

СГАССУМ

ISSUE 10





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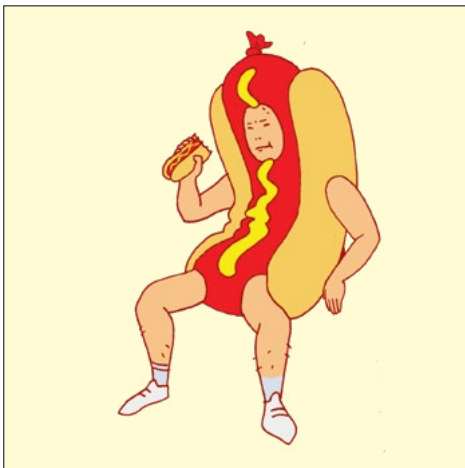


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EDITORIAL

with Helen Yeung and Jasmin Singh


“This is Cultural Space for the Cultural People”




Helen: Welcome to the Cultural Issue of Craccum. We have no idea what this entails but it's inline with AUSA's Cultural Week. The above title quoted was overheard by Jasmin while a student guide introduced a teen and their parent to Cultural Space right next to our office, perhaps this is too a reflection of the celebratory week to immerse yourself in worldly (plus “Kiwi”) culture - good old outdated melting pot mentality. What's a better way to fix racism. It's been a busy week for us, after spending far too long at university, we're finally both graduating, but really we're still here for postgrad. I don't know what else to say let's hand it over to Jasmin.



Jasmin: Speaking of culture, Helen and I have recently gotten into playing the Sims mobile game. We're clearly reminiscing mid 2000s culture which is fitting during cultural week. When Helen and I took on the role of editor we didn't realise we would also be graduating on the same day and would get to take cute pictures in our regalia together! We're excited about graduating but like any working and studying student, sometimes we have haunting dreams about work. One of Helen's recent dreams included running from our graduation ceremony to come back to the office I texted her saying 'it's print day'. If you still question our devotion to this magazine, you're wrong.



Helen: Despite our subtle drag of this week's theme, I'm still extremely excited for the content we've put in for all of you. With a background in pre-modern history, I personally loved Jessica's piece on ancient roots and absurd herbs used to remedy illnesses during the Medieval period. Surely next time you have a headache you'd also like to try pouring juice over your head and holding butter in your mouth. This issue also features a range of reviews to celebrate the NZ International Comedy Festival, Jasmin and I were both happy to find a decent amount of POC comedians this year, resulting in us going a bit crazy with applying to review events. Oh well, more content for everyone.



Jasmin: As Helen said the content for this week is wonderful! Helen and I have interviewed the director of Auckland Writers Festival, which believe it or not is happening next week, so get your tickets if you haven't already! Along with this we love Rebecca's article on Reobot, the AI that helps you learn Te Reo through Facebook Messenger, it's such an invaluable tool for anyone that wants to practice their Te Reo skills. And last but not least Brian's hotdog reviews around Auckland is also another article to keep an eye out for with great recommendations for hot dog places around this fine city. The only hot dog place I ever loved, Dogmatic, closed a little while back so I'm glad I have some new recommendations to try. Have fun reading the issue!

WORLD NEWS

CO₂ Levels Hit New Highs as Climate Change Accelerates

BY NATE CARTER

Climate experts at the UN have issued a sobering announcement that the burning of fossil fuels have resulted in Earth's carbon dioxide levels reaching the highest point in 800,000 years.

Increases in greenhouse gases, including carbon dioxide, methane and nitrous oxide, are accelerating global warming, making the planet "more dangerous and inhospitable for future generations," according to the World Meteorological Organization.

According to the Scripps Institute of Oceanography, CO₂ levels varied over the millennia in the period before the Industrial Revolution, but had never overshot 300 parts per million. The report follows news of the highest recorded temperature in Nawabshah, Pakistan, which reportedly reached 50.2°C last Monday. The frequency and intensity of extreme heat is expected to increase.

In response to President Trump's withdrawal from the Paris Climate Agreement, French President Emmanuel Macron's call to "Make our Planet Great Again" has seen 14 US-based scientists from universities including Yale and MIT join a priority research initiative alongside Germany.

"Politics needs solid evidence from science to make good decisions that will curb climate change and mitigate its negative consequences. For us, scientific knowledge is the basis of the action," German Minister of Education and Research Anja Karliczek stated. ■

Italy heading for Third Month without a Government

BY CAMERON LEAKEY

Italy is now facing its third month without a government following the general election in March which resulted in a hung parliament.

The election, held on March 4th, left no coalition with a majority of seats in the Chamber or Senate, leading to no conclusive parliament. The Centre Right Coalition, headed by the La Lega Party, won 37% of the popular vote, the largest share for a coalition. Meanwhile, the Centre Left Coalition, headed by the Democratic Party, won only 23%. The balance of power now remains with the Populist Five Star Movement party who hold 32.5% of the remaining vote. The Five Star Movement have held negotiations with coalitions with none of the discussions ending in a conclusive result.

President of Italy, Sergio Mattarella is now calling for renewed coalition discussions between parties or else is threatening to call a new election and put in place an interim leader in the time being. Renewed coalition discussions begin shortly. ■



Siwatu-Salama Ra to Give Birth in Prison after Sentencing

BY REBECCA STUBBING

A judge has denied the request of seven months pregnant Siwatu-Salama Ra to postpone serving her two year sentence at Huron Valley Correctional Facility in Detroit until after she has given birth, despite ongoing controversy surrounding her imprisonment and concerns supported by doctors that her pregnancy is high-risk.

Ra is serving a mandatory two year sentence for felonious assault and felony firearm convictions after using a registered, unloaded gun to defend herself against an assailant, in a state with a "Stand Your Ground" law. In 2017, a white woman began to ram Ra's car after a dispute at her mother's home. Ra's two year old daughter was inside the car at the time. Ra's lawyers say she pulled her registered gun out of her glovebox to try to stop the woman, out of fear for her daughter, herself and her mother. At her sentencing Ra said of the jury "I don't believe they could imagine a black woman being scared — only mad."

In appeals to the court, Ra's attorneys have said that she has been shackled to her bed during medical treatments in prison and denied food that meets her dietary requirements. ■

The Importance of Te Reo in Our National Identity

BY MILLI ABRAHAMS

A recent interview with former Prime Minister Bill English has sparked controversy with his claim that “Māori need to speak Māori if they want to preserve the language... the language will only be saved by the people who own it”.¹ Furthermore, he argued that “you can’t rely on a Government... to save someone else’s language”. Despite this, the former Prime Minister asserted that “Te Reo is still recognised as a huge part of New Zealand’s identity”.

In my opinion, these remarks seemingly imply a cultural dissonance that conflicts with Aotearoa’s sense of national unity. Mr English’s dismissal of Te Reo Māori as “someone else’s language” imparts the notion that Māori culture is not synonymous within our national identity. As a multicultural society, Aotearoa’s national identity incorporates the customs and traditions of numerous cultural groups. Of these, indigenous Māori culture is recognised as a unique and fundamental feature of our collective identity. Te Reo Māori is intrinsic to social and cultural participation as a means of expressing and sustaining Māori culture. Despite this, only 3.7% of Aotearoa’s population can converse in Te Reo; a rate that has been gradually decreasing since 1996.²

1 <http://www.newshub.co.nz/home/politics/2018/01/saving-te-reo-is-the-maori-people-s-responsibility-bill-english.html>

2 http://archive.stats.govt.nz/browse_for_stats/snapshots-of-nz/nz-progress-indicators/home/social/speakers-of-te-reo-maori.aspx

This decline of Te Reo proficiency threatens the solidarity of our national community by compromising our collective sense of belonging. Mr. English’s assertion that this is an exclusively “Māori issue” is ignorant of the social diversity and cultural unity of Aotearoa’s imagined community. These remarks reflect the dominant Pākehā discourse that has historically marginalised the interests of indigenous voices within Aotearoa society. Despite Māori culture being symbolically important in the historical construction of the nation, Pākehā values and concerns often take precedence in contemporary society.

Mr English demonstrates this by claiming that while “the Government has some obligations [to preserve Te Reo] through the Treaty... it’s met them in my view”. Such rhetoric perpetuates the Pākehā tradition of ‘historical amnesia’ by omitting historical injustices to construct national unity. By this, the state—ment disregards the historical injustices committed by Pākehā to neutralise Māori culture through systemic assimilation tactics. Cultural implications of Pākehā government legislation include introduction of the Native Schools Act 1867, which prohibited Te Reo in schools and significantly reduced Te Reo proficiency.

Moreover, this rejection of government obligation to Te Reo preservation conflicts with state responsibility to represent all citizens and govern national interest. As citizens, we

possess the individual freedom to relate and identify with certain national symbols, values, and customs over others. This indicates that “cultural identity based on ethnicity isn’t necessarily exclusive”.³ This link between the individual and wider community dictates the construct of the shared, common culture that the ‘nation’ identifies with.

