

Danielle Carolan's viral Tik Tok in May of last year birthed the phenomenon of 'main character' energy, which according to the Urban Dictionary, is when someone "lives and breathes like the main character". She acknowledged how during the hectic times of the pandemic, we must appreciate the beauty of the earth around us and romanticise our lives before it disappears in front of our eyes. Essentially, Carolan elaborates on how we must make the most of the little things in our lives. Clean air, flowers blooming in the springtime, the crispness of fresh snow and through appreciating our earth in a way we haven't before, we become main characters in our own lives.

How Do We Become Main Characters in Our Own Lives?

Simply put, if we look after ourselves and appreciate our earth and environment we immerse ourselves in, it becomes relatively easy to romanticise our lives. Not only this, but partaking in 'main character' activities often help us enforce self-care practices into our routines—things such as putting our phones away, trying something new and appreciating the little things in life. The main characters in our

films and tv series are notorious for being a little adventurous, and spontaneous journeys out of their comfort zone are always their best friend.

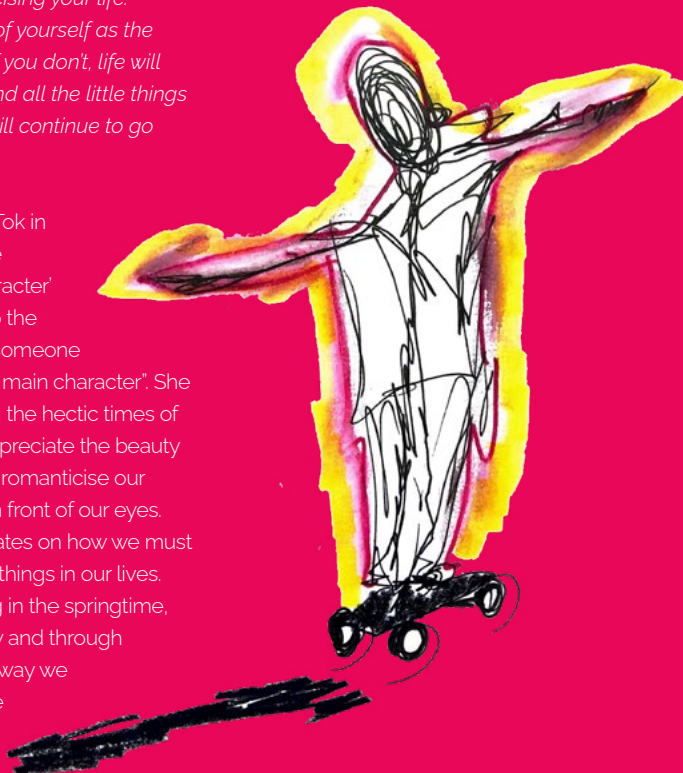
After a discussion with my friends, we came to the conclusion that we don't go out and explore enough, and we hardly take advantage of this beautiful country that we find ourselves situated in. When we are in this little corner of the world, it is hard to believe that only a minority take a regular effort to appreciate our country and romanticise their own lives simultaneously.

Do we need to appreciate our earth to become the 'main character'?

No, yet the two often come hand in hand. Manifesting this primary character energy often persuades our minds to take more time for ourselves, and many people do this by appreciating our environment.

Through stimulating our senses through sensory modalities, which we gain from experiencing the natural world, not only are we caring for ourselves, but we are envisioning ourselves as worthy and meaningful. It appears as if the world revolves around us – all aspects of main character energy.

In addition, through experiences with our earth and environment, we begin to stretch our imaginations. Main characters are known for their imaginative minds, creativity, and always thinking outside of the box. Saying yes to more random and spontaneous adventures and activities in our day-to-day life gives us the ability to listen to ourselves. Recently, I said yes to a trip to the South Island and I have never had so much fun. Jumping into Lake Wakatipu while it was a brisk six degrees, to riding through Hagley Park at 3am, I was able to realise by saying 'yes' to activities that I wouldn't normally do, that I am not only living life to the best ability, but I am appreciating the environment I have put myself in. These experiences are the ones that provide opportunity to become the main character in our own lives, as we begin to make our world revolve around us.



Title: High Life

Artist: Flora Xie

Song: Natural - Sabrina Claudio



Our Stories for University Mental Health Day

STUDENT WELLBEING AMBASSADORS

CW: CANDID DISCUSSION OF SUICIDE, BULLYING AND EATING DISORDERS MAY DISTRESS SOME READERS

On the 4th of May, the Student Wellbeing Ambassadors are honouring University Mental Health Day as a time to come together and recognise our shared resilience during some of our most difficult times. You might have seen Shivani, Neel, Sarah, Henry, Victoria or Daniel's friendly faces at wellbeing events and activities across Campus, such as Bullying Harassment and Discrimination trainings, Wiki Whai Hauora, or Wellbeing Mornings. As the student voice within the Student Wellbeing Team, this University Mental Health Day they are projecting the voices of students who have found support through reaching out to others when times were tough.

