

# CRACCU M

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# Focus

## Cam Says:

*"I think I'll just go down and have some pudding and wait for it all to turn up - it always does in the end."*

- *Harry Potter (From Harry Potter and the Order of the Phoenix)*

We're talking focus this week, and look reader, I have to be very honest with you, I'm a bit shit at focusing. I'm not a diligent student who sits at their desk and shuts out the world, focusing solely on their study. I change topic, I go on tangents, I think I have a lot of time, that time goes fast.

This sort of 'study style' works okay for a few weeks of the semester. But deadlines start to creep up. Suddenly, I find myself at my desk till midnight, pressing Control-F on articles to find essay evidence and handing in work with moments to spare. A bit more focus might have prevented this.

Unfortunately, it's getting later in the semester - I can't even tell you what week it is. Regardless, assignment due dates are approaching. Perhaps it's time to focus, maybe I could change my ways - start aiming for early hand ins, put my phone away, avoid distractions, and begin to start working with more focus.

Or perhaps I'll just continue the way I've been going, it's worked so far.



## Dan Says:

*"To sleep: perchance to dream: ay, there's the rub;  
For in that sleep of death what dreams may come  
When we have shuffled off this mortal coil"*

- *Hamlet (the one by Shakespeare, not the other one)*

What a quote, eh?

I don't actually know what that means, but I'm gonna say it's about the pain of waking up from a dream. Dreams are great. Everyone loves them. But eventually, they all end.

That's kind of how this lockdown has felt for me.

I know that for some people, the lockdown has been hell. But for me, it's been amazing. Long sleep-ins every day. Walks around the neighbourhood with my family and dog. Afternoons spent sprawled out on my living room floor, reading in the small patches of sunlight that slip through my windows.

It was a dream. And now it's time to wake up.

I've been putting off my university work for way too long. I haven't been watching lectures. I haven't been checking assignment deadlines. I haven't even checked my emails. In short, I've avoided university work with the persistence and doggedness of a fourth year avoiding Bar 101.

But it's time to change that. Exams are getting closer. Most of my assignments are due in the next few weeks. As much as I hate to do it, this week I'll be dusting off the few brain cells I have left and ploughing back into the oh-so-boring world of weekly readings and Canvas quizzes.

It's time to focus up.



# LIVE

# *Fitness*

PRESS TO PLAY ON SPOTIFY



# *Managing Mental Health During COVID-19*

CHARLOTTE PARKER

**The COVID-19 pandemic has placed strain on the mental health of students, but psychologists have bound together to promote strategies on how to deal with feelings of depression and anxiety in this troubling time.**

The University Health and Counselling Services are currently still operating under Ministry of Health and Medical Council Advice. You are still able to book counselling appointments if you are in need of support, and these will take place virtually. To discuss your needs with the University Health and Counselling team, call 0800 698 427.

Due to social restrictions, the feeling of isolation has become prevalent, particularly among younger gener-

ations. Socialisation, according to the government's COVID-19 website, "helps us feel safer, less stressed and anxious", therefore it is important to keep connected to friends and whānau you feel comfortable talking to. Talking is a common technique used in psychotherapies such as Cognitive Behavioural Therapies (CBT) to help relax and develop coping strategies; even just chatting to friends over the phone about how you're feeling, or the problems you're facing, can be beneficial to your wellbeing.

Trying to limit time spent on social media can also contribute to improving your mental state. A study by Fudan University in China shows that social media exposure, particularly for under 30s, may significantly increase feelings of depression and anxiety. Neil Green-

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news.

berg, a King's College London psychiatrist says to "limit your exposure to media stories about the pandemic... because it can cause anxiety"; meaning that avoiding trivial articles that are not purely factual or beneficial to your personal needs may be helpful. The World Health Organisation have also suggested minimising your news feed, therefore eradicating articles that make you feel upset or guilty rather than educate you about the topic.

Richard Bentall, a clinical psychologist from University of Sheffield, suggests "Maintain[ing] regular rhythms: wake up, eat and go to sleep at the same time you normally would. Find a project to keep yourself going". Maintaining a sense of normalcy in a time of crisis is a necessity for achieving a balanced life. It is important to keep to a schedule for health and work requirements, but it is also important to leave time to relax and de-stress with healthy activities such as connected with nature.

In light of the New Zealand binge drinking culture as a response to anxiety and depression, Campbell Emmerton, a consultant psychiatrist and medical director at Auckland's Re-centre, said "it's really important that people accept and acknowledge when they are feeling that way and not try to suppress, avoid or drink it away". Monitoring alcohol use can minimise the risk of harmless enjoyment escalating to an unhealthy coping mechanism. The Mental Health Foundation suggests staying active through any form of physical exercise, whether that be with a HIIT workout or some calm yoga, will release endorphins to provide a natural sense of positivity.

**Students in need of mental health support during this time are encouraged to contact the University Health and Counselling team on 0800 698 427.**

**The website [justathought.co.nz/covid19](https://justathought.co.nz/covid19) offers a course guide to relaxation (including meditation), how to problem solve and track your worry in a manner that doesn't cause stress over being stressed. If you need to contact someone to talk with you can call or text 1737 for 24/7 support from trained counsellors. Other numbers include Youthline's free call line at 0800-376-633, or free-texting to 234.**

***"The World Health Organisation have also suggested minimising your news feed, therefore eradicating articles that make you feel upset or guilty rather than educate you about the topic."***



# Course Grades Going Up While Exams Shelved for Sem One

JUSTIN WONG

**University of Auckland students will have their grades scaled up for this semester.**

This comes after an open letter from the Auckland University Students' Association (AUSA) at the end of April calling for the university to consider implementing a policy allowing no student's existing GPA to be negatively affected by their grades this semester.

The University's earlier measures towards grades was only allowing students receiving grades between C- and C+ to omit these grades from being calculated towards their GPA.

The University said last Friday it is now acknowledging students' of all levels of performance have been "moderately impaired" by the disruptions brought to life and study by Covid-19.

Under the modifications, all grades for undergraduate and postgraduate taught courses will be upscaled by one point. For example, if a student receives a "B" grade in a course, the final grade on the transcript will be recorded as "B+".

However, this change will not be applied to postgraduate research courses because arrangements have already been made to provide fees-free time extensions.

In a staff email on Friday, Deputy Vice-Chancellor (Academic) John Morrow said these temporary changes recognise the disruptions caused to all students' study in Semester One and aims to counteract academic disadvantage.

The University also announced in-campus exams will be replaced by online Final Assessments which students need to finish over a 24 hour period.

The Final Assessment for each course has been scheduled on a day between 18th June to 3rd July and they will start at 1pm New Zealand Standard Time (NZST) and finish at 12:59pm the following day.

There will be no time limits within the 24-hour period and the exam timetable has already been released.

AUSA President George Barton said the policy change is the result of a productive dialogue with the university and he is very pleased with the decision.

"This is a great win for students and the University working together."

"Before our open letter was sent out, the University wasn't even thinking about making any accommodation to students on account of the unprecedented disruption that this pandemic has caused."

"Our open letter and the incredible student mandate we got for it from our survey and from the endorsement of our Faculty and Representative Associations got the University to consider this and work with us on a practical policy that we could all agree on."

It is not known if this arrangement will be applied to full year papers, but AUSA said they will be having further discussion with the university on having this arrangement extended.





ILLUSTRATION BY YOUNGI KIM

# NZUSA Calls for Universal Student Allowances

ELLA MORGAN

**The New Zealand Union of Students' Association (NZUSA) is calling for the implementation of a "Universal Education Income" as part of their COVID-19 Action Plan.**

The weekly payment would be available to all full and part time domestic tertiary students. The NZUSA highlights that poverty and student debt are placing pressure on students and that this has been heightened by the COVID-19 pandemic and New Zealand's time at Alert Level 3 and 4.

A petition to Minister of Education Chris Hipkins and Minister of Finance Grant Robertson to institute the universal allowance has amassed over 4,600 signatures. The NZUSA emphasises that the payment “would enable education and training to be a viable option for New Zealanders in the reset of our economy, post COVID-19.”

The NZUSA’s COVID-19 Action Plan has been backed by a number of student organizations across New Zealand, including the Auckland University Students’ Association. In addition to the universal education income, the plan calls for the creation of a COVID-19 hardship fund to cover students’ emergency costs, the inclusion of tertiary students in the Winter Energy package and increased access to mental health support for students.

According to NZUSA president Isabella Lenihan-Ikin, “The Government needs to get real about the financial insecurity students face, and implement urgent measures to support them.”

The NZUSA has previously been highly critical of the government’s first COVID-19 support package, in which the borrowing limit for course related costs was increased to \$2000. This allowed students an extra \$1000 to cover extra costs related to their courses of study, however this could not be used to cover non-course related costs such as food, rent or power.


The government has since announced an additional \$20 million fund to ensure that tertiary students have access to a secure internet connection and device to complete coursework on.

Around the world, some governments have implemented similar measures to those that the NZUSA is calling for. In Canada, eligibility restrictions for financial aid have been largely loosened in light of the pandemic. The move towards a universal income for tertiary students is also included in New Zealand First and the Green party’s policy documents.

At the time of publication the NZUSA has proven the idea has considerable backing, with the petition currently sitting at 4,605 signatures.

***“According to NZUSA president Isabella Lenihan-Ikin, ‘The Government needs to get real about the financial insecurity students face, and implement urgent measures to support them.’”***





A universal education income would be beneficial for all students, not just financially but mentally as well

The COVID-19 pandemic is crippling for thousands of New Zealanders. This is a time of extreme hardship for many Kiwis, and students are not disconnected from that, but giving handouts to all students is not the answer.

Right now, we have a course related costs loan which just adds more debt, making the situation worse.

Giving out free money to people who are not in need is an insult to taxpayers.

haka Karongo  
3 Mai!



## WHAKARONGO MAI! LISTEN UP!

# Students Speak on the Proposal of a Universal Student Allowance

CHARLOTTE PARKER

*The financial strain on students due to the COVID-19 pandemic has prompted student organisations to explore the idea of an universal student allowance. Craccum talked to students to see what their opinion was on the matter.*

### ***Yasmin, 19, Studying Design/Arts***

"I think that implementing a universal student allowance would decrease the amount of financial pressure felt by students. Right now, we have a course related costs loan which just adds more debt, making the situation worse. Many students struggle to maintain a good work-life balance, so adding another commitment, like a job, increases the amount of pressure on students."

"Full-time students are expected to do 40 hours of work towards their courses a week, the same as a full-time worker. With a job, the amount of time spent working (either on university work or paid work) is ridiculously high, because of this it's tough for students to have a good amount of sleep to keep healthy, whilst having enough time to socialise. This harms students' mental health, and is worse for students who have disabilities and health conditions."

"A universal education income would be beneficial for all students, not just financially but mentally as well."

### ***Jaggar, 22, Studying Medicine***

"The COVID-19 pandemic is crippling for thousands of New Zealanders. This is a time of extreme hardship for many Kiwis, and students are not disconnected from that, but giving handouts to all students is not the answer."

"Not all students need financial assistance, but if the Studylink and COVID-19 financial support is not enough then I am all for helping those who are affected. To provide more handouts on what is already a straining economy, with increasing debt, will come at the expense of New Zealanders who may be more in need than the students."

### ***Callum, 19, Studying Commerce***

"Universal allowances would be, by far, the best help a student could get."

"I myself am not eligible for the student allowance but, I have a student loan that I use to cover my course fees, and all other costs that I have to cover, for say course

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news.

related costs. Though there are 'course related costs loans', I personally would prefer not to have one, as it would just add to a mountain of debt that will be weighing over me my entire degree."