Clearly, the consequences of Te Reo decline are not exclusive to Māori, and in effect weaken Aotearoa’s sense of national unity. Therefore, contrary to Mr English’s remarks, it seems within the best interests of Aotearoa for all citizens to accept a shared responsibility for the preservation of Te Reo. ■

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3 <http://socialreport.msd.govt.nz/cultural-identity.html>

Race Unity Speech Awards Mark 20 Years Since Tragic Passing

The tragic passing of race relations advocate Hedi Moani 20 years ago is being commemorated by young people participating in the Race Unity Speech Awards. Senior high school students from around the country will come to Auckland on Saturday 12 May to participate in the National Final of the Speech Awards. Hedi was passionate about race relations, oratory and youth, and the National Race Unity Speech Awards combine these interests in a powerful way.

An active member of the Bahá’í Faith, Hedi Moani was born in Iran and emigrated to New Zealand in 1982. Hedi had a strong affinity with Maori people and culture, and developed a special relationship with the people of Rātana Pa in his time as a community advocate.

In 1997, New Zealand media gave extensive coverage to a series of racially-motivated incidents aimed at people of non-European descent, including verbal and physical assaults. Hedi was deeply concerned by these incidents and proposed that the Bahá’í community coordinate an anti-racism march up Queen Street in Auckland; following consultation this idea became the basis for a “Unity in Diversity Rally” in Aotea Square. Alongside the Race Relations Office, Hedi and another Bahá’í representative planned for the rally which ultimately took place on the 10th of December, Human Rights Day, and included speeches and multicultural entertainment that

spoke to a wider theme of celebrating diversity.

The Unity in Diversity Rally was met with immense success, and led to extended discussions around the possibility of establishing an annual Race Unity Day in New Zealand. The date chosen by the Race Relations Office was 21 March, a date established under the United Nations as the International Day for the Elimination of Racial Discrimination. In October 2002, Race Unity Day was re-named Race Relations Day. Today, Race Unity Day receives widespread support from local and regional councils, organisations, businesses, and other civil society representatives in fostering positive connections between various ethnic communities in Aotearoa New Zealand.

Hedi Moani died in October 1998, just a few months before the first Race Relations Day was held in New Zealand. Sadly, Hedi’s faith as a Bahá’í was a motivating factor in the assault that led to his death. “Hedi escaped religious persecution in Iran, and did his utmost to promote harmonious race relations in New Zealand,” said Aidan MacLeod from the New Zealand Bahá’í Community. “It was tragic that prejudice played a role in his death, yet Hedi’s example has motivated many young New Zealanders to speak out against prejudice and to strive for unity.”

The New Zealand Bahá’í Community established the Race Unity Speech Awards in 2001 as a contribution towards addressing prejudice.

Since then, the Speech Awards have grown to include 13 regional forums across the country, with the principal sponsors of the Awards the New Zealand Police, the Hedi Moani Charitable Trust, the Human Rights Commission and the Office of Ethnic Communities. The National Final of the Speech Awards on 12 May brought together the top six speakers from around New Zealand.

The Race Unity Conference was also held on Saturday 12 May, immediately before the National Final of the Speech Awards, at Te Māhurehure Marae, Auckland. The aim of this annual conference is to provide a collaborative space where youth can push forward thinking about race unity, discuss and explore opportunities for the improvement of race relations in Aotearoa. All youth and their supporters, including parents, teachers, mentors and so forth are invited to attend the conference’s proceedings each year – with a particular focus on youth aged 15–30 and those who are supporting youth to learn, grow or make change in their communities. The keynote session for this year’s conference was a dialogue between Rez Gardi (legal officer at the Human Rights Commission and Young New Zealander of the Year 2017) and academic Dr. Arama Rata on the topic of race, unity and justice. The conference also included the preparation of a conference statement representing youth views on race relations, and workshops run by artists, educators and government officials. ■

Norfolk Islanders take the fight to the UN over Australia's attempted re-colonisation

BY REBECCA STUBBING

Norfolk Islanders have lodged a claim against Australia with the office of the United Nations Commissioner for Human Rights, saying that their civil and human rights have been breached by recent actions taken by the Australian government.

Norfolk Island is a small volcanic island that sits in the Pacific Ocean between Australia, New Zealand, and New Caledonia. It is 8km long and 5km wide. It is very small. Norfolk Islanders are the descendants of the mutineers of the Bounty and the Tahitians they married. They have been living on small islands for hundreds of years. They have never been Australians. They even speak their own unique language called Norfuk which is a combination of Tahitian and 18th century English.

The Island is represented independently of Australia on a number of international committees including the Commonwealth Parliamentary Union – which is pretty good for a nation with a population of less than 2,000 people. The Island was a British colony but separate to Australia until 1913 when the British government said to Australia something like “we can't be bothered with these guys anymore, can you please look after them as an external territory?”. In 1979 Australia granted the Island the right to self-govern, and since then the Island has been run by the Island's own legislative assembly. That is, until three years ago when the Australian government removed their right to self-govern.

There were a number of reasons the Australian government cited for making this decision, including income inequality and lack of accessibility of healthcare. Now that the Island has

been made a part of Australia, residents qualify for Medicare and other social security provisions they were previously unable to access. Medicare alone will make a big difference to a number of Islanders as it makes medical treatments a lot more affordable. Getting people in a remote community better access to medical care is of course a good thing, but it's come at the cost of the independence of the nation and the dissolving of their independent national identity. It's also highly undemocratic as the people of Norfolk Island are now the subject of Australian federal laws and New South Wales state laws, but only actually allowed to vote in federal elections. They are also without a local representative in any level of Australian government.[1]

Some Islanders are all for the change in leadership. When interviewed by The Guardian in 2015 just after the change, many were hopeful the greater resources of the Australian government would mean they could address issues the Norfolk Island Legislative Assembly couldn't manage on their own. One man, Glen Evans said “at least with Australia behind us things will actually get done... It will be hard for some people but it will be good for them.”

However, even more have opposed the government's takeover. The complaint lodged last year with the Commissioner for Human Rights by Human Rights lawyer Geoffrey Robertson on behalf of Norfolk Island is the latest in a series of actions concerned Islanders have taken. In 2016 Robertson delivered a petition to the United Nations Special Committee on Decolonisation which was unsuccessful. Islanders have also

made visits to the Australian government and the United Nations offices in New York in person to plead their case.[2]

Despite all of this, the fact remains that most people don't know anything about Norfolk Island or their fight for independence. If I didn't whaka-papa to Norfolk Island, I'm not sure whether or not I would even know the island existed. My grandfather was a Norfolk Islander who left the island to fight for the Commonwealth in World War 2, and though none of my immediate extended family live on the island today, we have a family reunion there every ten years or so.

I believe the Australian government is banking on the fact that a lot of people don't know about what's going on. Assistant minister for infrastructure Jamie Briggs even told the Guardian “in two or three years' time, people will be vaguely aware this was ever an issue.” It might not be well publicised but it is a serious issue that Australian Greens MP David Shoebridge described as “very much a 21st-century recolonisation of an independent territory.” The Australian government needs to acknowledge the independence of Norfolk Island and they need to be held accountable for attempting this hardly publicised takeover. It's insane that it's already taken multiple trips to the UN to try to get justice for the Islanders terrified about losing their cultural identity, but here's hoping the latest attempt will get their support. ■

[1] <https://www.theguardian.com/australia-news/2016/jun/03/norfolk-islanders-to-have-federal-and-nsw-laws-but-no-vote-in-state-election>

[2] <http://www.norfolkschoice.com/press-releases/>

Wake Me Up When It's All Over

BY BRIAN GU

The other day, my friend invited me along to her 'Life Beyond Lectures' discussion group. Being someone about as opinionated as Clarke Gayford at a Labour rally, I'd imagined I would have melted under the intense, scalding hot cauldron of philosophical debates. However, I was surprised to see what I had joined instead was a close-knit, familial environment of non-judgemental support. Their discussion on values, ideals and beliefs have acquainted the group closer than friends, yet they are welcoming to any newcomers.

That morning, the shocking news had hit the tabloids that Tim Bergling, globally recognised DJ Avicii passed away in his Muscat hotel room, twenty-eight years young. An exciting and transformative prospect in the EDM genre, Avicii retired from touring in 2016 citing “health issues” as the reason behind the announcement. The sudden and abrupt nature of his death drew much speculation, and as more shocking revelations surface behind the circumstances of his death, his family release a statement, lamenting that “he could not go on any longer.”

Bergling's longstanding battles with health issues

were well-documented in the media. He had suffered through alcoholism, depression and anxiety issues in the past, leaving behind a fatal toll on his mental health. This is the harsh reality of being a disc jockey; a life on the road that appears glamorous, yet is plagued by isolation, loneliness and an expectation to deliver. “The pressure can be huge,” admits Dutch DJ Armin van Buuren. “Every artist is a perfectionist.”