Kristen, RA

I'd always been an anxious kid but moving away from the familiarity of home to a big, new city made that feeling double time. 2020 was probably the hardest year for me mentally, with my new job suddenly taking on a whole new meaning. What really helped me was talking to the uni counsellors who listened to me, taught me strategies on how to reduce my anxiety, and mostly just gave me the power to realise that yes, what I was feeling was valid and okay, and I was allowed to be kind to my mind. Now, I have what I like to call my wellbeing toolkit; things I do which have become part of my everyday life. Like running, regular counselling, talking openly about mental health to my friends and residents. Different things help different people, and the best thing is finding what works for you, even if it takes a while.

Adam, Club Executive

At intermediate school, I was bullied. As a guy growing up in a household where my family didn't share emotions, I had zero emotional intelligence and no support networks to help me. I couldn't find a way out of the pain, which led me to try to kill myself. It was one of the hardest times in my life. Luckily, I was caught halfway through my attempt and so didn't

follow through. I saw a counsellor when I was in my final years of high school and gained so much from just talking to someone about the experience. Now, I feel blessed as I remember everything that has happened over the past nine years and how close I was to missing out on all the happiness, the heartbreak, and the friendships that I have made. Life is hard sometimes, but we just need to keep going. Trust me, all pain is temporary.

Lauren, RA

At one point of absolute hopelessness, I found myself detached, cracking sardonic jokes about myself after attempting to take my life. It wasn't until I began to be honest with myself, my university family, and some role models, that I accepted my mental state was valid; that mental health conditions, such as depression, can affect anyone regardless of background or upbringing and have their own individual driving factors. I learned not to compare my struggles with others and instead accept what I was going through. Fast-forward to now, and I'm the same person, yet completely different. I use my experiences to guide others through their distress, empathise, and let people know that their experiences with mental health are valid and real. There are still days I struggle to drag myself out of bed but those rise and fall in frequency. What makes the bad times manageable for me is being open about them with my friends and family and acknowledging when I'm struggling.

Daisy, Student

I was at Bar 101 with the girls when I accidentally bumped into a close friend of mine. I was in my first year of uni, pre-med, wanting to really make a name for myself. We hugged and I was so conscious of the fact my skirt didn't fit, and I could hardly breathe from just one short dance. The day after, he messaged me asking how I was really doing and that he was concerned I was losing a lot of weight too quickly. He'd been there for me when I asked for help, but this was the first

time someone reached out to me and said they were worried for me. I had been ignoring all the signs, evading all the mirrors I walked by, pretending that I was fine. With his help, I was able to see my GP, chat with the uni counsellor for eating disorders, and then finally get a referral into treatment. I wouldn't be here if he hadn't reached out to me.

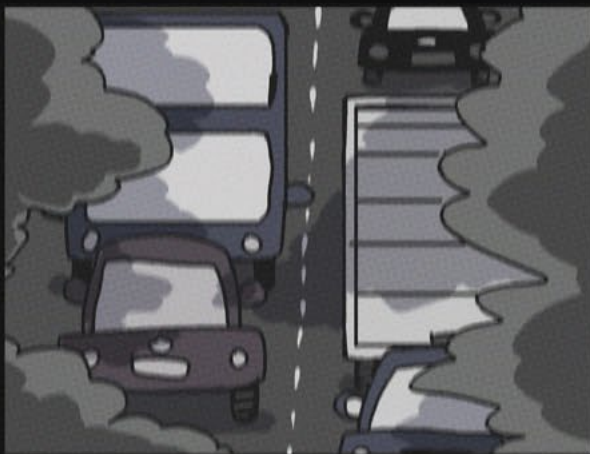
These stories are just a small handful from students who have experienced some of their toughest times and came out of them resilient, hopeful and more powerful than before. They stand to remind us that even when we feel hopeless, there is always help. For this year's University Mental Health Day, let these stories carry within you and make your mental health a priority. Check in with each other, reach out for yourself or a friend who might be struggling. Together, we've got this.

**Names have been changed for privacy.*

Get Support

<https://www.auckland.ac.nz/en/students/student-support/be-well/getting-support.html>





In all the busyness . . .