"By having a universal allowance I would be able to focus more on my studies without having to worry about any extra costs. I do personally believe this will benefit us as young people trying to benefit their education and survive at the same time."

### **David, 19, Studying Mechanical Engineering**

"The bill will end up costing way too much money which will eventually come back to all of us in tax in the near future."

"There are roughly 400,000 domestic tertiary students currently in NZ, if the government pays out \$50 a week for 1 month, that's an extra \$80 million the government is paying. 'Education is the key to recovery', yes, in the long term when we all graduate and provide benefits to society."

"I personally think, in times like this, asking the government for more money is a selfish thing to do. To my understanding, you can get out over \$200 in student living cost a week and an allowance on top of that if you're qualified. That is more than enough for the majority of the student body. I am not against a case by case consideration, but giving out free money to people who are not in need is an insult to taxpayers."

***"By having a universal allowance I would be able to focus more on my studies without having to worry about any extra costs. I do personally believe this will benefit us as young people trying to benefit their education and survive at the same time."***

# Opinion: A Cult Tried (And Failed) To Recruit Me

KEEARA OFREN

*From Gloriavale to Destiny Church, more unusual incarnations of religion have always been a topic to tickle the curiosity of New Zealand's public. But what happens when one of these types of sects has their eyes set on you?*

In Spring of 2017, Otago University student magazine Critic Te Arohi covered student accounts describing the aggressive recruitment strategies of a group named 'Elohim Academy'/'Elohim Bible Academy'. Students, usually young women, described incidents of being followed at night outside the campus library and asked invasive personal questions. Elohim Academy was since disaffiliated by the Otago University Students' Association (OUSA) for breach of the OUSA's constitution, and had been accused of being a cult. Worlds away in Auckland, I was shocked, though content that I was immune. Or so I thought.

This past summer, at Glen Innes Library, I was approached by two young women who surrounded me to ask for 'feedback for a presentation'. When I saw the 'Elohim Academy' label on their clear-file folder, I knew my next story had fallen into my lap. I wanted to know what makes them so different and why everyone was so scared of them. What ensued was involvement in a police investigation and a tumble down the rabbit hole of worse allegations from campuses around the world.

Strangely, before the 'presentation' started, she was especially insistent in asking of my age and what street I lived on. The presence of the woman felt imposing and I was puzzled as to the personal questions.

I said "just show me something that you think makes

your church really unique and different from everyone else".

The woman flipped to a page which had a chart akin to this:

God → The Father

God → The Mother

"God is the form of a mother and father"

The woman answered my questions using Bible verses and flipping through her clearfile. As she was doing this, I caught glimpses of other pages and sections. More pages detailed the importance of mothers, or more specifically, the importance of 'brides' in the church.

At this point, my eyeballs were about to bulge out of their sockets with my instincts pointing to my ovaries about to be harvested. Just kidding. Suddenly, questions about my age made more sense. I began taking photos on my phone with permission of the woman, pressing the circle button like a doorbell on Halloween night at double speed.

I was interested to find out about the group themselves, how big their church was, where they were based in Auckland, what country their church is from and if they were established locally. The woman was restrained in her answers. She seemed shaken by my constant prod-



ding, which seemed unusual, as in my experience faith communities are usually happy to be forthcoming with information and transparency about their group's dogma.

Weirded out by the experience, I started packing up my things to go home.

Then, I saw a group of people, including the woman, come back into the library to surround me.

"YOU HAVE TO DELETE THOSE PHOTOS! DELETE THOSE PHOTOS AT ONCE! You MUST delete them!"

"Go to your bin! Right now!! Delete that!"

I was thinking to delete them and fish them out of my bin folder later. But then, they came close to my face and demanded to unlock my phone and open the bin app. Despite this sassy prose, I was no match for this kind of physical confrontation.

A call was later made to the library staff after my incident had been escalated by security, who promised vigilance towards this group. I later found out that local police were especially interested in my story, and particularly the fact that the group was operating in Auckland.

I called my friends at Otago University who had encountered this group, with many shared elements of our experiences. Some were even asked about their views on children or marriage in bizarre questionnaires.

I went home to investigate further, finding that universities all over Canada and the United States had made similar complaints to mine.

World Mission Society Church of God, the group behind Elohim Academy, was founded by Ahn Sahng-Hong, a man claiming to be the messiah. WMSCOG was founded in 1964 in Korea. This group reportedly believes in a Mother God in mortal form, Jang Gil-ja, the current

leader. New Zealand Christian forums believe that the group is actively recruiting young women and members of the Polynesian community. In the United States, a July 2018 investigation by The Daily Beast revealed that former members experienced forced labour, sleep deprivation, isolation, intimidation and secrecy. YouTube is also filled with videos of former members urging people not to join.

Håkan Järvå, a Swedish psychologist specialising in cults, states that a warning sign of one is lack of transparency, as this indicates lack of free expression and critique. Indeed, the International Cultic Studies Association extends this analysis to including dictating personal habits of members, an elitist leader who is not accountable to the authorities, demanding subservience and disconnect to the 'outside world', obsession with evangelisation and using shame and punishment to disproportionately control others.

So little is known of what life may be like inside WMSCOG or their need to recruit young women.

But what I do know is this, no-one should make you take part, encroach on your boundaries or make you feel like you can't be yourself and seek information safely.

For now, in our lockdown bubbles, we can rest easy. In Korea, the spread of COVID-19 from the Shincheonji church has reignited scrutiny towards a wave of similar churches, centred around a charismatic figure and demonstrating a lack of transparency. Like any community or group, churches should offer teaching, compassion and community. Like any group dynamic, thinking critically about what purpose a religious group serves can save your skin. Or in my case, my ovaries. Just kidding. Maybe.



# LIVE

# Wellness

PRESS TO PLAY ON SPOTIFY





ILLUSTRATION BY KIKI HALL



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feature.

# Technostalgia and Escapism

MADELEINE CRUTCHLEY

*COVID-19 has pushed us into an isolated state. Our friends are only small, blurry pictures on our cracked phone screens and any spare time that arises is mainly spent inside. With the continuous updates on TV and Twitter, the never-ending flow of information can become exhausting. It's so tempting to crawl back into bed and forget about the wildness of the world outside. There are other ways to find some comfort in these very weird times, other than the mild cosiness granted by your Kmart throw blanket.*

The UOA population mainly consists of zoomers and millennials (we won't forget you mature students and professors!), born into the early years of the world wide web, raised through the end of the VHS boom and forced to witness the downfall of Blockbuster. Companionship could also be found in early morning cartoons, online chat rooms, and computer and console-based games. Now, with our social media feeds saturated in doom and gloom, those earlier relationships with media seem so innocent and straightforward. The memories of Runescape and Miniclip are distant and freeing, so they become enticing objects, drawing the wounded zoomer or millennial through an Internet wormhole. Certain kinds of nostalgic media are easier to access, with many classic internet sites of the early 2000s lost to the void. However, some have endured. Club Penguin Rewritten has seen a rise in users over the last two months, becoming a site for young adults across the globe to gather, chat and play mini-games from their childhoods. Reborn Club Penguin fanatic @good2bback (add them on CP!) has taken a break from fishing and sledge races to explain their warm and fuzzy feelings.

***To check your cred, I'd like to know your coin balance and Puffle count.***

33910 coins and 11 Puffles \*whips flipper\* I've named the Puffles after my friends because of their looks and personalities... I miss them.

***How did Club Penguin Rewritten first pique your interest?***

My best friend told me she was playing again, and I felt it was a great opportunity to get nostalgic and find some comfort in my cramped bubble.

***How did you feel diving back in?***

I felt like I had a wave of emotion, and it took me back to a time when I would play in between my Dad's work hours on the PC. I was suddenly playing on my own laptop and was so amazed at how familiar the design and world was. It was like revisiting a fond memory, as it was one of the first games I played on a PC. I don't remember how I stopped playing it. I guess I just grew up. It's

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*feature.*

interesting to have a new angle on all the mini-games too, for most of them I'm much better, and I'm making some serious bank for my igloo. I had a sense of gratitude logging on too, feeling glad that this kids game still existed in some form. It's a much more innocent form of media than I'm used to now.

### ***When do you feel most compelled to waddle back to the winter wonderland?***

I've been using it when procrastinating my uni work (oop), but also when I feel overwhelmed with my bubble or uni deadlines. It's good to just think about nothing for a while; it gives me a chance to regroup quickly, so I don't feel like I'm wasting time. When you play a game, you get to feel stressed about something that has absolutely no impact on your life. It helps to put my other stress-inducing subjects into perspective and take some of the pressure off. The nostalgic component helps because I immediately feel comfortable, but don't get too swept up in the newness of the game.

### ***Do you talk to your fellow penguins?***

Sometimes. There's a lot of partying at igloos or playing lyrics guessing games. Most of the other penguins are also uni students, so we can joke about procrastinating on Club Penguin together. All the people I've talked to seem to be older, so there's probably a lot of people having a similar experience to me.

### ***Do you tend to return to nostalgic media often?***

I definitely watch a lot of TV shows that I have nostalgic

attachments to. I guess they remind me of an easier time and give some assurance that there are lighter times to come. My whole family bubble actually got a bit nostalgic and sat around the dining table after dinner one night, reminiscing on some family photo albums. I got to share some stories with those newer to our bubble/family; it was very wholesome.

### ***As a Club Penguin expert, what's your theory on why nostalgic media becomes such comfort in trying times?***

They remind you of easier times, and they bring hope that your life might return to that state soon. It's nice to return to something so familiar in an unfamiliar and uncertain time.

### ***Okay friend, waddle on!***

I encourage readers to lean into their nostalgic feelings but discourage them from playing Aqua Grabber late at night. It's stressful.

**@good2bback** isn't alone in their nostalgic adventures.

Other uni students have noted enjoying media from their early teens and childhood, and the list is expansive; Mario Kart, *Twilight*, Nintendo DS playthroughs, YouTubers from 2012, Minecraft, Poptropica, *H2O Just Add Water*, Pixar films, *Friends*. In the age of streaming and YouTube it's easier than ever to fall through a time portal to earlier days, and ignore the world outside.

These outlets have always served as a vehicle for escapism to some extent, but engagement with nostalgia seems to peak at times of crisis. In a more broad sense, this can be dangerous. Trump's famous 'Make America

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feature.

Great Again' is nostalgic, attempting to make his primary voters reminisce on days of past, remembering a fictional time of 'greatness.' Nostalgia is often weaponised in politics, to bring an association of warmth and fondness for the candidates or party and discourage more critical thinking. We've also seen the weaponisation of nostalgia in franchised filmmaking, such as Star Wars, Indiana Jones, Harry Potter and Jurassic Park. These films refer to iconic pop culture moments and imagery to trigger those warm feelings and convince audiences a remake/reboot/sequel was necessary. Obviously, the nostalgic attachments and relationships noted by UOA students are much more innocent, but it's important to remember that nostalgia encourages a fondness in retrospect. One of the key causes of nostalgia is the distance from the time. It's our memories and present-day triggers that create the warm fuzzies and attachment, not the object of memory itself.