One member of the 'Life Beyond Lectures' group speaks out about his past struggles with depression and anxiety. The circle is sympathetic towards his experiences, and it is clear he sources comfort from their support.

Tim Bergling has solidified his imperishable legacy in a cheerful, upbeat collection of electronica, heartbreaks, and countless, exhausting years on the disc-jockey grind. As I write this article, I listen through his assorted life's work. He was truly an invaluable talent, utilised then discarded by the music industry, and lived a life that took such a physical and emotional toll on him that he could bear it no more.

So thus, Tim signs off on his own story; transforming the EDM scene for a long time to come, yet giving away all he had in the process. Thankfully, for those trapped by the same state of mind, there is no reason for your story to end that way. Being in the company of the discussion group, sitting next to a cheery figure who has unconditionally parted ways with his traumatic past, I realise there are always people to listen. People who have struggled through the same experiences. By the time the session ends, after two quick hours had flown by, we all leave to continue with our separate lives, planning to meet back in two weeks to reflect on the time that went by.

With a heavy article to write, and a nine-thirty train to catch, I leave with the realisation that nobody expects you to have to face an internal struggle alone. Isolation is never the answer. You and I are tiny fish in an enormous pond. But we don't ever have to swim alone. ■

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Saviour in the Aggressor's cloak?

Haya Khan analyses the truth behind humanitarian intervention in Syria.

If by any chance you've been living under some magical rock where you've been able to avoid all 2018 has to offer, such as Fortnite, the yodelling kid and US launching airstrikes on Syria for the use of chemical weapons on Syrian civilians, let's talk.

No, World War Three hasn't started but it might as well have. The news broke when CNN reported on the 14th of April that US, UK and France had allied to launch strikes against targets within Syria.¹ This was in response to an alleged chemical weapons attack by the regime of President Bashar al-Assad. Pentagon spokeswoman Dana White said that every measure had been taken to ensure civilians were not hurt and the strikes successfully had hit every target.² The allied countries believe the object of targeting the chemical weapons program had been met without any harm to civilians, however Russia and Syria reported differently. 71 out of the 103 cruise missiles launched were intercepted by Syria's air defence and three civilians were also wounded. Not surprising enough, this didn't make the chemical weapons disappear off the face of this earth overnight. However, it did bring political and

diplomatic unrest to, well, the world.

Upon being told about the airstrikes preceding the attacks, New Zealand's Prime Minister Jacinda Ardern published a diplomatic statement, recognising that New Zealand accepts why the strikes happened.³ Neither leaning in support, nor against. Evidently, National Leader Simon Bridges was not amused about this at all, as he believes New Zealand should go in guns blazing in support of America making the world great again (not literally, but you get the idea). Simon Bridges backs supporting using military force against a "regime that uses banned weapons against its citizens." He believes New Zealand should have followed suit with Australia and Canada and openly supported the strikes, calling Syria attacking its own people with Russia involved a "disgusting situation". Yet he stopped short of saying New Zealand should go where the US went. But what exactly IS the US doing?

Essentially, it is just coming in to save Syria from the big bad wolf wearing the cloak of a bigger badder wolf. The US is fighting fire with fire, quite literally, when according to the UN charter they have no real business fighting at all. The coalition to launch airstrikes was in

¹ <https://edition.cnn.com/2018/04/14/middleeast/syria-strikes-what-we-know-intl/index.html?no-st=1524472379>

² *ibid.*

³ www.nzherald.co.nz/politics/news/article.cfm?c_id=280&objectid=12033323

direct violation of Article 2 (4) of the UN charter. This affirms the fundamental prohibition on the use of force: this is what the Western allies exercised. The US and many international law critics believe that this was pre-emptive self-defence, a concept rejected during the Iraq War by many observers because the idea of 'self-defence' is sufficiently covered in Article 51 of the UN charter (which contains an exception in cases of collective or individual self-defence).⁴

Syria may have utilised chemical weapons within their own land, which in itself is against international law, but it did not pose as a direct and imminent threat to America, so there is simply no grounds for self-defence. They aim to target chemical weapon movements in Syria through force rather than appropriate procedures put in place by the UN (i.e. with the requisite Security Council approval under Article 42). In this scenario, fighting fire with fire does not prove beneficial to global stability and has been highly criticised by international lawyers. Among them was John B. Bellinger III, top State Department Lawyer in the Bush administration, who stated that "as a matter of international law, President Trump does not have clear authority to use force in response to Syria's use of chemical weapons."⁵ What is worse is that Syria and Russia could respond to the threats as they are legally acting in self-defence in accordance with Article 51. Fire fights fire; it grows.

Jacinda Ardern's diplomatic statement acts as a splash of water on these flames.

Ardern supports the UN's goal of appropriately dealing with such international matters. Referring to Article 51, she said, "it's time to return to the table, to the UN to resolve these issues." Although it may be for Jacinda Ardern, it seems peace is not the utmost priority for all

⁴ sam.gov.tr/wp-content/uploads/2012/02/AylinsekerGorener.pdf

⁵ <https://www.vox.com/the-big-idea/2017/4/19/15345686/syria-un-strike-illegal-un-humanitarian-law>

international law critics and lawyers. Many side with the US's decision to use force and clearly breach the UN charter.

One of the supporters of the US decisions is Harold Koh, the former top lawyer in President Barack Obama's State department. As the most loud and proud dissenter, he supports his argument using points that list military force justifiable in international law when used for a humanitarian purpose.⁶ Arguably his claim falls short on basic textual legal analysis, as although the charter can be bent for moral purposes, it stands that the US has violated Article 2(4). Article 2 (4) has a greatly reduced role than when it was implemented after the second World War to prevent such a recurrence. The US might try to court favour with the UN in order to justify interventions which seem contrary to Article 2(4), but what truly constrains the US from instigating a World War is the Congress enforcing compliance with the Constitution and the US public opinion. So far, neither have demonstrated any hesitance regarding "humanitarian intervention" by attacking Syria.

Regardless of whether Jacinda Ardern chooses to support, accept or oppose the air strikes or further military action on Syria, the real concern is not the legality of the actions or the breach of international law, it is the failure of the purpose of the UN charter. Its purpose of maintaining peace has been compromised and this is not the first instance. The more states in favour of the strikes, the more states who don't want to settle matters 'at the table', the greater the risk of exacerbating tensions. Article 2 (2) of the UN charter requires the members to, "settle their international disputes by peaceful means in such a manner that international peace and security, and justice, are not endangered". Barging into Syria is the exact opposite of that. ■

⁶ www.houstonlawreview.org/wp-content/uploads/2016/05/Koh_Final.pdf



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Emelia Masari interviews the EJP directors Jane Wang and Ella Stolwerk

What is Equal Justice Project, and why was EJP formed?

The Equal Justice Project (EJP) is a non-partisan pro bono charity that applies law students' legal training and knowledge to promote social equality, inclusivity, and access to justice in our local and wider community.

We do this by encouraging and facilitating volunteer legal work, research and assistance by law students in partnership with community groups and the legal profession, as well as raising awareness of social justice issues amongst law students and in the wider community. EJP is a nonpartisan, charitable organisation. EJP was founded in 2005 by two students at the University of Auckland's Faculty of Law and now mobilises over 100 law student volunteers annually.

We put our mission into practice through our four main projects: Access, Communications, Community and Pro Bono.

The Access team presents to educational providers about civics and legal topics, and organises bi-annual panel discussions (symposia) on topical legal issues at the University of Auckland. The Communications team produces articles and parliamentary bill submissions and works across social media platforms to foster discussion of the law's role in promoting social justice. The Community team provides ongoing assistance to Community Law Centres and other community facilities around Auckland, which offer advice and support to those in our community that cannot afford representation or legal assistance. The Pro Bono team provides research and analytical

support to practitioners, academics, interest organisations, and community groups who share EJP's goals.

What are some of the projects EJP has done?

ACCESS TEAM

Part of the Access portfolio role is to organise a symposium each semester, covering important legal and social justice issues through a public forum, with guest speakers. In the last year, the EJP Access team has hosted three symposiums. The first was on neurodisability and therapeutic jurisprudence, a complex issue of growing concern in the criminal justice system.

The event took place in May 2017 and our panelists consisted of four fantastic and high-profile speakers: Warren Brookbanks, Anthony Duncan, Sally Kedge and Douglas Hancock.

According to the 2013 Statistics New Zealand Disability Survey, one in four New Zealanders is limited by a physical, sensory, learning, mental health, or other impairment. Such individuals are placed in positions of vulnerability when they encounter the justice system, and the area of 'therapeutic jurisprudence' seeks to address the shortcomings of our legal system in respect of this. Therefore, the Equal Justice Project Access team really wanted to raise awareness around this issue.