Remember
to
Breathe



**MIKEY
MOUSE**

SHADOWS
BAR & EATERY
CONTRIBUTOR OF THE WEEK

LANLEY

Who Asked You?

Don't call it a comeback, because nobody cares enough to comment.

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

Wait a second - didn't you resign in disgrace?

You're thinking of Stuart McCutcheon.

I keep seeing the Bumble matches I talked with/went on dates with on campus. How do I make things worse for myself?

Next time you spot one:

Hover close by and talk loudly to your friends about how you have a flesh-eating STI.

Unzip your jacket, revealing a t-shirt that reads "I DIDN'T CALL YOU BACK BECAUSE YOU SMELL."

Offer them directions to their next class, but actually send them to the centre of the Recreation Centre construction site.

Squeal in delight, run over, and give them a huge hug. Do not release them for several minutes.

Propose. (Carry a ring at all times for this very purpose.)

How do I increase my grade's in university?

Firstly, learn how to use apostrophes. Secondly, if I knew how to be successful, do you think I'd be a part-time unpaid comedy columnist? Take the Cs and cry yourself to sleep like the rest of us.

How do I ask out my ex's friend?

Um, you don't??? Why would you need an Agony Aunt to tell you that when COMMON SENSE should have taken care of it?? What is wrong with you people?! Do you enjoy having complicated and doomed social relationships?

Seriously, you shouldn't need me to tell you that this is a bad idea. Sit down and take a multivitamin because y'all are going to drive me to an early grave.

I've been in a relationship with a girl for some months now - things have been going amazing. But last week she revealed to me she's been working as a stripper at Calendar Girls and I don't really know what to do. I knew she was working part-time and she reserved Friday nights for "me-time", and it turns out she's been working there before we started dating. I love her, but the thought of her with other men (plus keeping it a secret for so long) hurts, wtf do I do?

Look, you're allowed to be bothered by what you're bothered by - if you don't want a girlfriend who's a stripper, you don't have to have one, just like she doesn't have to stop just because you don't like it. Decide if it's a deal breaker. If it's not, then lean the fuck in. Become a zealous cheerleader for her. Show up every night she's there with a giant stack of \$20 bills and a t-shirt with her name/face on it, starts chants inspired by her name, and scream, "THAT'S MY GIRL" every time she removes an item of clothing. I'm sure that will really help her rake in the big bucks.

CRACCUM'S CRACKIN' TIP

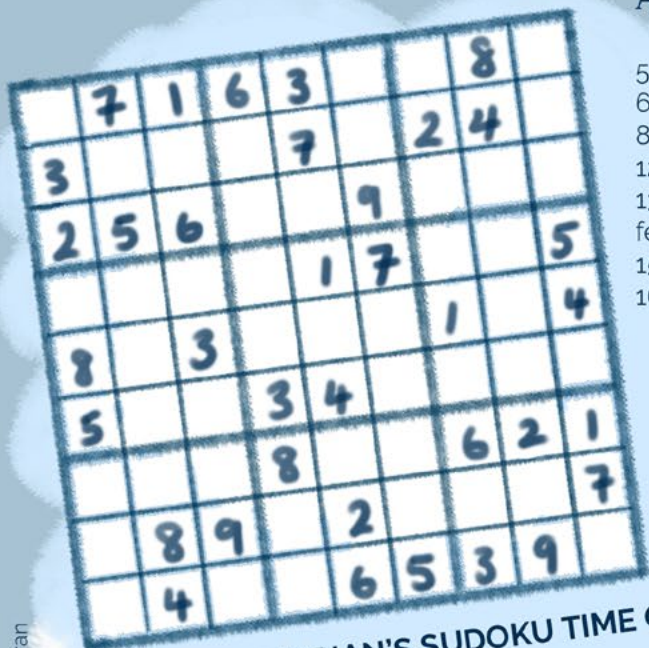
It's that time of year where the weather is as unpredictable as Twitter's opinion of James Charles. Wear a jacket, and you have a heatstroke by noon; don't wear one, and you're guaranteed torrential rain. So, Craccum's official advice is to literally never leave the house. Countdown delivers. Burger King is on Uber Eats. You can call your friends on FaceTime (or you can just not have any, it's working out great for me). The concept of outside is obsolete. Embrace the future.