TV binging has become a normal part of our culture, perhaps making us even more susceptible to a nostalgic attachment. Sitcoms like *Friends*, *How I Met Your Mother*, *Community*, *Parks and Rec*, *The Office* and even (shudder) *The Big Bang Theory* allow viewers to sit and bond with fictional characters for hours at a time. Fans know all the quirks and personality traits of the lovable characters, laugh with them and cry with them. Psychologists have called this kind of interaction a parasocial relationship, where the human connection is one-sided. When a fan returns later to a film or TV show that they've formed a parasocial relationship to, it gives them the feeling that they're visiting an old friend. There's a certain nostalgic attachment, with an acknowledgement of the time that has passed since the original interaction, but there is also a relationship that

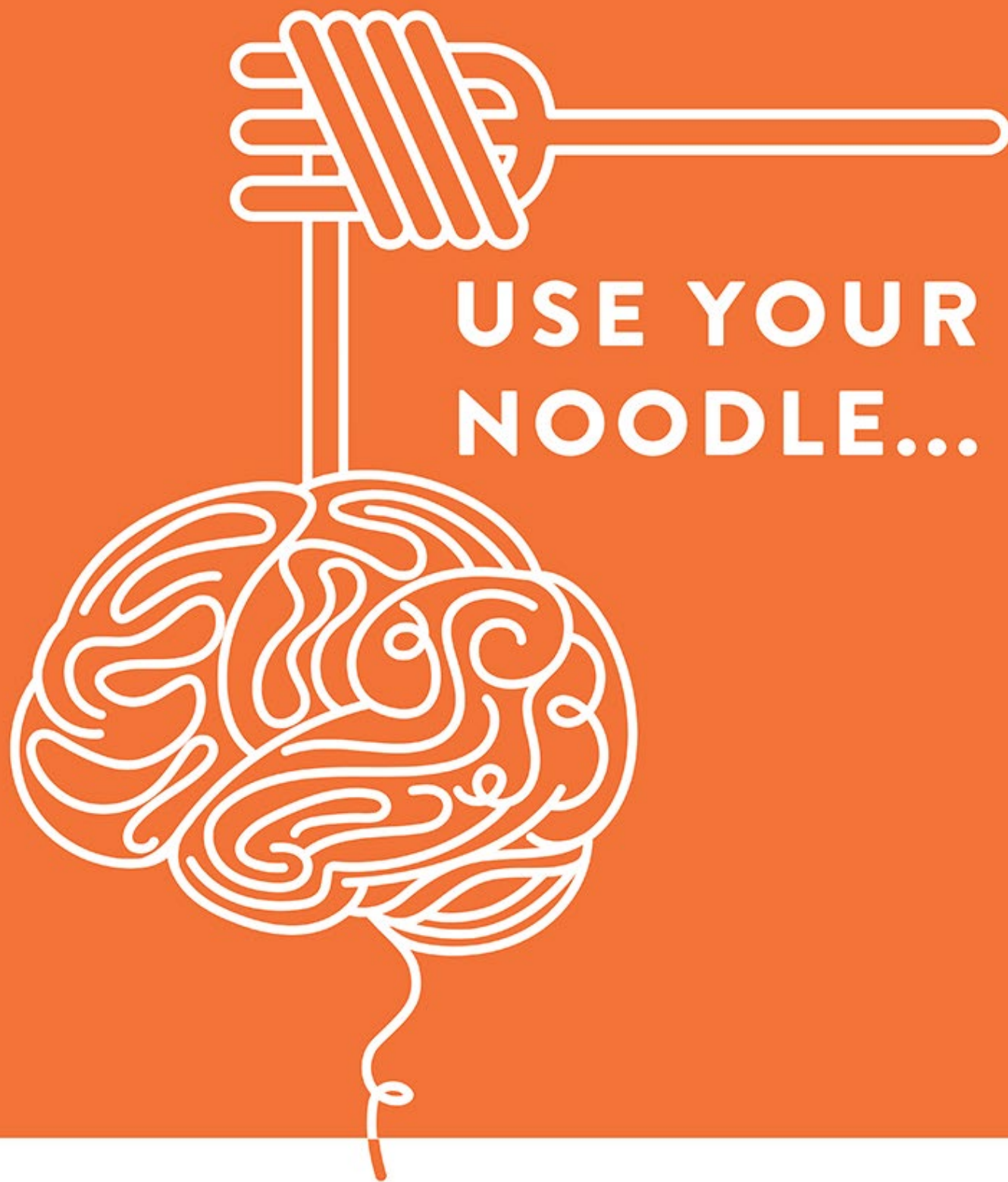
viewers are returning to—double the feels.

With so much nostalgic media captured and accessible online, and our brains primed to form fond connections, it's obvious that it becomes a site for escapism. It wouldn't be a surprise if students rocked up to campus swinging Tamagotchis from their pinkies in semester two. It's important to recognise a nostalgic connection when it starts and understand that it's a romanticised view of the past and an item of comfort. This makes you less vulnerable when the connection is less innocent. For now, though, enjoy your comfort junk! Get through this time with whatever tools are useful.

Man, Animal Crossing got lucky with the timing, right? Very convenient.

***"It's important to recognise a nostalgic connection when it starts and understand that it's a romanticised view of the past and an item of comfort. This makes you less vulnerable when the connection is less innocent."***





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## HEALTH BITES

# Nail Biting and the Most Satisfying Itch

PATRICK MACASKILL-WEBB

*Do those nasty skin tags around your nails ever go away? I have no clue what makes them so irresistible to pick and bite. Not in a good way, everything about those things is nasty. Apparently, vitamins can cure the pulling skin, but that seems like some hocus pocus. I might be on the cynical side, but I think we are just doomed to put up with these broken skin edges.*

It's hard to just leave them there though; those nagging tags are just begging to be ripped off. And no one believes for a second that the habit stops there - the skin gets pulled down the finger and it hurts like a bitch.

Some itches and bites feel good, but these monsters peel right back to our hands leaving a wake of hellish pain for days. What makes a nasty itch, and what makes a nice itch? For example, the ankle is a goddamn satisfying place to scratch. Do it now if you don't believe me. Good, yeah? I'm not sure if it's the same for everyone, but there is one pretentious study claiming that the ankle is the best place to scratch. The methods of this study are hilariously creepy. Reading that 18 participants were "scratched by an investigator with a cytology brush" to record "pleasurability" is enough to have me jumping out of my skin entirely.

What about nail-biting? Let's say you are some nibbling ninja that can avoid the skin tags and get the precise length on those finger topping nails. It never stops there, though. The biting usually goes further than you intend, and arguably it takes even longer to heal up than

the skin tags. Nail-biting is much like itching; you think you are in control, but it quickly gets out-of-hand (no pun intended).

So how do you know when to stop itching a spot? Just when it hurts, or is that too late? I know in general it's wiser to have external reminders than internal reminders, i.e. a glass of water by your bedside table when you wake up rather than waiting for a thirsty feeling to keep hydrated in the morning. But this isn't reasonable for itching. It doesn't make sense to set some thirty-second timer to remind you to leave the thumb alone and

***“Nail-biting is much like itching; you think you are in control, but it quickly gets out-of-hand (no pun intended).”***



move onto the index finger. Our minds are fallible and are somehow seduced over and over again into going too deep or scratching too long. Maybe it's the cognitive bias of prioritising short-term pleasure over long-term pain. Perhaps it's just learning bad habits as bratty kids.

Some people genuinely develop a problem with not knowing when to stop itching. There is this somewhat famous story of a lady who had a compulsion to scratch a particular place on her head. After a bout of shingles (the same virus as chickenpox but angrier) this lady developed OCD in the strangest sense. Even while she slept, she would find a way to scratch this specific place on her forehead until it bled... until it scabbed... until it was down to the bone... until one night, she woke up to a leak of cerebrospinal fluid.

I'm sure you feel just a little bit sorry for this lady, even though it's a crazy story. And I'm sure you'd feel compassionate towards a friend that's been stung by a jellyfish or something that was unbearably itchy. Surely a few itches to relieve suffering is okay, no? Even if it's bad and just makes things worse, we acknowledge it's going to happen. Deep down we allow a bit of this defiance out in a cheeky itch. Philosophically we could ask how one is supposed to balance hedonism in their life in regard to itching. You can't just do the things that feel good all the time, and in this case of itches and skin niggles, it doesn't seem right to deny oneself relief either!

It's not just black and white, with good and bad feelings to choose between. The painful regret post-itch or post nail bite is vastly different in quality from the sweet beginnings of the first scratch. There is a biological basis too. There are different receptors for itch than

normal mild pain or discomfort. An itch comes from naturally occurring histamines (like from an allergy) and is relieved by "noxious stimulus" like pain. Maybe we itch to legitimately bring about pain because unnaturally this pain will give relief to the more unsettling fear of unchecked uncontrollable itchy histamines. In reality, the discomfort will dissipate within minutes. But at the time, and after the nail or itch has been scratched raw, it certainly makes sense pain has been the goal all along!

I'm genuinely sorry to those readers that had to scratch their arms or legs or back while reading this. The body is certainly a strange place and sometimes there's no good reason why we feel the things we do. It's really up to you how you balance these itches in your life. If there is any advice, I can offer it is that your state of mind, histamines, and neurons will change their tune, even if the feeling at one moment feels uncontrollable and the habit across multiple moments seems out of control.

***“Even if it’s bad and just makes things worse, we acknowledge it’s going to happen. Deep down we allow a bit of this defiance out in a cheeky itch.”***



# LIVE

*Home*

PRESS TO PLAY ON SPOTIFY







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feature.

# All Work and No Play

COLLATED BY MADELEINE CRUTCHLEY

*With the lift to level 3, businesses across the country have started to shift gears and prepare for an increase in customers. Students have experienced some turbulent issues with employment, with large subsections of our UOA population relying on casual and part-time hospitality and retail for their income. Others have been labelled as essential workers. A few recount their experiences.*

I work in a retail store, so when the malls closed in Level 4, there was no more work for me since I can't exactly sell shoes from home. My workplace applied for the wage subsidy and continued to keep us all updated every step of the way. I have a permanent full time contract and worked a decent amount of hours consistently so I knew I would be fine. A week or two goes by and my Aunty Cindy cheque comes through! Woohoo! Thank you summer hours! My management team and I continue to stay in touch. Now, in Level 3, I've been offered to work for a few hours to prepare to store when we go to Level 2. I'm excited to go back to work, but I'm curious to see how it'll affect the customer service we usually provide. - **Anon, Retail**

Two weeks into lockdown, I was let go from my casual position in retail, via a very brief email from head office. I received a payout of about \$25. It came as quite a shock as I didn't even receive a notification from my store manager. I was basically just sent my last paycheck and told that was it. Luckily I'm also working two other jobs, and hours at that position were slim to none, but I worry about the other casual workers working in

that company who might have had a bit more reliance on the weekly pay from that job. - **Maddy, Retail**

I felt really anxious going into the lockdown without a job because I knew it would be so difficult to find one in the aftermath, with so many people losing their jobs. I continued to look for jobs on Seek and Indeed, but during level 4, companies would email me back and say they weren't hiring any more. In level 3 I've had two replies, one interview completed over Zoom and one scheduled for a 2 metre apart meeting. The Zoom one was good as the interviewer was so chill and I got to wear sweatpants. My in-person one is going to be weird. How do I show I'm professional without shaking hands? Elbow touch? Head nod? Curtsy? - **Anon, Job Seeking**

I'm now working from home, which is great that I still have a job but I'm feeling like my boss has been more demanding on my workload and trying to get me to work more than I can. At this point, we're not back in the office yet, but I almost don't see a reason to go back and add that travel time in as I can do everything fine from home. - **Anon, Unknown**

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*feature.*

As pharmacies are essential services, I've been fortunate to be able to work throughout all of the pandemic. Donning gloves, sanitiser, and a face mask, we kept our doors open for the community. During the semester, I work between sixteen and twenty hours a week; however, during lockdown, I worked an average of thirty hours per week. I figured I was either at home, or at work, and I might as well be where I was needed.