The event was a huge success! We had many law students attend - however, we were very impressed by the large about of people from the general public including people from

specific disability services, and also a number of people living with mental and physical disabilities attended the event. There was also a lot of interested students from the Faculty of Medical and Health Sciences who came on the night. I think this was due to the effective advertising campaign of the Access Team and the support we received from members of other faculties who actively promoted the event within their facebook groups.

A Candid(ates) Conversation was the second symposium of 2017. Given the proximity of the upcoming election - we thought that it would be fitting to organise a symposium related to the election. The rationale was that this would be an effort to ensure that young voters were better informed, and also an opportunity to ensure members of society (especially the youth) understood the importance of voting.

The candidates that joined the panel were: Sam McDonald (Labour Party Candidate, Tāmaki), Chlöe Swarbrick (Green Party Candidate, Maungakiekie), Chris Penk (National Party Candidate, Helensville), Manase Nehemaia Lua (Maori Party Candidate, Maungakiekie), Julian Paul (NZ First, Epsom Candidate), and Dan Thurston (TOP, Mt Albert Candidate).

We specifically asked alumni of the Auckland Law School as we thought this would be a good opportunity for students to see what past students are now achieving, and we hoped that it would make the candidates more relatable and approachable.

Most recently (last week) our latest symposium "Retribution vs Restoration? The Future of NZ's Prison System" was held at law school.

This was the most successful (well attended) symposium I have ever seen. In the context of record high rates of incarceration (despite decreasing crime rates), significant overrepresentation of Maori in the Criminal Justice System, and the government's pending decision on whether to build the largest prison New Zealand has ever seen, we hosted the symposium to encourage people to think about what kind of society they want to live in – one with a punitive or rehabilitative focus?

Our panelists were Justice Whata (High Court Judge), Marie Dyhrberg QC (Criminal Defence Lawyer), Annah Stretton (Founder of Reclaim Another Woman), Dr Fleur Te Aho (Law Professor at the University of Auckland), David Garrett (Former Act MP, Current Legal Counsel for Sensible Sentencing Trust).

The other main component of the Access team is to hold presentations at secondary schools throughout the year. These presentations are centred around the following legal issues:

- Civics (Policy, The structure of government and the justice system, Voting)
- Police (The rights of the police and of citizens)
- Employment (The rights of employees within their profession)
- Privacy
- Consumer Rights
- School leavers (A slightly different presentation that includes information about budgeting, tenancy, pursuing tertiary education as well as alternatives e.g. apprenticeships)

We contact schools and other educational facilities throughout the year to schedule these presentations. The idea behind the project is to grow awareness of important legal issues and legal rights within younger groups in low-decile demographics. Our presentation resources are carefully workshopped by our volunteers to as to achieve the right balance of being informative and accurate, while also being entertaining and relevant to a younger audience.

Notable institutions which we have presented with so far include the Mt Eden Teen Parenting Unit, Education Action, Rutherford College, Botany Downs Senior College, and Tamaki College.

COMMUNICATIONS TEAM

The Communications Team writes articles and bill submissions, and runs EJP's social media and website, with the aim of fostering discussion of the law's role in promoting social justice. Comms volunteers have provided a steady stream of thought-provoking articles relevant to New Zealand's legal developments

in the social justice arena. The volunteers have written on a very diverse range of topics, from our defamation laws, to water rights, to election issues to housing issues and many other topics. The team has a recurrent focus on Maori issues in our work, including in last year's parliamentary submission on the Te Ture Whenua Maori Bill and in multiple articles this year. They are proud to enable students from the University to become involved in the political process behind legislation by voicing their opinions in a forum which makes a difference.

COMMUNITY TEAM

The Community team originally was focussed on exclusively community law centres in Auckland. However, due to overwhelming applications and reluctance to turn away potential volunteers, we have gradually broadened this scope. We have done work for Shakti Women's Refuge, who are a not-for-profit agency focussed on intervention, prevention and awareness of domestic abuse, with a primary focus on ethnic women. A group of EJP Community volunteers assist Shakti in fundraising and administrative tasks, which removes some of the burden which comes from a lack of government funding.

The second organisation we branched out to is Ethnic Legal Services, which operates in partnership with Shakti – a legal service which specialises in immigration law and other matters pursuant to a range of cultural backgrounds. Our volunteers provide legal knowledge, expertise, and passion to assist with the caseload of the hardworking, underpaid staff. These relationships were assessed on the basis of their viability within the EJP scope and role in the community, and their compatibility with EJP values.

PRO BONO TEAM

The Pro Bono team has worked with several legal professionals on various human rights issues throughout the last year. Most notably they have worked alongside Claire Charters and SOUL (Save our Unique Landscape) to prevent the Ihumatao land development proposed by Fletcher Building. Ihumatao is an area of cultural and archaeological significance where developing housing on the land would be in conflict with iwi mana whenua. In April 2017, our volunteer's research for Ihumatao was taken to the Convention on the Elimination of Racial Discrimination at the UN's Permanent Forum on Indigenous Issues.

Another project some of our volunteers have worked on is developing a conceptual design website for self-represented litigants which was proposed Dr David Harvey. The aim of this project is to provide a comprehensive and user-friendly resource to aid self-represented litigants in the process of the courts and court etiquette.

The pro bono team has also provided legal

research and analytical assistance to a researcher for the Human Rights Commission, alongside two private barristers working on pro bono social justice based issues.

What does EJP do to ensure that the principles of Te Tiriti O Waitangi is supported and implemented in the delivery of your services?

There is more that could be done on this front, and we are continually exploring ways and making a concerted effort to diversity our organisation and make sure that we are realising the principles of Te Tiriti. However, we believe that we have made significant progress in this department from 2017, and look forward to seeing this progress quickly in the near future.

In 2017 we approached Te Rakau Ture (our Maori law students' society at the University of Auckland) and asked if we could attend the weekend long camp at Hukanui Marae, in Hamilton. We were welcomed with open arms and had a fantastic time bonding with Maori law students and learning more about Maori culture. In particular it was valuable to learn about the pro bono projects we could involve ourselves in that would be of interest to Maori students (for example, the Ihumatao Project).

We also learned about how we could attract Maori students during recruitment, so that they could make an informed choice about whether or not EJP would be something that they would like to apply for. Most importantly though, we made genuine connections and friendships with our counterpart students in Te Rakau Ture that have lasted for two years, and continue to make the time to look out for each other and support each other whilst we tackle our shared goals at law school.

Who can join EJP? And why should they join? (e.g. what you have gained from joining the organisation; if there are any upcoming events you would like to promote feel free to add that in this section too)

UOA law students Part II and above can apply to be an EJP volunteer in March every year. If accepted, their membership lasts for one year.

Students who have a genuine interest in social justice should join. Beyond that, we believe that across our four teams and 11 Executive positions there is a team or managerial position suited to every person. Relevant skills you will gain by joining EJP include: leadership, teamwork, time management, communication, conflict resolution, adaptability, writing, research. You will be exposed to a vast number of interest areas within the law and have increased opportunities to network. ■



Boruto Uzumaki: An Immigrant Story

Joseph Faitasi ponders how he sees himself in Boruto's struggles.

Things happened growing up in 2008 New Zealand as a 10-year-old; Helen Clark was replaced by John Key, the “skuxx” hairstyle was a thing, Bebo was a thing, Chris Brown and Rihanna were still a thing and Drake was not a thing. The stock market crashed and Obama was elected right in the middle of things. The Kiwis won the Rugby League World Cup but I wasn’t aware that the All Blacks played a completely different sport.

In the midst of all that chaos, the most important thing that happened that year happened on Cartoon Network, where I witnessed Itachi chokehold younger brother Sasuke and through an illusion made him relive the night Itachi killed his parents and their entire clan. A heck of an introduction to what would become the most popular Japanese anime in the West, am I right? I’m talking about Naruto by the way, if you hadn’t already discerned this by the previous two characters named.

The violent and depressing nature of the anime is a counterbalance to Naruto’s foolish optimism in always finding the light in some of the darkest and most complex situations. This leads to a general agreement among the many fans of the anime that Naruto’s greatest inspiration to them is to never give up despite the many tribulations that come your way. I was one of those fans until a month ago, when I realised that I was nothing like Naruto at all. In fact, I was more like Boruto whereas Naruto, who I had spent the last ten years watching, was more like... my Dad? Why did the titular character of the series I adored so much have to be like my Dad who hadn’t watched even a minute of any anime series, let alone Naruto? And why did I have to be Boruto, hands down one of the most hated characters of the series, right up there with (dare I say it) Danzo? It all boils down to the fact that I hated Boruto, and also I’m an

immigrant.

I hear these stories about my father having to find his first job in New Zealand by walking down a street of factories and asking if there was a job for him. He tried all day, stopping at every factory until the very last one said they had a job for him. I can’t quite remember, but I think I recall that he had to help make ice-cream containers and put them together. It wasn’t a great job, and he just kept working these sorts of jobs until one day he was able to provide for the family he has now.