PUZZLES

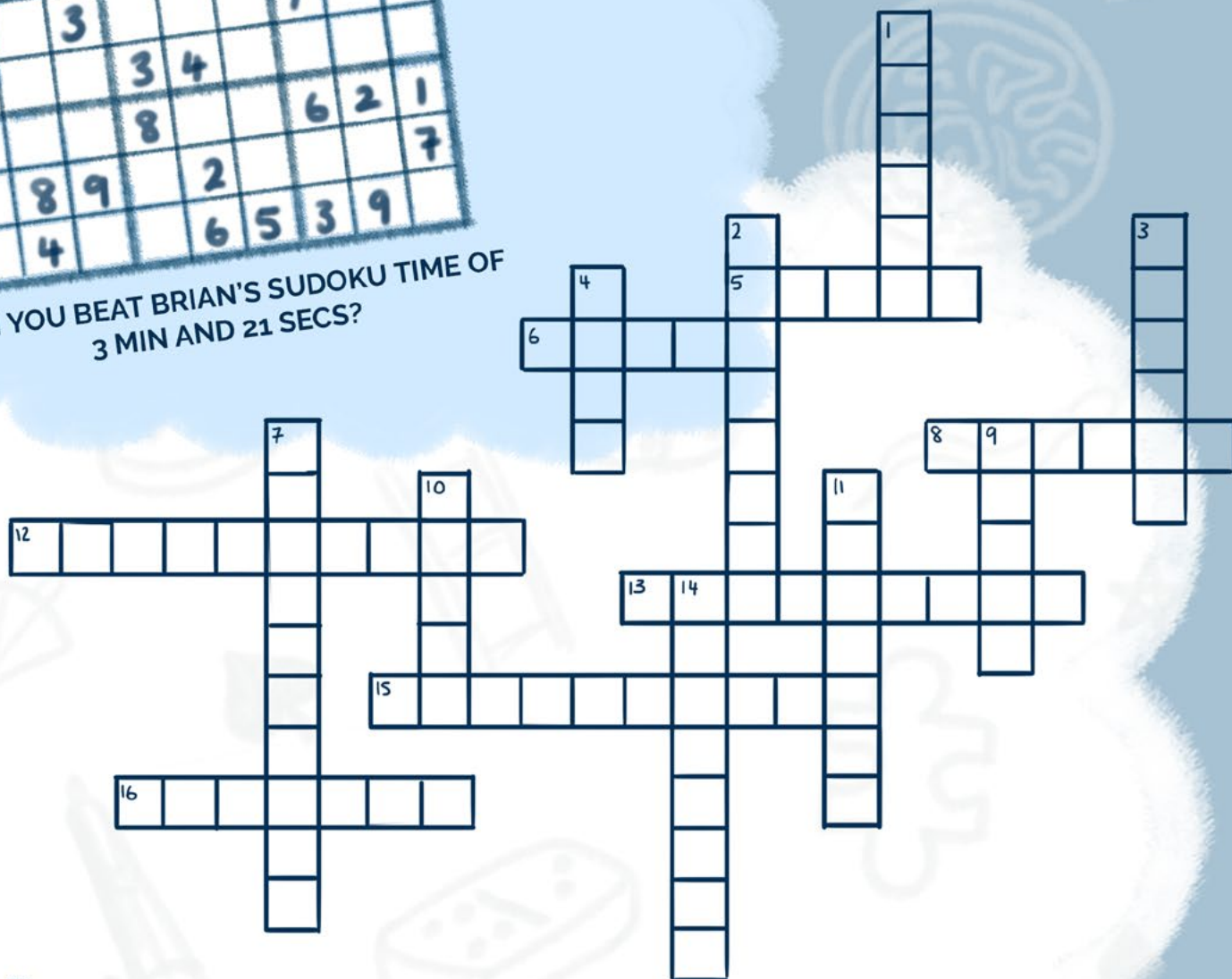
ILLUSTRATION BY SOPHIE SUN

Across

5. Fertile area in a desert/one editor's favourite band for karaoke (5)
6. Dolphin of the Yangtze, presumed extinct :((5)
8. Precious little blubbery seawater cousins of manatees (6)
12. Heat energy generated and stored within the Earth (10)
13. Scary fucking huge flightless elephant bird with claws on their feet!!!!!! (9)
15. Extremely common mushroom used for cooking, begins with P (10)
16. Deepest oceanic trench on the planet (6)



CAN YOU BEAT BRIAN'S SUDOKU TIME OF
3 MIN AND 21 SECS?



Down

1. Generation II Grass/Psychic Pokémon, "Voice of the Forest" (6)
2. Specialty food product made of the liver of a duck or goose :/ (4, 4)
3. When the Moon's face is increasingly illuminated (6)
4. Spirit of the river in Spirited Away (4)
7. The govt is spraying them from planes to turn frogs gay! (10)
9. Sacred and massive sandstone formation in Western Australia (5)
10. Māori word - the world and life within it, our connection to it (5)
11. Mexican walking fish (7)
14. Violet variation of quartz (8)

HOROSCOPES

Delma Vinkley has a pest problem in her little garden, which inspired her - for this issue, the theme is pests & predators, those invaders of Aotearoa's bush.