The pre-lockdown panic was what made things the hardest. People rushed our doors as we moved to level four, and the line for the store was down the street and non-stop for the entire day. It was manic. And then, like a switch, level four began and things went back to normal – a steady stream of patients and prescriptions. During the lockdown, people appreciated having somewhere to go, a reason to leave the house, and a conversation with staff – even if it was from a metre away and muffled through face masks.

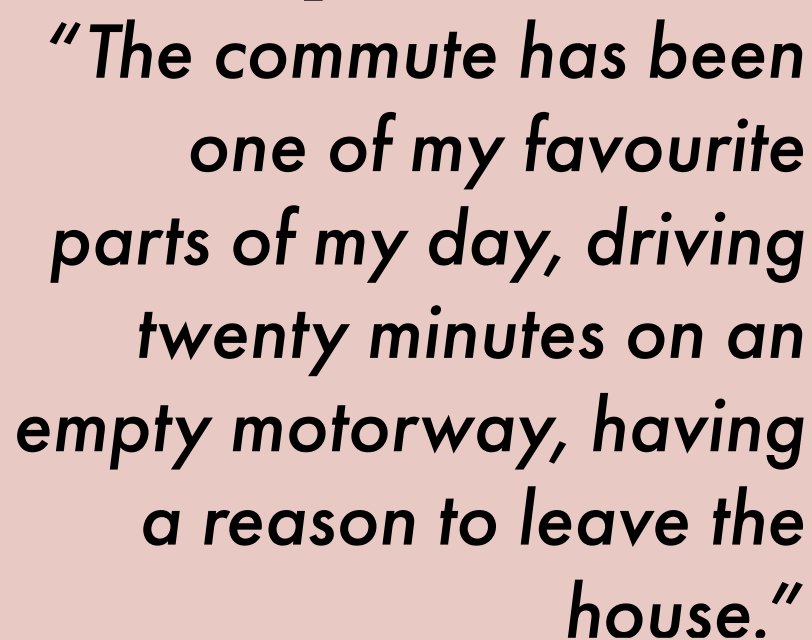
The commute has been one of my favourite parts of my day, driving twenty minutes on an empty motorway, having a reason to leave the house. Being able to work kept me sane, made the lockdown feel somewhat okay, and I've been very lucky to have been able to earn money. – **Cameron, Pharmacy**

My work was shut before lockdown because it was one of the Auckland City council pool/gyms. At that stage, we were meant to use leave until we ran out to get money. Then the lockdown started, and we got the government wage subsidy. Since then we've been told we are reopening in level 2. I am a very, very, very long drive away from Auckland, but I don't want to drive back

in the middle of the semester. That's very stressful and time-consuming. I also want to be with my high-risk parents even though the risk of them catching anything is low. I have to drive back because I need my car up there. So after the wage subsidy runs out, I won't be paid until I get shifts again when I get to Auckland. –

**Anon, Health and Fitness**

Work is closed for level 4 and level 3, so I am getting paid 80% of my average hours that I've worked in the time I've been there. I'll be able to return at level 2, they've made rosters, but I have fewer hours than agreed to due to the decrease in demand we will have. There will be increased safety and distancing measures, less staff on each shift, less contact with customers and so on. It's stressful as I kind of need the money that came with the hours agreed on my contract, but with everyone getting fewer hours it might be hard. – **Anon, Unknown**



***“The commute has been one of my favourite parts of my day, driving twenty minutes on an empty motorway, having a reason to leave the house.”***

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feature.

I was made redundant. I work at a library, and they are shortening their hours. Classic, right? I really loved my job. I also need money to live. – **Anon, Library**

I have no work in level 4, but I will be returning. Once we're back, we'll be distancing in the kitchen and contactless with customers. – **Anon, Hospitality**

Working in our actual houses, as opposed to working in our AUSA house, hasn't been all bad. While we don't have shads next door to serve up a fresh jug or easy access to Munchy Mart, or the adrenaline hit from crossing the road at the Symonds street lights, or that nice pasta place, I can show up to my 9 am virtual Education committee meeting in my PJs.

Despite that long list of things I'm missing out on, adjusting to the work from home lifestyle has actually been alright. The meetings, committees and working groups I attended before in person are now online via zoom usually while still in bed, or the entire meeting is rightly turned into an email. Apart from a few wifi mishaps and unfortunate zoom backgrounds, it's all good. What's more, is that I can feel less bad about skipping lectures than I usually would because they are already all online.

Nobody asked me to rate it, but I'd give working from home a generous but average 4.5/10. I miss shads, my friends, the view from my office of people smoking in front of the "no smoking sign" and the causal yarns that are somehow not awkward IRL as opposed to on zoom. But also 4/10 because I now have more time on my hands without the commute into uni to read Craccum

entirely (not just the horoscopes), start my TikTok career and work out how much money I have saved by not frequenting Strata and share. – **Emma, AUSA EVP**

Surprisingly. Work became a 'get out of jail free' pass. Excitement would build knowing that I get to have a legal dose of social face-to-face interaction with outsiders- finally new conversations with new faces! And GOD, it was nice to have a chat with people without the 'c word' popping into conversation. Work became that snippet of the day where I could put a pause on the outside world. I did not feel like I was that 'essential' especially to that of the Doctors & Nurses. But I do believe that I could brighten a patient's day just by simply being kind, and being a 'friend' during their visit to the A&E. – **Tayla, Medical Centre**

***“And GOD, it was nice to have a chat with people without the ‘c word’ popping into conversation. Work became that snippet of the day where I could put a pause on the outside world.”***



# WHICH HOUSEHOLD LOCATION ARE YOU?



## *A. In front of the fridge*

- A big fan of Bon Appétit
- The assigned supermarket shopper
- Made banana bread in lockdown

## *B. In bed*

- Super horny for Ashley Bloomfield
- Posts nudes on snapchat
- Thinks that Carol Baskin killed her husband

## *C. Sitting at the desk*

- Panic bought ink pens for studying
- Hiding chocolate from bubble
- Waiting for 10 packages

## *D. On the couch*

- Watches The Chase every weekday
- Only done 1000 steps in 4 weeks
- Binged every Marvel movie

## *E. In the shower*

- An essential worker
- Craccum applauds you :)
- You should be paid more

## *F. Lying on the floor*

- Blowing up the groupchat
- Learning TikTik dances
- Queued at 5am for Maccas

## *G. On the computer*

- Bought Sims 4 and its expansion packages
- Did an e-girl makeover
- Their friends haven't heard from them in a bit



LIVE

*Music*

PRESS TO PLAY ON SPOTIFY

# Top Ten Ways to Feel Like You're on Campus

CAMERON LEAKEY AND MADELEINE CRUTCHLEY

## ***10: Join your Zoom class late holding an iced coffee***

The rush of adrenaline you get from making a loud, disruptive entrance to a lecture is a key part of the student experience. Get that hit by joining your online class 15 minutes late with an iced coffee. Use a straw to obnoxiously stir the ice and ask questions that the lecturer has already answered. You'll be back to feeling normal in no time.

## ***9: Plant those trees that smell like cum in your backyard***

Yes, they are one of the most disgusting smelling plants in the entire world, but dammit, they are key to the University of Auckland experience. Fill that missing hole in your heart by planting a stinky berry tree right outside your window. The putrid smell should radiate throughout your room and remind you of the good ol' days.

## ***8: Have a loud conversation while your flatmates try to study***

There's nothing like studying in the library when the person at the table over starts having a loud conversation. Bring back this nostalgic feeling - when your flatmates are focusing, start having a loud chat, keep talking. Get louder. Move chairs around. Once they send you a harsh shhh... you should feel like you're back in the library in no time.

## ***7: Put a fireplace screensaver on your laptop during lunch***

You've spent upwards of six weeks with the people in your bubble, but that's no reason to let your guard down. You can't trust anyone in this town, kid. There's no guarantee that they won't attempt to take what's rightfully yours. Ensure your laptop is protected from their greedy, slimy fingertips. It might make you feel a little more at home.

## ***6: Make a shit coffee***

Grind up one part coffee beans, one part dirt from your garden and throw \$10 out the window. It's the authentic shaky isles experience. Shit coffee



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feature.

### **5: Engineering students: Avoid looking at your flatmates in the face**

That nervous energy has to be pretty built up by now. Avoid eye contact with the members of your bubble. You could even try keeping a whole 5m distance from strangers at the supermarket - make them feel really weird. On the other hand, if you're a confident Engineering student, flick an email to [features@craccum.co.nz](mailto:features@craccum.co.nz) and take Maddy out on a date. Prove us wrong.

### **4: Block all wall plugs and remove half the chairs from your house**

The search for an empty seat, the feeling of finding a free powerpoint. It gives you a thrill. Bring the thrill back to your mundane life - block all your powerplugs, remove some of the chairs from your house. It's now a game of musical chairs for you and your bubble.

### **3: Play bus noises on youtube in the background**

We've all been there; some assignments just need to be finished when you're halfway to uni on the bus. In between work and class you need to utilise every minute to be a successful student. There's something about the worrying stickiness of a public bus seat and the bumpy journey down Symonds St that activates a razor sharp focus. If you're missing that prime study environment, turn up some youtube and get a buddy to bounce their leg up and down next to you. Next stop: A+ (B-)

### **2: Make your own Shads Jug**

Combine two parts cheap beer and one part water to nail the signature Shadows taste. Enrich the experience by downing it in one go and spilling half down your shirt. If you can mimic the legendary cheese toastie, with the same amount of lukewarm spots, you've nailed it.

### **1: Stay in bed**

Set five alarms and then sleep through all of them. It's too late to make the long commute from your bed to your desk. Let's face it, most of the uni semester is spent in bed. Whether it's sleeping, binging on netflix, skipping class or maybe actually doing uni work, it's as much a part of campus as the cum trees.

***"There's something about the worrying stickiness of a public bus seat and the bumpy journey down Symonds St that activates a razor sharp focus."***



# TRIVIA NIGHT

Live At Your Place

12 . 5 . 20 7PM







## ATYPICAL

LOUISE BARNES

**8/10:** Did you know that Keir Gilchrist is the lead in a grindcore band?

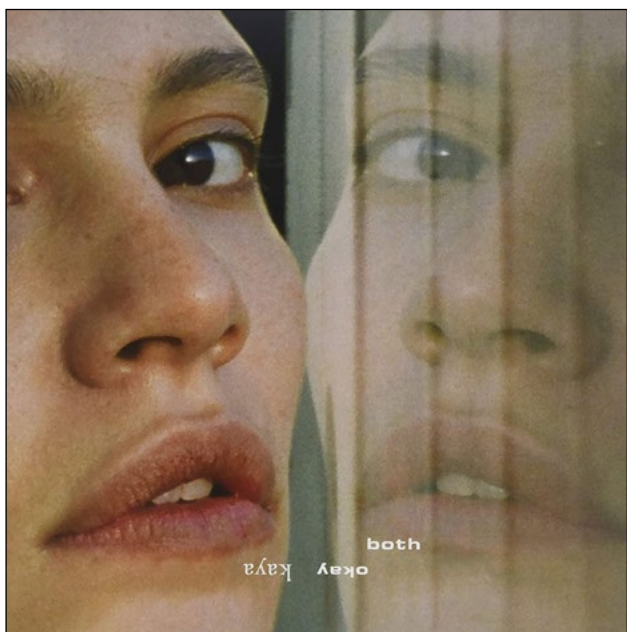


Upon seeing the show's description I was initially concerned for Netflix. A 'quirky' show about autism, I thought, would lead to common clichés, inaccurate information and mildly offensive portrayals associated with the implications of being on the spectrum. This was a risk Netflix had to anticipate, but was unnecessary as there was nothing but raving reviews in response.