Looking back, I could only appreciate this recollection when I got fired from my first job working in a similar kind of factory, because I was tired and told the boss I wanted to go home. The boss told me that if I went home, I wouldn’t be able to come back. So I went home. What if my Dad had had that same kind of attitude that I had at his first job in New Zealand? I don’t think he would’ve stayed here long at all.

Who does this remind me of? Oh yeah, Boruto. The guy who dislikes everything about his Dad so much that he wouldn’t even do the Naruto run. Or even acknowledge the things he’s done for the entire ninja world, let alone himself and his sister. At one point he trains with his Dad’s rival to try and fight him. Seriously, this kind of treason would be like if Jesus had a son and his son wanted to be an atheist. Now there is no real resemblance between Boruto’s rebellion and my own relationship with my father, thankfully, but I do understand that I am looking at Boruto the same way any parent would look at their child. Especially a parent who immigrated to raise that child.

As an immigrant myself, I grew up comparing myself to other kids who didn’t have the same background as

me, and I realised I was poor. If I’m being honest, my situation was more like this Dave Chappelle quote from his Equanimity Netflix special, “*My parents, did just well enough, so I could grow up poor around white people*”. No disrespect to white people because there were white immigrants as well (from England, Croatia and South Africa). Looking at the school car-park, however, I think the nine-seater Toyota my Dad used to pick me up in gave me a head start in the immigrant poverty Olympics.

Despite my misgivings about being poor in a rich school, this kind of life was exactly the kind of life my father and my mother had hoped for me ever since they moved here from Samoa. I’ve been to Samoa once and it wasn’t anything like the ads I used to see in New Zealand. All the responsibilities around the house were doubled, the heater was turned up one thousand times and there was a massive field that we couldn’t play on because it wasn’t a field, it was a plantation where the food came from. So I knew I couldn’t survive there, and I actually became physically sick most of the time we were there (which was only a week).

How am I supposed to thrive in a place where the weather itself makes me sick? I couldn’t, and my parents knew I couldn’t. They didn’t want me to; they enjoyed this trip as if they were real tourists sleeping at a resort drinking coconuts out of a straw. It was their home and where they grew up, but it wasn’t meant to be mine. That’s the same journey that Boruto is on right now. He might never understand what Naruto did and he might never be able to replicate it, but he can do something new and different in his new environment. So stop hating on him. And I get dropped off in a five-seater now, so things are chill.■

Ancient Roots and Absurd Herbs: Medieval Minds and Nature

Jessica Thomas introduces us to some quirky Medieval remedies.

The wellness trend has changed the way many people are eating these days. I recognise that many people (myself included) do have dietary issues and if anything, the increased awareness of allergies and sensitivities has made it easier to actually go out for meals without suffering consequences the next day.

However, it has given rise to some... interesting menus. These days we are inundated with foods that are gluten free, dairy free, vegan, paleo, raw, and low FODMAP. Oh, and milk spelled like 'mylk' and headlines screaming the benefits of that week's 'superfood' and demanding we eat everything with coconut oil RIGHT NOW because it is amazing and cures everything from ingrown hairs to anxiety.

Despite the sins this food revolution has committed against chocolate (carob is NOT chocolate, people), it does have its merits. Primary among them is a return to using quality ingredients in cooking and turning to our soil before the local supermarket.

In my work as a Medievalist, I've spent the last three years researching the uses of herbs and plants in Medieval healing, using medical texts composed to guide leeches (early healers) in curing a range of ailments. From broken legs to 'shattered skulls', watery eyes to gout, in the Medieval period nature was the first point of call for almost anything ailing the body, and many of the plants mentioned are still in use today: think of the garnishes on Sunday roast and the little leafy bits restaurants add for decoration and which you swiftly poke to one side.

The current propensity to add leaves, roots, and flowers to just about everything might seem like a relatively modern idea, but historical texts show us that herbs and plants have been employed for centuries as key conduits of health and healing. I've rounded up a few of my favourites here for you - some of them are useful, some not so much, but all are fascinating and show that the focus on nature as our best healer is no kooky concept cooked up

by marketing companies who want you to buy their kale-based coffee, but rather an ancient one, and one we can all benefit from.

For the green thumbs among you, I've also provided a brief lesson on how to grow these plants yourself and create your own Medieval garden.

A note for the historians and curious people: the text I've used for this article is *Bald's Leacbook*, a c. 9th century text written originally in Old English which details the uses of herbs for healers. Bald was a healer but the text wasn't written entirely by him.

(Disclaimer: neither I nor Craccum take any responsibility for any boils, burning sensations, amputations, hair loss, sweating, nausea, insomnia, vomiting, changes to skin tone, blindness, mutism, spontaneous and uncontrollable singing, death, excessive blinking, psychic powers, or any other condition not mentioned which result as a consequence of these remedies. Reader use at their own risk.)



Rosemary

Two interesting uses for rosemary in Bald's *Leacbook*:

Should you happen to suffer from 'hollow tooth' (rotten teeth), a proposed remedy was to 'chew rosemary roots with vinegar.'

Interestingly, recent research suggests that certain phytochemicals (plant-based, rather than synthetic chemicals) have anaesthetic potential and dum da da da! Rosemary is included in this list.

On the off chance you happen to have a horse, here's a remedy for a horse's gall: '... take ash-throat, and the upper part of gout-weed, and rosemary also, pound together, boil in fat and in butter, strain through a cloth, and smear therewith.'

The 'gall' referenced here refers to indigestion- yes, horses get heartburn. Heartburn, or colic as it's also called, is caused by acid reflux (bile coming up from the stomach into the oesophagus), which is common in active horses. Given that horse power (in the literal sense) was a key tool for Medieval farmers, it's not difficult to imagine that horses might have needed a cure such as this.

Grow it Yourself:

1. Obtain a cutting of rosemary from a nice friend who already has some, or sneak into your horticulturally-minded neighbour's garden at night and steal a sprig. If you are friendless or opposed to thievery, you can grow it from seeds which you will find at your local Plant Barn or Mitre 10.
2. Sow the seeds according to packet instructions. Or strip the lower stem off your gifted/stolen sprig. This part will go into the soil. Fill a small pot with two thirds of sand (also available from plant shops, or the beach), and one third peat moss (again, plant shop.)
3. Leave the plant in a sunny spot (but not directly in the sun) and water weekly. Roots will form over the next three weeks.
4. Once you have your roots, plant the seedlings either in a larger pot or in the ground. Rosemary tends to grow as big as you allow it to grow, so if you don't want a tree-sized rosemary bush, I'd suggest leaving it in a pot.

Mint

If you hang out with elves on a regular basis, this one's for you:

'if a man is in the water elf disease... give him this for a leechdom [a cure]: everthroat,



cassock, the netherward part of fane, a yew berry, lupin, helenium, a head of marsh mallow, fen mint, dill, lily, attorlothe, pulegium, marrubium, dock elder, lesser centuary, wormwood, strawberry leaves, consolida; pour them over with ale, add holy water.'

Affliction by elves was a common ailment in the Medieval period and it occurs across Medieval texts.

Rather than being proof of the 'backward' nature of Medieval healing, as many historians of the past have claimed, it actually reveals the way spiritual beliefs and medicine were interlinked. A healer was required not only to look after the body but also the soul - healing one meant healing the other. Therefore, the spirit world was a common consideration in Medieval medical circles, not only in terms of cure but also of cause. Elves, sprites, wyrms - these all appear across Medieval manuscripts and refer to creatures that might shoot people with 'arrows' of illness, which could only be cured by rather lengthy procedures, usually involving incantations. The remedy above, in fact, finishes with the following phrase:

*'I have wreathed round the wounds
the best of healing wreaths,
that baneful sores may
neither burn nor burst,
nor find their way further,
nor turn foul and fallow,
nor thump and throb on,
nor be wicked wounds,
nor dig deeply down;
but he himself may hold
in a way to health.
Let it ache no more
than ear in earth acheth.'*

Translation: let the ouchie get better soon, please.

Grow it Yourself:

This is a long list of ingredients to grow yourself and mint is among the easiest.

1. Choose your mint variety. There are over 600, but the most common to cook with are apple-mint and spearmint. Apple-mint has slightly furry leaves, while spearmint's are more shiny. Either head to plant barn or propagate from a pre-existing sample (a.k.a beg for or steal some).
2. Get some potting mix and plant your seeds, water every day. Or place your cutting in a glass.
3. Change the water every second day.
4. The plant will develop leaves and a small root system- once this happens you can plant it or use the leaves right away for a celebratory mojito.

Fennel

Fennel is a useful herb (technically a bulb) and has a pleasant aniseed taste. Not only is it delicious in salads, it also exorcises Satan. For the latter, employ thusly:

'For one devil sick put into holy water and into ale... cassock, tufty thorn, stonecrop, lupin, fennel, everthroat, cropleek; pour over them.'