Aries (Mar 21 - Apr 19) *Himalayan Tahr*

Your negotiation skills are legendary - after all, the country clamours to have your population wiped out, but your suave charm allows our shootin' folk to successfully argue for your preservation. Keep at it. How will you negotiate for your success this week? I know you'll figure it out. Lucky numbers are 87 and 91.



Taurus (Apr 20 - May 20) *Plague skink*

You might see yourself as a boisterous and powerful beast, able to convince others through sheer force. But have you considered the smaller approach? Much can be achieved through slinking about and quietly eating the eggs of your problems, not making such a scene that hunters can tag you across a kilometre. Lucky numbers are 20 and 40.



Gemini (May 21 - Jun 20) *Common rat*

Stop breeding. Failing that, stop giving people chances to breed negativity in your soul. If they showed themselves the first time, why let them show who they are a second or third time? Lucky numbers are 11 and 22.



Cancer (Jun 21 - Jul 22) *Stoat*

Disgusting. You don't even have a cute name. Say it out loud. Just so guttural, hard on the throat, right? Time to find a new identity, as your current one repulses me so. Find something that can put a bit more beauty into the world. Lucky numbers are 13 and 24.



Leo (Jul 23 - Aug 22) *Hedgehog*

Did you know that you are a pest to this great country? I know, right? You're so cute! But your daily actions are killing us. You have to reevaluate how innocuous your daily activities may be, or soon, the people may be coming to take you out for good. Lucky numbers are 23 and 89.



Virgo (Aug 23 - Sep 22) *Rainbow lorikeet*

Your plumage is beautiful, stars in our eyes. But don't get caught up in your vanity. Your breeding population was successfully wiped out, and no amount of good faith for your good looks will save you if you don't adapt. Learn some new skills! Lucky numbers are 12 and 42.



Libra (Sep 23 - Oct 23) *German Wasp*

Libra, you are told too often that you are the sign associated with beauty. And you believe this! But your beauty too often gives way to viciousness, embodied by the wasp - nature's vicious cousin of the beautiful bee, which you see yourself as. But you are too mean for that. Stop it. Lucky numbers are 45 and 92.



Scorpio (Oct 24 to Nov 21) *Argentine Ants*

Too often, you say you must do the job yourself, for you cannot trust anyone else. But now is the time to put your faith in others - a whole colony, even. This week, you need to embrace communal strength in order to get through the week's goals, or you will not make it. Lucky numbers are 33 and 34.



Sagittarius (Nov 22 - Dec 21) *Kaimanawa Horses*

Did not know that we had wild, destructive horses in NZ! That's the key to your success, your subtlety. Keep to yourself this week, your power should not be fully displayed to those working against you. Lucky numbers are 38 and 54.



Capricorn (Dec 22 - Jan 19) *Red Deer*

Gorgeous, disarming eyes! That is what the deer has. You do not. However, do not take this as a fault - your eyes are smaller, more precise, more focused on the goal. You will be sure to track down your goal this week, the deer will not. Lucky numbers are 78 and 79.



Aquarius (Jan 20 - Feb 18) *Koi Carp*

You are just an oversized goldfish. This week, remain humble - you are never as far from humiliation as you might think. Lucky numbers are 25 and 50.



Pisces (Feb 19 - Mar 20) *Catfish*

You hide away in the Waikato, eating nature's offerings and bloating up in our precious waterways. Take a note from this, and instead gorge yourself on some knowledge - your studies are failing, dumbass. Lucky numbers are 41 and 82.



2 FOR 1
TOASTIES
AND FREE POOL



EVERY MONDAY
BUY ONE GET ONE FREE TOASTIES
AND
FREE POOL

T&C APPLY

BURGER
&
PINT NIGHT



EVERY TUESDAY
BUY A DRINK OFF TAP OR A NON-ALCOHOLIC DRINK
AND
GET A \$5 BURGER AND FRIES

T&C APPLY

SHADOWS
BAR & EATERY

2 FOR 1
PIZZA WEDNESDAYS



EVERY WEDNESDAY
BUY ONE GET ONE FREE PIZZAS

T&C APPLY

COCKTAIL NIGHT
2 FOR \$15



\$1 HOT WINGS

EVERY THURSDAY

T&C APPLY

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/Maramataka PAGE 13

**/How Significant Are
Students' Contributions
to Climate Change?**

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