So when I finally sat down to watch the 2017 Netflix Original, created by Robia Rashid, I was pleasantly surprised by the complex and humourous storyline. Not only does this show provide first-hand insight to the disorder for 'neurotypicals', it explores the lives of those affected by Sam's (the protagonist) antics as he decides to become independent and find love. The show continuously changes perspectives within Sam's family involving his younger sister, Casey, and their parents, Doug and Elsa.

At times it gets messy considering the range of categories involved; autism, friendships, tubas, love, sex, betrayal and penguins. But it works. The ideas intertwine with each other and each episode focuses on a set of moral rules that Sam must learn as he navigates through life. It is heart-warming and relevant to the complexities of growing up and should be a reference of inspiration to those watching.

I hope, just as it did with me, that it educates the next viewer and leaves them with just that little bit more empathy and understanding into the minds of those on the autism spectrum.

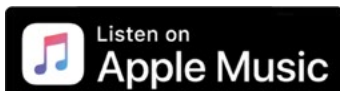


## BOTH KAYA WILKINS

KATE

Okay Kaya aka Kaya Wilkins has dabbled in film, modelling and song-writing, and in 2018 released her first album *Both*. Three years prior she walked away from invasive and corporate management in order to take control of her own experience and truth. The honest, witty and unapologetic nature of *Both* clearly illustrates what could have not been had she stayed. Kaya weaves ethereal tapestries of her lived experience as a woman in film, modelling and music through the album. Most of which was recorded in her Brooklyn apartment, where we are welcomed into the intimacy of her melancholy yet self reflective mind, and dreamy home studio. It's no surprise then that her album is dreamy bedroom pop with elements of folk and synth.

"IUD" is my favourite track off the album. It is a wonderful and much needed moment of candid oversharing. She shamelessly claims her inherent sensuality as well as her reproductive rights. "Habitual Love" is arguably the biggest 'bop' on the album and as it should be. It's confidently restless, with a refusal to settle for out-of-habit love. And finally, "Fake It", a great reminder that feeling the way you're feeling is exactly how you should be feeling in that precise moment. The album is emotionally-intelligent with her own mental health struggles infused throughout, making a home for those who might just feel the same.







**BILL AND TED'S  
EXCELLENT  
ADVENTURE, DIR.  
STEPHEN HEREK**

ROBBIE DELANY

**7.5/10:** *Excellent!*

Passable films are born ceaselessly out of film studios these days, distracting audiences from true cinematic gems. Yet, a time existed when films were made for fun, and the story was second to box-office return. Enter 1989's *Bill and Ted's Excellent Adventure*.

*Bill and Ted* follows the titular characters (Alex Winter and Keanu Reeves, respectively) journey through time, persuading some of history's most notable figures to speak for their class presentation. If they fail, both their grades and the universe is in jeopardy. A ridiculous but fun premise. It answers questions like "was Freud a pedophile?" and "would Napoleon enjoy ice-cream?". Flaws are aplenty, but the film deserves your forgiveness and attention. It is carefree and awash in the milieu of 1980s pop-culture, conjuring up a striking juxtaposition between today's America and the post-cold war climate. Maybe this is what Trump meant by MAGA.

Unlike so many comedies of the era, the characters possess no underlying malicious intention, nor fall greedy to the gifts bestowed upon them (i.e. a fucking time machine). They aspire their peers to "be excellent to each other", a simple ethic with endless potential. One that is so relevant is transcends time, from ancient Greece to the 27<sup>th</sup> century. The film teaches us that intelligence is relative, and heroism is not destined towards any specific individual. These rare ninety minutes melt away in a heartbeat, providing a truly excellent adventure.



**SAVAGE (REMIX)  
MEGAN THEE STALLION  
FT. BEYONCÉ**

LACHLAN MITCHELL

I like Miss Megan a lot. She's fun, she's ultra talented, extremely beautiful, and great at Twitter. Probably the best of the new crop of girl rappers, and definitely the best at managing her public persona, Megan Thee Stallion is thee one I love hearing more than most 'new' artists. The original "Savage" was rather barebones, and a leftover of the 2010s trend to make songs into little two minute bops and move on - still a fun song, still a fun Megan bop, but definitely lacking.

Enter Beyoncé.

Queeeeen Bee. Savage was a song designed to be remixed for maximum extension of the song's relevance, so it's not surprising that Megan was able to pull out the big guns and go hard with her new bestie. Her opening line aside - Jay-Z referencing Tik Tok/OnlyFans was just terrible lmao - Beyoncé brought the energy to the song that was desperately needed, giving Megan someone to play off while letting Beyoncé's do her deep whisper whenever she's not deciding to go further and further into her year-long rap career. Up against Doja + Nicko's "Say So" remix for the #1 spot in America, it'll definitely be a close race. But I think this great col-lab will come out on top. Lord, I hope we get an album from her this year. Please, God, just give me this one thing.





## RONNY CHIENG: INTERNATIONAL STUDENT

YUTA HIRONO

NETFLIX

“Ronny Chieng International Student” is a TV series featuring the stand-up comedian Ronny Chieng as the main protagonist of the story. It is a comedy show based on Ronny’s actual story with added scenes and fictions which nominates, challenges and plays on naturalized stereotypes that people tacitly understood but left unquestioned and treated as common sense within Western society.

The story takes place at a famous university in Australia which the audiences can observe from the very beginning of the first episode. From the beginning, Ronny as the protagonist will be introduced to the viewers while he is walking to his class and video-chatting with his traditional strict Asian mother on his smartphone. The scene quickly gives audiences a brief background of the character and sets up some cultural stereotypes in which the comedy would work, and sets up the main plot points for the rest of the series.

The goal for the character to achieve in the story is not solidly established from the beginning, but kept in ambiguity. Mainly because that the show is only on season 1, but like any sitcom, it indicates that each episode has its own small goals embedded within that are meant to be achieved in the span of an episode. The audiences do not need to be constantly remembering key development in characters and story. For that reason, the show is typical Netflix binge content, as the viewers can feel free to watch the short series at their own pace.



## SAY SO (FEAT. NICKI MINAJ) DOJA CAT

CAMERON LEAKEY



Listen on  
Apple Music



Listen On  
Spotify

Say So was already a bonafide hit; firing up the charts thanks largely in part to a popular TikTok dance, it started the trajectory to bring Doja Cat to mainstream attention (outside of *Mooo!*). So where to go next, but of course, a remix with Nicki Minaj. It was almost too much to handle – both the Megan Thee Stallion/Beyonce and Doja/Nicki remixes dropping in the same week – but in this locked down world, these remixes have been a light in the dark.

The Say So remix is pretty good. It does tear the fabric of the song apart disrupting the flow, but Nicki’s verse adds to the song. It’s a remix that doesn’t just feel like the rap has been tacked on the side; it’s integrated into the track and it results in a remix that feels like it’s meant to be, not just created to boost the song on the Billboard Top 100. The result: a remix that creates a new version of the song that compliments the original.

Also stream the Savage remix – it’s fire.

ausa's

# SOCIAL



A row of six social media icons: Facebook (blue square with white 'f'), Instagram (gradient square with white camera outline), Twitter (blue square with white bird), TikTok (dark purple square with white and red 'd' logo), Snapchat (yellow square with white ghost outline), and YouTube (red square with white play button).

# DISTANCE

Brought to you by AUSA







ILLUSTRATION BY JULIA ZHU

# Mum Said It's My Funeral, and I Get to Pick the Songs.

MAX LIM

*Max Lim does not know how life will pan out, but he knows what'll be playing on the speakers afterwards.*

I get it, it's not common to "plan" for one's funeral, especially in their early twenties. Did Miss Rona decide to visit me? Not that I'm aware of at least. After spending a good chunk of my time watching the coffin dancer meme on YouTube, I did ask myself what kinda playlist I would play for my own one. On top of my oscillating depressiveness and contemplating Some Stuff during the lockdown, I figured I'd make a shitpost out of this. Or maybe it's more than that.

## ***The Anchor Song - Bjork***

There are moments when I think about how my body

would be taken care of when it happens. The final breath! The fadeout! Whatever euphemism you prefer! I have thought about the hypothetical situation where my own body is disposed of by being thrown into the ocean, just for sake of traumatising beachgoers (the world is running out of spaces to bury corpses!). But alas, I guess the closest thing I could get to would be requesting my cremated remains to be scattered into the ocean. Knowing my luck, it would be scattered around the Mission Bay right next to the Movenpick store. So yeah, I reckon a song about diving into the ocean with an anchor attached to the body and claiming the ocean floor as the forever home is suitable.

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arts.

The minimalistic sound of brass goes beautifully with Bjork's voice in this track. The simplicity makes it possibly one of the best closing tracks from her full length projects. Although at the first listen, it did sound almost cacophonous and harsh with her way of saying "I diiiiive intoooooooweeeh". But at the end of the day, I've started playing this song as my sleeping music.

### **Boat Song – Woodkid**

Keeping the theme of traumatising beachgoers, I felt this one is somewhat appropriate as well. This song is about questioning what fate they will face now that they have untied the knots and raised the sail. Their questioning of the likelihood of smooth sailing transitions to questioning whether they are fated to a certain end.

While he does lack in vocal performance as he sounds very... monotonous, his production skills and the progression of songs are his key strengths. I am anticipating his new album that has been teased to drop halfway through this year, as this will be his first new project after his debut in 2013. Within those last 7 years, he's been producing music for Louis Vuitton runway collections and now he is back in his element.

### **Don't Look Back in Anger – Oasis**

This one has a special place in my mind, to be honest. What can I say? It's just a good song that I have sincerely enjoyed since how many years ago. Oasis' (What's the Story) Morning Glory gotta be my first ever album that I have thoroughly listened to from top to bottom, and I

still do every now and then.

I'm aware this song is played **to shit** along with Wonderwall but I don't mind at all. Out of all songs on this list, this would be the one that would make people groan internally with how basic it is. But fuck it. It's my funeral, this is my turf bitch. Sure, even the Gallaghers have admitted that addressing this Sally person in the song doesn't even have much meaning in it, but this song has been on my Spotify as long as I could remember. Hopefully I will be fortunate enough to learn how to accept things as they are, or at least reach a certain part of it. But I don't think I'll ever accept how KFC has finessed us by continually increasing the price of the 20 pack Wicked Wings over time.

***"But fuck it. It's my funeral, this is my turf bitch. Sure, even the Gallaghers have admitted that addressing this Sally person in the song doesn't even have much meaning in it, but this song has been on my Spotify as long as I could remember."***

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arts.

### ***I Love You All - Original Soundtrack of 'Frank'***

If you enjoy a movie with subtle dark humour throughout the film, rather than big punchlines placed every quarter of the playtime, I highly recommend the movie 'Frank'. This movie is about an Average Joe struggling to prove his worth and perceived musical depth as the replacement keyboard man of the band 'The Soronprfbs', lead by a masked figure named Frank.

This song plays in the final scene of the movie when the protagonist learns the sombre lesson that there are places that you don't belong, some places that others wish they couldn't be in, even if that is where your passion lies. I know that having a movie credit song as part of my funeral playlist may sound self-obsessed, and I'm trying to 'project myself' into that scenario. But at least I'm not gonna play fuckin' "See You Again" and be clueless enough to use a song that is dedicated to commemorating serial statutory rapist (look it up!) Paul Walker.