To grow:

1. Plant your seeds in fertile soil with good drainage with some distance between them. You can also plant the seeds in a pot inside or in the ground outside, using the same process for both.
2. Place in full sun, watering regularly at first until it is happy and growing well, whereupon you need only water it very occasionally.

You can use the seeds, bulb, and stems in recipes, in herbal tea and, of course, to purify your friends/enemies from demonic possession. Win win!

Thyme

Thyme was commonly used as an analgesic. For loin wark (meaning 'pain') take:

'marrubium, nepeta, thyme, all of equal quantities, put into good ale; work to a drink; sweeten a little, give to the man to drink; let him like with face up afterwards for a good while.'



In Medieval cures, use of the male pronoun didn't necessarily mean a cure was specific to men; often 'man' referenced humanity as a whole. So, ladies, take note, too.

Thyme was also good for 'sore of the right side.' To cure this oddly specific ailment:

'Work thyme and radish and white clover to a paste and to a drink.'

Don't ask me about the left side. That's a whole other story.

Grow it Yourself:

1. Follow the same steal/ borrow process I mentioned for rosemary and mint. Growing thyme from seeds is very difficult and far more effort

than it's really worth.

2. Water your pilfered sample regularly then harvest the stems and leaves before they flower.

Use as a seasoning for chicken, fish, and all your favourite roasted veggies.

Beetroot

Like fennel this is technically a bulb, but I wanted to have a useful cure in here, so here's a medieval one for headache - or 'head wark' as it was called.

'Pound some roots of beet with honey, wring them, apply the juice to the face and let the patient lie supine against the sun, and hand the head adown that the juice may run all over the head. Let him hold before that in his mouth oil or butter, and then sit up and lean forward and let the matter flow off the face. Let him do so often till it be clean.'



Easy peasy. Just, um. Do the thing. Yup... moving on.



Radishes

A final and controversial recipe (guys: employ at your own risk):

'Against a woman's chatter; taste at night fasting a root of radish, that day the chatter cannot harm thee.'

What can I say? The Medieval period was weird, people. ■

AUSA PRESENTS...

14-18 MAY 2018 | UOA CITY CAMPUS

CULTURE WEEK 2018

Immerse In A Week Of Diverse Cultures

Mōnitē Pasifika

May 14, Monday | 11am - 1pm
UOA City Campus - Quad
Immerse in Pasifika culture

Te haora o te reo Māori

May 15, Tuesday | 12 - 1pm
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Cultural Showcase

May 16, Wednesday | 11am - 1pm
UOA City Campus - CAI Quad
Immerse in Kiwi and World cultures

International Food Festival

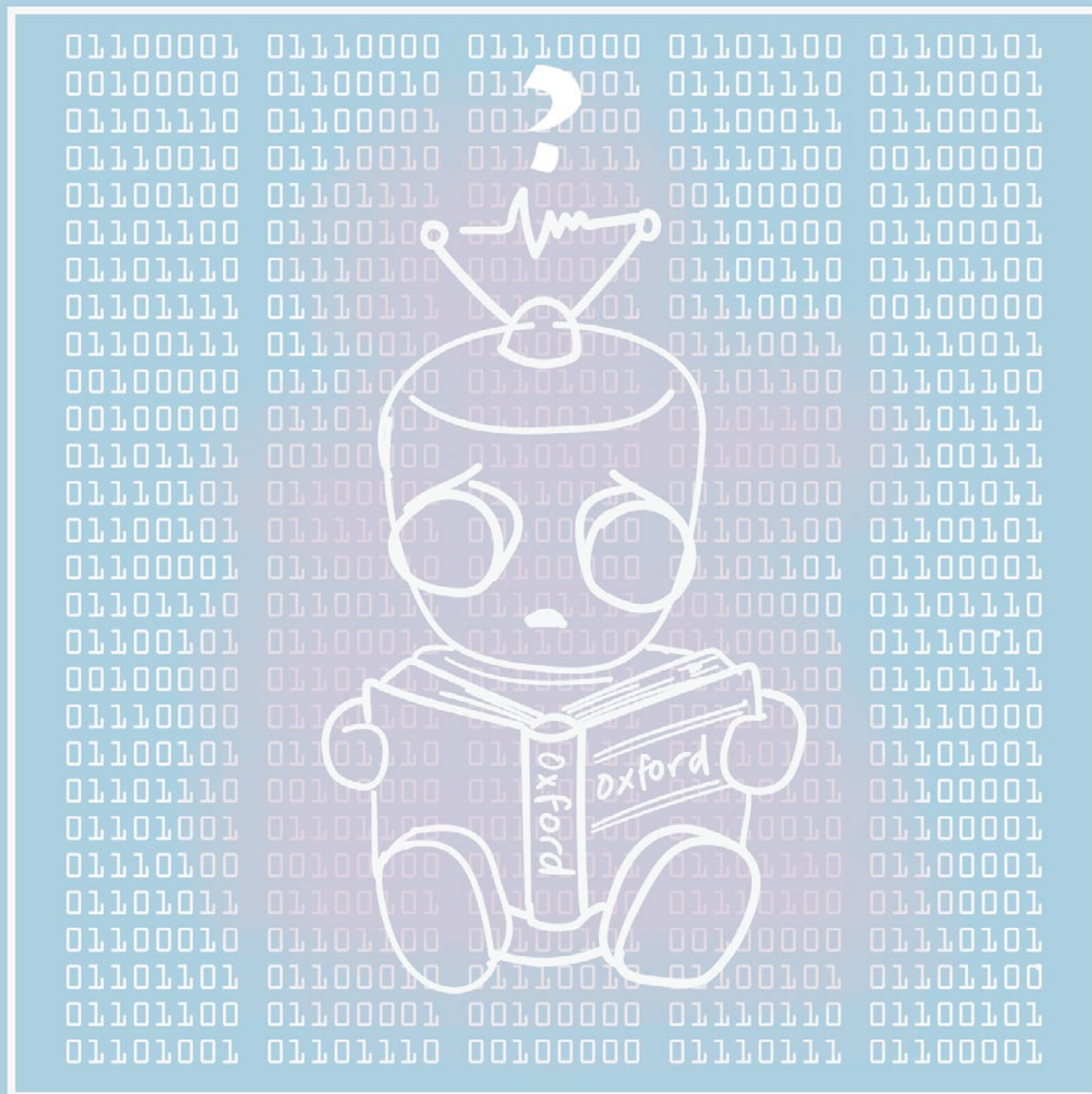
May 17, Thursday | 11am - 5pm
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May 18, Friday | 7 - 10 pm
UOA City Campus - Cap'n Gown
Taste food from around the globe.
Bring a finger food!



your student
experience



Reobot helps make learning Te Reo fun and accessible

Rebecca Stubbing explores a new way to learn Te Reo.

Look out Robocop, star of the “Robocop” movie franchise; Inspector Gadget, star of the “Inspector Gadget” movie franchise, and C.H.E.E.S.E, star of the fictional TV show “Mac and C.H.E.E.S.E” that featured briefly on the hit sitcom Friends, there’s a new best robot in town!

“Reobot” is a new Artificial Intelligence (AI) bot created by New Zealand entrepreneurs Jason Lovell and Jonnie Cain that helps you to learn and practise Te Reo Māori through the power of Facebook Messenger. Lovell and Cain were both interested in learning Te Reo, but found that with work and life commitments, it was really hard to invest the time to learn. Even for folk *[editor’s note: this is a gender-neutral alternative to “folks”] who do have the time to go to classes, education is expensive, and many of the amazing free Te Reo classes that are now being offered in Tāmaki-Makaurau have extremely long waiting lists. Lovell and Cain wanted to create a more accessible tool for learning Te Reo for themselves and for everyone else.*¹

Reobot runs using technology giant IBM’s AI called “Watson”. Watson is a question-answering AI that processes language, retrieves information, and tries his best to reason. He was used to win an episode of the game show Jeopardy! in 2011, soundly defeating the two previous champions of the show against whom he competed.² He has directed a trailer for a horror movie.³ He is used to help medical professionals diagnose cancer.⁴ His skills and flair are seemingly limitless, and now, in little ol’ Aotearoa, two friends are using him to help you learn Te Reo.

I could not be happier that this exists. Doing NCEA Māori in school was a bit of a case study for inequality. If you did NCEA French or Spanish or Latin (the other languages offered at my school), you got given word lists of all the words you were expected to know at each NCEA level; there were fun websites you could go on to practise your vocabulary and grammar; there were on-line dictionaries; the list goes on. If you did NCEA Māori you did not get these things. There weren’t fun websites to practise on other than the ones my teacher spent

¹ <https://thespinoff.co.nz/business/26-04-2018/the-ai-powered-chatbot-that-can-help-you-learn-te-reo-maori/>

² <https://www.theguardian.com/technology/2011/feb/17/ibm-computer-watson-wins-jeopardy>

³ <https://www.polygon.com/2016/9/1/12753298/morgan-trailer-artificial-intelligence>

⁴ <https://www.forbes.com/sites/bruceupbin/2013/02/08/ibms-watson-gets-its-first-piece-of-business-in-healthcare/#19748b375402>

hours making herself; there wasn’t an official vocab list, and Māori wasn’t an available language on Google Translate. (Apparently the wonderful www.maoridictionary.co.nz did exist when I was doing NCEA, but I had no idea about it until I got to university). One of the most useful and effective language learning/practise apps that exists is Duolingo, which doesn’t have Māori on it.

Here’s the thing about stuff that’s hard to do, people don’t do it.

Back in the day (a few years ago) I didn’t know anybody outside of my NCEA and then university Te Reo classes who was learning, because unless you did expensive official classes it was really hard to learn, and even harder to find ways to practise. I myself have been learning Te Reo since year 9, studied NCEA Māori, and have done many courses at university, but am nowhere near fluent because outside of classes it is so darn difficult to practise. Or at least it was.

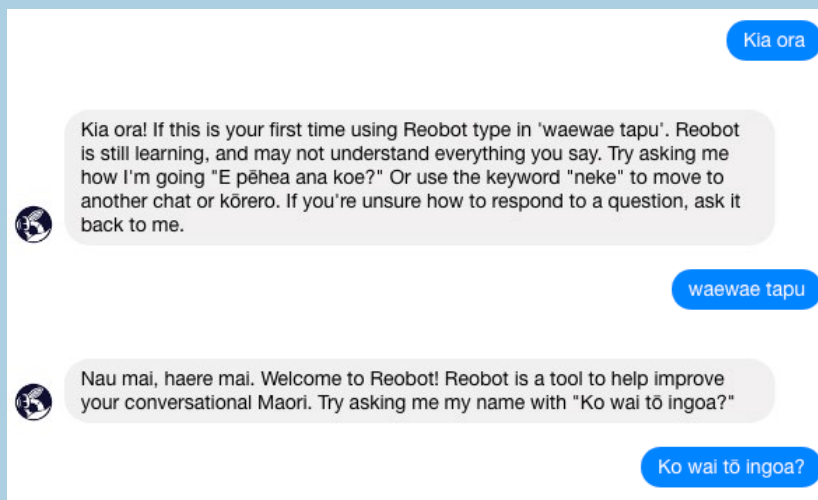
Reobot is a part of the growing broom of accessibility and visibility of Te Reo that is sweeping the nation: from radio hosts introducing themselves in Te Reo, to the large number of free language classes now available, to the decent number of independently developed mobile language learning apps that exist. All these things are wonderful and they all have their place. The more resources there are out there for learning, and the more visibility Te Reo has in spaces mostly dominated by English, the easier it will be for people to learn. What makes Reobot unique in the app space is that it is not a game or series of set lessons, it is an AI that you can ask questions and give responses to that will converse with you based on what is said. A tool to practise simple conversation with on your own terms is such a “ka rawe” *[excellent]* thing to have, as it will help with that important transition from being able to handle structured exercises to being able to express yourself.

What’s best of all is that you don’t need to download anything, you don’t need to delete Dropbox again to make room for a new app on your phone, all you need to do is have a Facebook account. You just go to <https://www.facebook.com/tereobot/>, send a message to the page, and away you go! You’re talking to Reobot! He always speaks in Te Reo and English, so it’s very accessible for beginners.

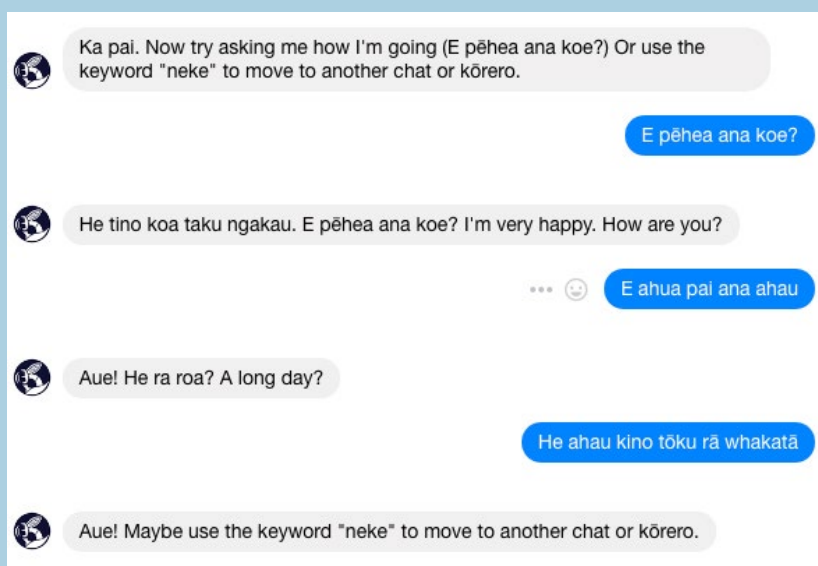
FEATURE

Reobot is a friendly little dude and I have been having some good kōrero [*conversation*] with him, and I have learnt the strengths and weaknesses of his abilities during our conversations.

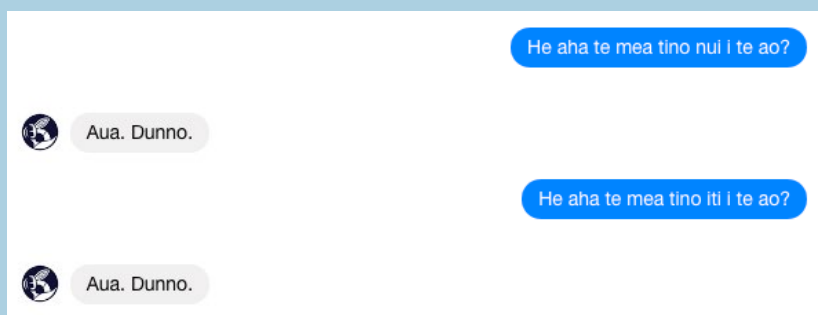
He is very welcoming of newbies.



He is sympathetic, but he will not suffice as a free therapist.



He has a lot to say about coffee and how he's feeling, but he struggles to answer the big questions.



Overall, I would definitely recommend hitting up Reobot, especially if you are a new learner, or an old learner who is very out of practice. He is still new and learning so he won't be able to deal perfectly with everything you've got to say. Limited or not, having an AI that anyone with a Facebook account can chat to in Te Reo is a huge step forward for accessibility, and a really fun way to practise. Hit him up if you're learning, or check-out the Spinoff's list of free Te Reo classes if you want to start.⁵ Heck it we're at university, and if you're really keen you should check out Māori 101 and Māori 103 which are really awesome courses. ■

⁵ <https://thespinoff.co.nz/atea/12-09-2017/where-to-learn-te-reo-maori-anywhere-in-aotearoa-for-free-or-next-to-nothing/>

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**CULTURE WEEK
INTERNATIONAL
FOOD FESTIVAL**

MAY 17, THURSDAY | 11AM - 5PM | UOA CITY CAMPUS - QUAD

REVIEWS



AUNTY

Johanna Cosgrove

COMEDY FEST REVIEW BY BETHANY LANGTON



Johanna Cosgrove's NZ Comedy Festival Show 'AUNTY' progressed like a classic New Zealand family reunion. Everyone's AUNTY (who hosted) was played by Johanna and the crowd was the visiting family.

We were welcomed by AUNTY (dressed unapologetically in a white dressing gown with a severe lack of underwear underneath!) hugging all of the 'Doll's' that she could get her hands near. God she had missed us! It was a bold start that ingeniously broke the 'haven't-seen-you-in-forever awkwardness', preparing us for the heavy doses of audience participation to come (singing, obituaries and arm wrestling was not only asked from the crowd, but demanded). I thanked my lucky stars I wasn't picked.

We shared a wee wine with AUNTY during dinner... although somehow she managed a goon, plus three bottles! Alcohol, as it does, acted as a lubricant that made the hilarious commentary to come even better. AUNTY preceded to stir up family drama from years ago, start a riotous conga line, flash her hoohah and be ignorantly racist throughout (we all have that family member that makes us wince.... she was that person!). David Bain, Michael Hill (our national treasure!) and Jacinda Ardern came up in topic. And, of course, your AUNTY spilled a wealth of ludicrous misled information and gossip about all three.