### ***Any music from K.K Slider***

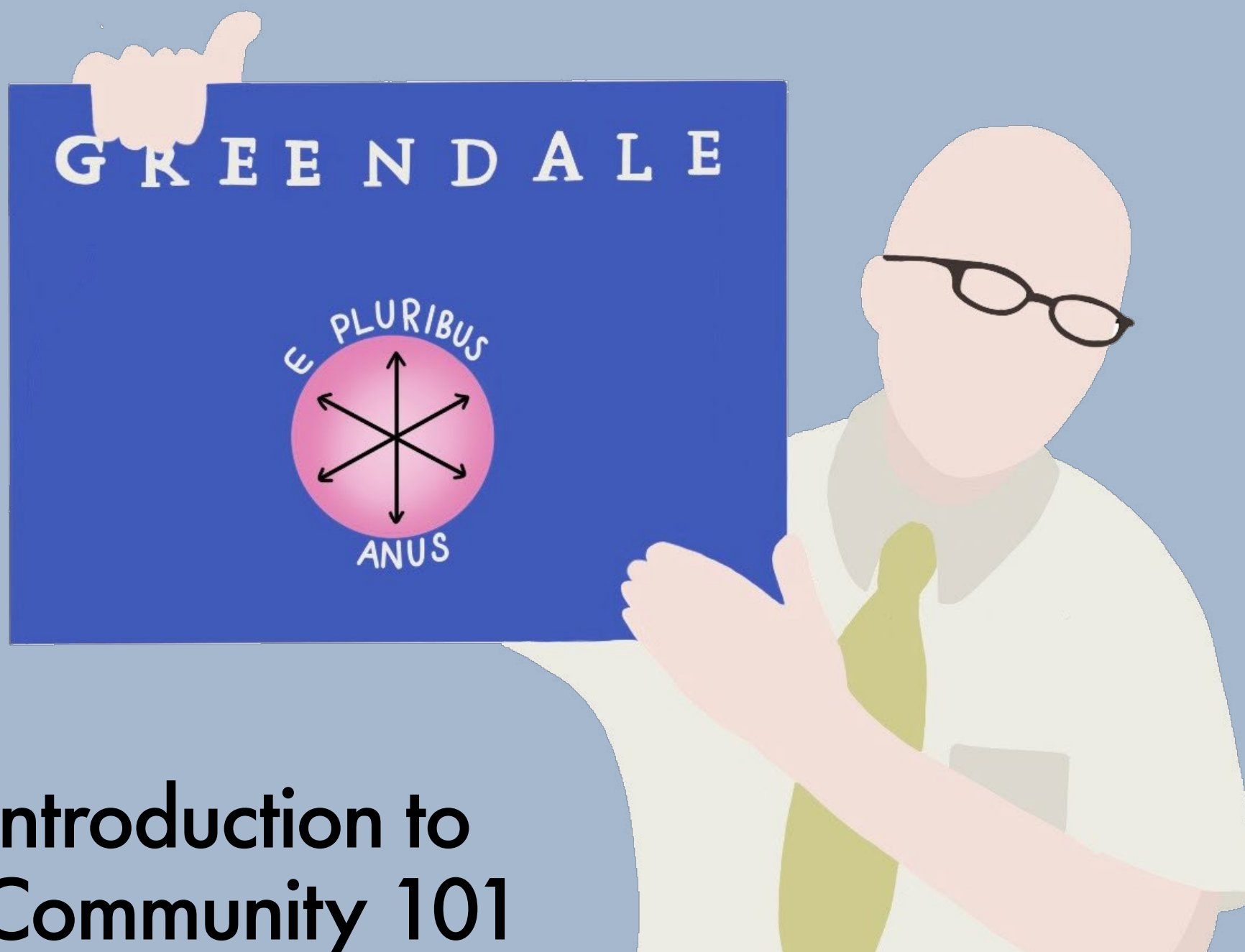
I feel it deep inside me when K.K Slider says 'Oh Nah Be Quay Quay'. I'd love to hear his digitally generated songs made from his five syllables just one last time. Just reminds me of the simpler days when the only thing I ever worried about was trying to manage my mortgage by selling seashells to the pixilated racoon children. Shout out to Tom Nook for making homes available for everyone with no interest, no assessment and no deadlines.

***"I know that having a movie credit song as part of my funeral playlist may sound self-obsessed, and I'm trying to 'project myself' into that scenario. But at least I'm not gonna play fuckin' "See You Again""***

### ***Komm, süßer Tod - Arianne Schreiber***

And finally, as I pass on, let us all partake in one final rendition of this masterpiece - I may die before you, but we will all come together in Third Impact, becoming Fanta Soul Juice and merging to utterly eliminate all our fears and inequalities, and that is beautiful. Unless you wanna remain whole and strangle someone on a beach. All up to you.





ILLUSTRATIONS BY KAYE KENNEDY

# Introduction to Community 101

BRIAN GU AND CHRISTINA HUANG

***While we're stuck taking classes from home, Brian Gu and Christina Huang take us to a different sort of education.***

Now that we're all stuck at home with little to no interest in being productive at all, Netflix has picked the perfect time to polish up (what I've always regrettably called) their B-rate library, adding home-runs such as *Modern Family* and *Tiger King* to their collection. Among this category is *Community*, a NBC sitcom that aired early last decade, and never quite reached the pinnacles of success that other sitcoms on the network such as *The Office*, *Parks and Recreation* and *Brooklyn Nine-Nine* did.

Now fast-forward to the series' full Netflix release last month, and over a short period of time, this gem has defined itself as an unexpected phenomenon during these strange lockdown times. Packed full of memorable gags, self-referential jokes and iconic characters, five quality seasons of the show (let's not talk about season 4) make for prime binge-viewing. Whether you're a first-time viewer or holding out for *#andamovie*, I've enlisted the help of my friend Christina to pull together the DEAN-finitive list of our ten favourite moments from *Greendale* to

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arts.

leave you itching for more of the study group.

### **10. Delivering a Baby in the Background - Abed**

You'd be forgiven for failing to notice Abed is absent from both the A- and B-plots of *The Psychology of Letting Go*, but don't worry, he's definitely there. Throughout the episode, eagle-eyed viewers can spot him chatting to a pregnant woman, facing some anger from her boyfriend (after all, Abed's partially responsible given the events of *Politics of Human Sexuality* in season one), helping the woman when she goes into labour and finally delivering the baby in the back of a car. When asked by Shirley what he's been up to all week near the end of the episode, he replies, "not much".

### **9. The Paintball Assassin - Señor Chang**

A much beloved pastime by the students and anybody but Frankie at Greendale, paintball spawned so many great episodes and moments within the show. For this list, we picked the climax of the first ever paintball episode, where Señor Chang is deployed by the Dean to assassinate Jeff and Britta, who are trapped post-sex in the study room. Making a slow-motion entrance with Chinese operatic music playing in the background, despite actor Ken Jeong being Korean, the racial ignorance coupled with the unnecessary dramatization of the encounter leaves the audience in stitches.

### **8. Jesus Wept - Dean Pelton**

Next on our list is this moment of peak Dean-ness from the overall underappreciated Season 6. Dean Pelton loses his mind over a VR system designed by future Save Greendale Committee member Elroy Patashnik. He is immediately overwhelmed by the capabilities of

'90s VR technology, including setting the time, time zone, and perhaps my favourite - scaling up the font size. Dean Pelton prances around in his office like a tennis player with a blindfold on, to the horror of Jeff and Frankie watching on. When his excitement becomes too much to handle, he exclaims "And Jesus wept, for there were no more worlds to conquer!"

### **7. Level 7 Susceptible - Dean Pelton and the (con) artist formerly known as Subway**

Straight to another hilarious Season 6 episode. *Advanced Safety Features* contains the return of Britta's corporate machine ex-boyfriend Subway (now Rick), who now returns as a Honda salesman. While the A-plot centres around him manipulating Britta with his love-redemption story, this episode's peak is the Dean, who is discovered by Rick to be an unprecedented level-7 susceptible - transcending to a whole new level of susceptibility towards product placement. This culminates in one of the most hilarious still shots of the entire show, where a mortified Frankie discovers Dean Pelton in his office, in a Honda t-shirt, straddling a Honda bike, surrounded by Honda merchandise

### **6. "Annie's pretty young, we try not to sexualize her." - Jeff Winger**

Scroll through any *Community* reddit thread or the comments section of any YouTube video featuring Alison Brie, and you are bound to see this line quoted at least once, if not at the top of your screen. With all the purposeful sexualization the *Community* writers place on Annie's naive character, it's an absolute marvel to recall this line had actually been said at one point, by Jeff Winger no less. When introducing study group candidate Buddy (guest star Jack Black) to the gang, he

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arts.

makes the private off-the-cuff comment that “Annie’s pretty young, we try not to sexualize her.” One thing’s for sure – this comment definitely flipped the switch for a LOT of future sexualization of Annie.

### **5. *Troy and Abed in the Morning* - *Troy and Abed***

As with any other sitcom, *Community* treasures its episode closing scenes, and from that list there is perhaps no recurring segment more outlandish yet equally heartwarming than ‘Troy and Abed in the Morning’. The morning talk show launched by the two best buds features no audience, no cameras, Garrett on weather, and tapes at obscene hours of the day. It also has an inexplicable wall of fans watching on behind the window of the study group. Despite a lineup of guests who seem genuinely pleased to be there, perpetually moody and disgruntled Jeff Winger makes the most guest appearances. Oh, it also has a killer opening jingle that you’ll never stop singing.

### **4. *Peanut Bar Rap* - *Dean Pelton***

An absolutely iconic moment in which the Dean, to replace paychecks, offers the study group an “apology rap”, dressed as a peanut bar costume, of course. What begins as a relatively cute, light rap quickly becomes a political breakdown of class and race in America, to the shock and horror of the gang. Donald Glover (Childish Gambino) has been upstaged by a man in a giant peanut bar costume. Then of course, in true Dean fashion, he immediately runs out of the room crying, horrified by his own genius.

### **3. *¿Dónde Está La Biblioteca?* - *Troy and Abed***

In the first, and probably most memorable closing tag from the series, Troy and Abed seamlessly switch between rapping en español and beatboxing, creating a catchy song that gets stuck in your head for days.

Honourable mention: *Dónde Está La Biblioteca* (Anthropology Remix) feat. Betty White. It’s a rap about the classification of *Homo Sapiens* combined with “Africa” by Toto, and it’s GLORIOUS.

### **2. *Chloroforming the Janitor* - *Annie***

When you combine Troy, Abed and Annie, hilarity naturally ensues. While sneaking around the office of a former-colleague-turned-rival of Jeff’s, a janitor comes in and catches them. Unable to explain, Annie chloroforms him, and they all panic. When the janitor comes to, the trio pretend to have also been mysteriously chloroformed, but unable to maintain the lie, they panic and chloroform him again. The chaos, panicked decision-making, terrible attempt at deception, and the fact that a person literally gets chloroformed not once, but twice, truly makes this a tale of substance abuse for the times.

### **1. *Remedial Chaos Theory***

If the class is *Community* 101, then Remedial Chaos Theory is the final exam. It’s everything great about *Community*. It’s a packed episode that navigates several complex character arcs and gives hidden insights into the study group members, all within the tight confines of Troy and Abed’s apartment over a game of Yahtzee. When Abed first rolls the dice to determine who picks up the pizza, it’s impossible for the audience to guess the genius of what the show proceeds to pull off; opening up six different timelines determinant on who meets the delivery guy. Perhaps the most poignant moment of the episode is where Jeff walks out to get the pizza in what Dan Harmon coins the ‘prime’ timeline; without Jeff’s reprimanding quips, the group jams along to Roxanne. When Jeff returns, he is hit with the realization of how much his beloved study group has grown.





**AUSA's**

# Daily Challenge

Brought to you by AUSA



# OnlyFans

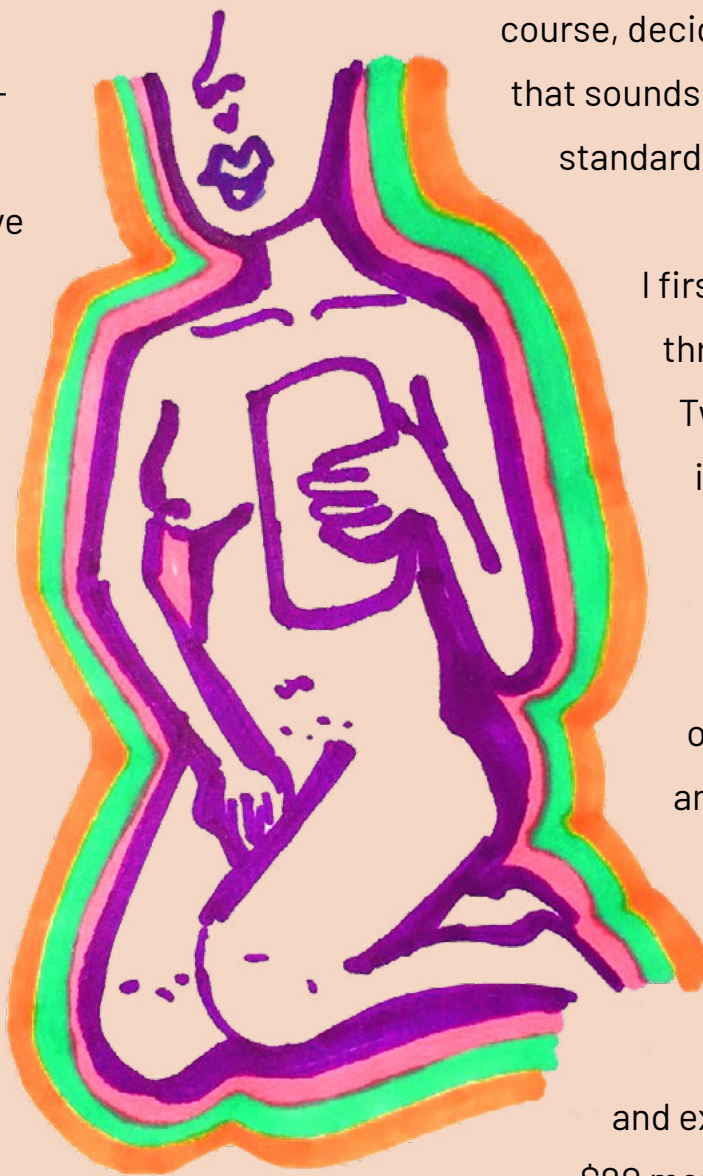
ASHLEE SANNAZZARO-CAMERON

*In an online sphere of Youtube vloggers, Instagram models, and TikTok sensations, fame and fortune seem so easily attainable. But alas it is not quite that easy. It would be a lie to say you haven't at least attempted to earn that "influencer" coin at any point in your lifetime. There, however, seems to be a key theme behind the success of on-line celebrities – you have to be 1. Idealistically attractive and 2. Quirky and bubbly enough to emit that charm of relatability.*

I will admit, have I tried my hand at becoming the next Charli D'amelio? Absolutely. And did my aspiring TikTok career take off where I could be earning even a fraction of what fifteen-year-olds these days make? Unfortunately and realistically, no. But, I do have an answer for my fellow average looking, and confident lacking community. I introduce to you the world of OnlyFans.

OnlyFans is a site where anyone can make some quick cash. Now I'm sure to all the debted, financially struggling university students reading this, that sounds intriguing, doesn't it? Essentially you can post your "service" to a private profile you create, and only those who pay a subscription fee to your page can access this "service". Understandably the site does margin profit off of your earning, snatching a fat 20%, but by comparison to other similar sites, OnlyFans actually intervenes the least. And the

most fantastic part about OnlyFans? You don't have to be unrealistically beautiful or talented-unless you, of course, decide to go down that route. Now that sounds like a winning situation for the standard teenager, like me.



I first found out about OnlyFans through the social media site, Twitter. Dozens of Twitter users in my timeline were promoting their OnlyFans accounts. Intrigued by this and confined by the everlasting quarantine period, I took it upon myself to create an OnlyFans account for myself.

But the only question was, what service was I going to offer to the masses of consumers, that was unique and exciting enough to steal their \$20 monthly? At this point, I recruited the help of my flatmates. Eventually, we decided that this account was no longer going to be just me, but instead a joint business venture. After some brain-

storming and intensive OnlyFans account inspiration searching online, we came up with the perfect game plan, propelling us one step closer to paying off those student loans.

Feet pics.

Feet pics, the answer to solving economic inequality. Feet pics specifically target those that are rich, those who are desperate enough to spend their oodles of riches for a beautiful, glossy pinky toe. Honestly, feet pics could probably solve the world's wealth distribution dilemma! But for now, it was the solution to mine and my flatmates' own wealth distribution dilemmas. But we weren't just going to publish any willy-nilly feet pics, no! Our feet pics are of a supreme quality, only the best for our \$20 monthly subscribers! This OnlyFans account was no longer just a side hobby, to explore from time to time again. It had become the flat gang's side hustle, tasty riches to soon be in the palm of our hands...or should I say feet?

Besides the apparent drive for capital as the sole (haha get it?) purpose of our OnlyFans account, it also became a surprisingly fun flat bonding activity! What's more fun than you and your closest friends whipping out your naked feet and oiling them up for some creepy internet lurkers to do who knows what with them? Okay, we don't really like to think about what exactly is being done with our artistic photographs. Still, as long as they're paying customers, then I can't complain. So from my experience, I offer some wise advice to those wanting to start their own OnlyFans journeys.

**Tip 1:** Find something unique to offer...or give feet pics a try! No matter what "service" you decide to offer, make sure it is one that you are comfortable with. If you have an exceptional talent or skill, or just some pretty good looking feet, then I recommend putting that quality content out there!

**Tip 2:** Collaborate with your friends! Honestly, putting yourself out into the world is scary, especially if you're in this on your own. So grab your flatmate, your mum, your nana! (all with permission of course). The process becomes more enjoyable if you can share the limelight with someone else.

**Tip 3:** Get creative! Now you're probably reading this thinking, "what in the flipping heck is creative about feet pictures?" And I tell you dear Craccum reader, everything can be creative. Think of what unique quality you can bring to the site. My flatmates and I have so many ideas for set designs, costumes, makeup, you name it! So don't be afraid to express your weird and wonderful ideas on the platform!

So with that, I leave you with my genuine thoughts about the website OnlyFans. What I can say the most though is, don't be afraid to give it a go! Whether it's for money or not, it can be a lot of fun.

And if you're interested in some quality feet pictures then give @savagetripeds a subscribe as well!



A photograph of a red apple on a white surface. A small green plastic toy figure, resembling a soldier or a character, is standing next to the apple. The apple is partially eaten, with some pieces of fruit scattered around it. The background is blurred, showing more of the apple and the toy figure.

## Untitled

We all stand before the dining table.  
It is dressed with a  
white cotton sheet,  
protecting the maple wood.  
Sickly sweet apple juice  
dripping down our fangs,  
sticky skin, and wet lips.  
Our hard shell acts like  
camouflage: straight backs and narrowed eyes.

*Written by Sanjana Khusal*

# ~~YOUR BIG CIG GUIDE~~

FOR 11TH-16TH (FOR UOA & BEYOND)

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## HOT LOCAL TRACKS

CHARLIE WINN

This week's self-isolation tunes are brought to you by 95bFM's Charlie Winn! You can listen to more of Charlie's selections on 'The two to Four with Adel & Charlie' every Friday.

The theme for this week: We've probably all forgotten how to talk to people outside of our bubble, developing our own strange hyperspeed dialect. Who needs to talk anyways! Blast these tracks and let your groovy dance moves do all the talking.

### ***Manuel Darquart - It's a Dub***

Groove out to this one in the safety of your living room! Manuel Darquart is a DJ and producer duo consisting of Louis Anderson-Rich and Sean Whittaker, originally from Aotearoa and currently based in London. This track is part of a larger compilation album, 'Isolation Therapy' released under Stamp The Wax label, who reached out to a heap of artists and gave them three days to make a track from scratch in isolation. All of the proceeds go towards keeping Stamp The Wax afloat

during this difficult time, and providing artists with financial support as quickly as possible.



### ***Virtual Shadow Ensemble - Kanohi ki te Kanohi, in a Virtual World (feat. Julian Lubin)***

This track is from one of my favourite NZ albums of the year so far. It was released under the currently unstoppable Tāmaki Makaurau label Noa Records. I feel it is best for the Virtual Shadow Ensemble to describe themselves, rather than me do a crappy job of it, so here's the bio from their Bandcamp: "Virtual Shadow Ensemble; a virtual collective of sonic voyagers, a vessel for channeling Papatuanuku's messages during a time of global human separation... This virtual recording project reflects a widespread upheaval taking place in our collective consciousness, being forced away from each other physically into social isolation... Cyber-architecture via social media has provided space for



arts.

creativity to flourish during a time when our presence is felt stronger online in the absence of face-to-face interaction with our peers. Despite physical distance we are still connected, still creating together.”



Church & AP - War Outside

Church & AP are back with a scolding hot new single, and if you’ve been lacking energy and motivation recently, then this will seriously rev you up. Featured vocalist Neko Newman (who has starred on a number of their previous songs) teams up with the Auckland hip-hop heavyweights once again, and together the trio give a word of warning to their peers that they’re not to be messed with, likening the rap game to a war. In their own words, “War Outside is a song to ride out to. We’ve been steadily carving out our lane in this industry and setting the tone in our scene. This song is a proclamation that we’re war ready. Nothing can get in the way of what we’re about to do.”



b-lush - right

This track was released a month ago, but to be honest, I just couldn’t resist adding it to this week’s selection. I mean, right off the bat it samples that cute as moment in Love Actually where Thomas Sangster’s character (the wee lil thing) tells his dad (Liam Neeson) that he’s in love, and then ends with a segment from Superbad where Michael Cera and Jonah Hill say how much they love each other! What’s not to love? With guitar riffs that float among the clouds and endearing lyricism, this song is wholesome af and reminds me of drinking tasty

orange juice in the sun with the people I love - an image we could all do with a bit more during iso times.



Top Ten

1	Back Heavy Hoisin Sauce (NZ)
2	Dead Bird’s Eye Dead Famous People (NZ)
3	Cold Moon Swallow the Rat (NZ)
4	Don’t You Know Who I Am? Reb Fountain (NZ)
5	Stunt 151 Totems (NZ)
6	Pon It Jess B (NZ)
7	Planet Caravan Moon Duo
8	arch feat. Mara TK Borrowed CS (NZ)
9	world emotion Vera Ellen (NZ)
10	It’s a Dub Manuel Darquart (NZ)





ILLUSTRATION BY JULIA ZHU.

## EROTICA

# Bills, Bells, Balls: My Night with Tom Nook

BARBARA CARTLAND

Tom Nook had always made it very clear that my debts were but a matter of processing and convenience – they were never to hold me down or limit my growth, and I could take as long as I needed to make sure that my line of credit was paid off. He would never pressure me, never charge any interest, never do anything but simply act as a vendor towards achieving my dreams. A capitalist, and far from my dreams of a socialist tanuki, but as honourable a capitalist as one could be, all things considered. So, I knew that Tom Nook – Tom, for those deeper in his circle – had only the most courteous of intentions when he invited me over for some Vacation Juice at his surprisingly modest bungalow this evening.

I... I had somewhat different intentions. Entirely above board, but I wanted to be below the table, if you catch my drift. You see, it takes a lot of bells to set up residence on an island paradise, let alone becoming the financial and labour backbone of an anthropomorphic animal menagerie that are too precious to work for a living. Furthermore, I had just added a basement to my house. I wanted a second floor, and I needed the speed of my actions to match the pace of my desires. These are bells that are not easily earned – plucking fruit, digging up fossils, catching bugs, so on. There is always

the turnip market, but Sunday is so many days away, such a long time in this world. And I am in dire need of a rest. I am tired. Tired of picking, tired of digging, tired of being. I wanted to sleep forever in my ironwood bed. After a while, your bones start to ache, your flesh starts to cry out for relief. But the spirit is resolute. And the spirit had a plan, one that was sure to succeed.

I picked out a suitably inviting outfit from my wardrobe – I had Custom Design slots reserved for such... carnal opportunities. I slipped on my heels, and made my way to Tom's home. It was dark out, and I marvelled at the beauty of my works; my pathways were exquisite, expertly crafted, perfectly in unison with the shrubs next to them. It was an island worth admiring, and I was its creator.

Tom Nook let me in with a smile – it is a shame his eyes are always so wide, otherwise I would have been able to gauge whether my Givenchy finery surprised him. We sat down on his couch and clinked a glass of Vacation Juice. I always wonder where he gets his leather couches from, in a world where nearly all animals are sapient. K.K Bossa was playing on a stereo in the background. The stage had been set.

"How are you? You have been very hard at work lately, digging up waterways, laying down bricks, acting as the social lynchpin of our great island! So much work!"

"Oh, you know, what's the point of living here if you're unable to pack in a little bit of elbow grease. You know how it is, with your fortune and all," I replied.

"Yes, yes... though I must confess that I do not do as much hands-on work as I used to, hah!" He patted his tummy, which had a slight gut underneath his sweater vest.

We continued chatting for hours, directing away Tom's adopted children Timmy & Tommy, who scuttered off to bed ("Goodnight! ...goodnight!") when they returned from the store they run for their father.

"Is it hard, running all this, raising this family, with no one else to rely on?" I asked. "You've never mentioned a significant other of any kind, at any time in your life."

"You just do what you have to do, as you well know! Somehow, I always seem to find time, even if I wish I could find more. All in a day's work!" He smouldered. Or at least, I thought I saw some embers in his eyes.

"What else do you wish you could find...?" I took a swig of the last of the Vacation Juice and stared at him intently. With a brush of my hair, and a slight downturn of my chin, it was time to see what I could do.

"Oh, I'm perfectly content! Well, until the next adventure comes along! Then it will take me over, and a new passion will satisfy me entirely!" He was playing coy, the tenacious tanuki.

"Entirely?" I whispered. I then grabbed his leg, felt the fur hiding underneath his chinos. Tom did not respond quickly. He just looked at my hand and looked back.

"Well, not entirely. Sometimes, there is a pain." A beat in my chest.

"Is there something I can do to... ease the pain?" I had to suppress a smirk when I said this, knowing the Lisa Fischer song on the subject.

"I am not lonely by any means. I am filled with the satisfaction of life, a work that satisfies me, and a family that brings me joy. But occasionally, oh so occasionally, I would..." Tom stopped. He got up and stretched his hand. "Sometimes, I would like something else to be filled." I took his hand, and we began walking towards his bedroom.

"With a little talk about the terms, I think that can be arranged."

Tom Nook smiled. When we sat on his bed, he asked me to close my eyes. When he told me to open them, he presented me with two options. He was kneeling, tanuki balls touching the floor, with arms outstretched. In one hand, a pink pair of handcuffs. No key to be found. But in his other hand, a coiled whip, with a muzzle engraved with N O O K hanging off the end of the whip's handle. I saw his game, and I laughed. He'd provide the equipment, but I would have to work to achieve mutual benefit. Oh, Tom. What to choose, what to choose...





ILLUSTRATIONS BY GABBIE DE BARON

# Your Ideal Quarantine Day Will Reveal What Your Best Quality Is

COSIMA WATTS

*Hey you look lost! Take our quiz!*

The world is a confusing place to be at the moment, but it is important to be reminded of our most loved qualities. It is simple, just take the quiz below, tally up the points (engineers this should be quick maths for you) and we will reveal your best inner trait!

**Question One:** What time are you waking up in the morning?

- A. 6.00am (+1)
- B. 8.00am (+2)
- C. 11.30am (+4)
- D. Sometime in the afternoon (+3)

**Question Two:** What is the first thing you do upon waking up?

- A. Check your phone (+3)
- B. Go to the bathroom (+2)
- C. Go back to sleep (+4)
- D. Meditation (+1)

**Question Three:** Go to breakfast?

- A. Anything quick and easy like cereal and toast (+4)
- B. Fruit or smoothies (+1)
- C. Something warm and filling like eggs (+2)
- D. Does just coffee count? (+3)



**Question Four:** How are you spending the next few hours?

- A. Aimlessly scrolling social media as a form of procrastination (+3)
- B. Netflix, bed, snacks... Enough said (+4)
- C. Getting outside to do some exercise (+2)
- D. Doing university work like the good student I am (+1)

**Question Five:** What activity do you do to help our economy out?

- A. UberEats basically every meal (+1)
- B. Online shopping for clothes (+3)
- C. Online shopping for expensive objects I probably don't need (+2)
- D. I can't afford anything and can barely afford my rent (+4)

**Question Six:** Choose a TV series to binge watch:

- A. The Vampire Diaries (+4)
- B. Black Mirror (+1)
- C. Avatar: The Last Airbender (+2)
- D. Brooklyn Nine Nine (+3)

**Question Seven:** How do you end your day to relax?

- A. A nice hot shower (+2)
- B. Reading a book (+1)
- C. Still in the same place as this morning watching videos (+4)
- D. Probably reading the latest statistics on the virus and making myself even more stressed about the fragile nature of humans (+3)

**Results:**

7 – 12 your best quality is *productivity!*

You know how to utilize your time well and make the most out of the hours you have in the day!

13 – 17 your best quality is *determination!*

Any slight drawback only pushes you to strive forward and improve. You like to always aim to be the best possible version of yourself!

18 – 23 your best quality is *being a social butterfly!*

Your outgoing and loveable nature means you find it easy to make friends. You value social media above all apps as it allows you to connect!

24 – 28 your best quality is *creativity!*

Being a creative individual that is bursting with new ideas comes to you as easily as leaves to a tree!

# WHO ASKED YOU

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

*I am in love with my tutor to the point I fantasise about what our life would be like together. She’s such a dream and her passion for the course is unbelievably attractive but alas, she is my Tutor (!!!!!) and also 7 years older than me. How do I get over this (especially since I see her over zoom every week)?*

Don’t go to your zoom classes. Boom, solved. This advice thing is EASY.

## ***How to actually be in a relationship?***

**STEP ONE:** Locate a human of your choosing.

**STEP TWO:** Engage them in the process of social discussion.

**STEP THREE:** Invite them to your dwelling to consume a meal or beverage (or, if you are feeling wild, both).

**STEP FOUR:** Ask them to be in a relationship.

**STEP FIVE:** They said no. You feel worthless. You curl up in bed and watch Captain America: The Winter Soldier. “I’m with you ‘til the end of the line” – you weep

uncontrollably. You go to get McDonalds at three in the fucking morning. Sink slowly into the abyss with a mouthful of chicken nuggets. Eat the cold nugs for breakfast the next day.

(This is absolutely not based on a true story from my life, and how dare you insinuate as much).

## **CRACCUM’S CRACKIN’ TIP:**

Hey lecturers of UoA, it’s me again. How’re the kids? Anyway, I just wanted to ask you to please slow down in your recorded lectures. I know lockdown is stressful, but for the love of Buddha, it’s not a race to the end. How are lectures getting longer when you’re talking like Quagmire from *Family Guy*? No disrespect intended, you’re all legends for moving online so quickly. Just please, I beg thee, for the sake of my sanity, breathe between sentences.

# Sexy Sexy Times

SAV WALLIS

## Taurus

Before lockdown, you weren't getting that much action and you were pretty okay with that. Now, you're 40 days deep talking to a Bumble match you would normally use and lose within 72 hours, and stress-baking genital shaped cookies. Bake, eat, hate yourself, rub one out and repeat.



## Gemini

You had the comfort of home and your parents in Level 4, but loneliness still prevailed. In times like these, seek out friendship. Use Alert level 3 to your advantage and extend your bubble to your f\*ck buddy because nothing will get you through a pandemic like meaningless sex 🍑



## Cancer

Not only do you have to deal with your SO during lockdown, you also have to deal with your flatmates' partners, and it feels inescapable because it is. And you all have THIN walls. Take a bath, use this alone time to consider that yes, you're getting laid as much as you like but is it REALLY worth your bubble situation?



## Leo

You and the Mrs are thrivingggg in lockdown! Your relationship is stronger than ever before, and the sex is incredible. Y'all don't fuck anymore, y'all make love. The level of trust you two share is at an all-time high and now is the perfect time to bring bondage into the bedroom. It's not like you can go anywhere.



## Virgo

You're gay and alone. You've rotated through every sex toy in your arsenal and you're thinking "Will I ever feel the touch of another human being ever again?".

The answer is no because you never used to leave your house anyway. Let this motivate you to go out and meet new people! Then eventually realise you don't like people and give up.



## Libra

What is sex? can your virginity come back? You type into the Google search bar. You aren't even talking to anyone during lockdown because that's how long it's been. You aren't even masturbating and are slowly losing the will to live. Eat your feelings because take-aways are back, and food is the only thing left in this cruel world that brings you joy.





## Scorpio

You and your partner have tried every sex position known to man. You've had sex all over the house. You even tried organising a threesome, but they didn't want to break bubble rules #lame. Working from home is awesome because you barely get any work done. Order something off AdultToyMegastore and see how long you can do it in the backyard before the neighbours catch you.



## Sagittarius

You are so unbelievably horny; you are actually losing it. The signs – 10 days into lockdown, you've already had an unwanted sex dream about your flatmate and have bought yourself a vape. Your coping mechanisms are sexting your "options", online shopping and nicotine. Time for a detox from the vibrator and go hug your mum, ya perv.



## Capricorn

You've been single for so long that lockdown ain't no sweat. You weren't getting laid anyway and are happy masturbating the weeks away. Focus on yourself in new ways and continue to explore ways of self-love. Speak affirmations to yourself whilst you touch yourself in front of a mirror.



## Aquarius

Whether you were already getting laid in lockdown or not, you are still thinking about all the sex you're gonna have in Level 2. You're jerking it twice a day, every day, just to get by. Your sanity is slipping, and you need something to look forward to. Video call your booty call and discuss how you are going to f\*ck each other's brains out once you are released from this hell.



## Pisces

You're working/studying from home and you're too fucked up to even worry about an orgasm. You are using this time to work on yourself and start that project you've been meaning to start. Don't. Instead, relax, light a candle and go to town, before you have a breakdown.



## Aries

You thought being with your SO in lockdown, it's a no brainer: for the sake of your relationship and your genitals. 3 weeks in, they only have to breathe, and you're annoyed. You don't wanna look at them, let alone touch them. Do something nice for each other then get drunk/stoned out your mind and remember how good they are at head.



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# the people to blame.

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