Love her or hate her, everyone has their own "AUNTY" and it was as hilarious, cringeworthy and straight up embarrassing (at times) to watch on stage as it is in real life. I left the show laughed out, but ready for a breath of air that wasn't saturated with AUNTY's Pinot Gris burps. ■



Bridget Davies' Diary

Bridget Davies

COMEDY FEST REVIEW BY BELLE HULLON



We've all watched the stand up comedy specials on Netflix and YouTube. They're a good time, they're funny, they make us want to watch in real life because the audience members always look like they're having a great time. So when Craccum offered to get me into Bridget Davies show during the International Comedy Fest this year, you already know I had to get in on it (Chur Craccum!).

Bridget's debut solo show, called Bridget Davies' Diary, ran for two nights at the Cellar at Q theatre - an hour long routine that promised to have you guffawing with its relatability with her drawing content from the latest year of her life. The university student navigating flatting and dating did not disappoint, with anecdotes from life in a typical NZ family and the ups and downs of discovering the joy (read:sarcasm) that is Tinder interactions.

Bridget has all the qualities of a successful stand up comedian. She deadpans punchlines well, keeps the audience on their toes with quick quips and has a great stage presence. The content of her work was relatable, although surprisingly a large portion of her audience were middle aged folks. Her content was also refreshingly clean, with minimal cuss/swear words and near no seriously heavy adult content like we're used to seeing. Some would see this as a detriment, but I argue it gives her an edge over everyone else, with what we now consider normal in the comedy scene.

Ultimately it would have been wonderful to see her step out of her comfort zone and explore the bounds of her humour, and to really take the show to the next level. Nonetheless, she kept us laughing and when the end of the show came, I was disappointed it wasn't longer. ■



Live Innit

Paul Chowdhry

COMEDY FEST REVIEW BY RAVNIT SINGH



Paul Chowdhry's Live Innit starts off like any other comedy show: some classic audience participation! In the first few minutes of the show anyone seated in his eye line got the free add-on of gentle bullying with their ticket. This is the real reason I avoid sitting in the front row.

Throughout the show he managed to solve issues like terrorism, racism, sexism and mental health all behind the façade of race-based humour and a liberal sprinkling of Punjabi swear words. I'm kidding, he was funny, but not world peace funny. His personal anecdotes about race and being confused as a terrorist, the publicity that came from it and the way in which his agent brushed it off "All publicity is good publicity!", gave the audience a light-hearted look into the difficulties travelling as a young brown man. He did also manage to touch on the lack of mental health awareness in South Asian communities and the need for more open communication about mental health.

I particularly enjoyed his vendetta against Zayn Malik. In a shameless plug for his YouTube channel, Paul recalls his first time meeting Zayn, or more specially(specifically), his bodyguards and the endless content that this one interaction provided. I personally have never created a YouTube video series based off one encounter with someone but I'm open to trying new things.

Paul also knew exactly how to tailor his show to his audience because nothing gets a kiwi crowd excited like the approval of foreigners who think New Zealand is better than Australia. Despite a few uncomfortable jokes and moments, the show as a whole was a good night out. I laughed to the point of breathlessness at moments which is exactly what I would want out of a quality comedy show. ■



Guard Down

Inosi Colavanua

COMEDY FEST REVIEW BY PAULINA BENTLEY



At 10pm Inosi shifted the energy quickly in the room as all eyes were on him snapping me out of my fatigue. I came into the show originally thinking "Laughing Samoans but Fijian version" (I do not know many Pacific Island comedians besides the ones found in the garage at 3am) and left throwing this idea out the window. It was not at all the Laughing Samoans.

One: because of the PG 18 rating I would give Inosi's stand up and,

Two: because of Inosi's own personality that shone through.

His stand up show - Guard Down, gave us an insight to Inosi's life as an awkward, still-learning-to-be-comfortable-in-his-skin, thoughtful Fijian kid growing up in South Auckland. From his love life, to his childhood growing up as a "plastic Fijian" Inosi made sure the audience knew what's up.

Albeit one drunk woman may have been a hindrance in the show, Inosi tried to make sure she was in place. Though his timing and delivery of punchlines seemed graceless specifically his last joke, Inosi is yet to find a rhythm that suits him and only him. His stories relating to his life truly felt like Inosi's guard was down - to an extent. I am yet to hear a story of his where not only I can relate to but also a story to make me full on guffaw in a manner only found in Pacific Islanders (which I sadly did not). Inosi is still to find his commonplace in timing however made up for it by letting the audience - many who were strangers to him including myself know a part of him we would not have known. Guard Down has the potential to be an absolute maniac show. A person's life is filled with many humorous and untold adventures. I only hope Inosi lets more of his guard down in later shows so that we as an audience are able to hear more quirky, fresh and engaging jokes and stories. ■



Dirty Computer

Janelle Monáe

ALBUM REVIEW BY MARY GWENDOLON



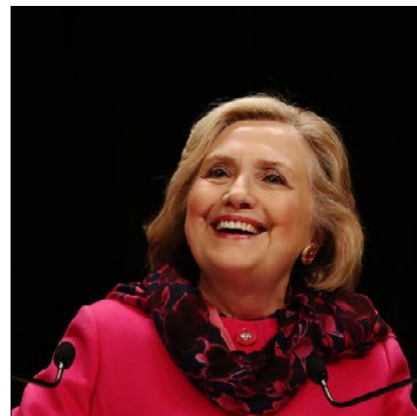
What do this album and one of those sticky goo toys in the shape of a hand that you get at the two dollar shop have in common? They both slap.

Janelle Monáe's third studio album may be called *Dirty Computer*, but it is her first album to drop the android persona of Cindi Mayweather which she has built for herself across her previous albums. *Dirty Computer* tells the story of Monáe herself as a human woman. The album represents a new era for Monáe in which she is being a lot more open about herself both musically and in person. From top to bottom, this album is a bold, unapologetic declaration of who Monáe is, and there's not a mention of Cindi Mayweather.

From the contemplative soundscape of opening track "Dirty Computer" to the pop jam that is the final track "Americans", the album is a journey in learning to accept yourself. "Dirty Computer" features Brian Wilson of The Beach Boys as a collaborator and the same gorgeous harmonies that fill The Beach Boys' album *Pet Sounds*, hit you and envelop you as soon as this album opens. I cannot express how good the opening chord of the album is.

Also on the album you will find incredible Queer anthems such as "Pynk" (featuring Grimes) and "Make Me Feel", a rap that will cure you of your fears in "Django Jane", and pared back heartfelt ballads in the likes of "So Afraid". The incredible transition from the clicking in "Pynk" into the rhythmic tongue slaps of "Make Me Feel" is an album highlight.

Monáe maintains the commitment to socio-political and sci-fi themes seen in her previous albums but with an increased pop feel. It is a funk antibiotic to fight against a sick hateful world. The only thing better than listening to this album is watching the beautifully staged hyper-coloured music videos. ■



An Evening with Hillary Rodham Clinton

REVIEW BY MARY GWENDOLON



Attending this event was a very surreal experience. Being in the same room as someone so well publicised and powerful was pretty buckwild. Sure, it was at Spark Arena and there were hundreds of other people in the room, but compared to how far away I usually am from Hillary Rodham Clinton, I was pretty darn close.

The event started exactly 15 minutes late on the dot which leads me to believe they had planned to start exactly 15 minutes late to accommodate all of the angry blazer-wearing white women who were held up checking in their oversized handbags. I too had to check in my backpack but I get it, it would be pretty lame if after all of this Hillary were to be assassinated in Spark Arena.

For the first half of the evening Hillary delivered a speech, and for the second half she was interviewed by Dame Jenny Shipley. Hearing her talk live made a lot of things that are usually separated from us in Aotearoa by screens and distance suddenly become real. She talked about Russian intervention in the elections of many countries including the US, she talked about the nuclear arsenal of North Korea, she talked about the worrying anti-democratic policies of the Chinese government. She talked about so many world issues that we hear about in the news every single day but are still so dystopian-seeming that they can seem un-real. Hearing about them live from a woman who really does know what's up was pretty intense.

What was also crazy to see first-hand was just how crisp and polished she was. Our politicians are so ...chill... and speak like normal kiwis who have poor enunciation and a tendency to ramble. Not Hillary Clinton. She just spoke well. What she was saying was good too but man, the way she said it, boy howdy has she mastered speaking. Unfortunately, Dame Jenny Shipley... has not. ■



FEATURING: AUCKLAND WRITERS FESTIVAL

Helen Yeung and Jasmin Singh chat with Auckland Writers Festival Director Anne O'Brien.

Hi Anne, tell us a bit about yourself and your role.

I am the Director of the Auckland Writers Festival and I have 2 complementary roles. The first one is the programme so to select the artistic content and build the programme and the second one is to run the organisation, so I'm both the Chief Executive and the Artistic Director. I'm also in charge of the staff, operations, raising money, overseeing the whole organisation basically.

Tell us a bit more about the festival and how it started.

The festival started in 1999 by a group of people which included two New Zealand writers, both of whom are in the festival this year actually, Peter Wells and Stephanie Johnson. They'd seen a similar writing and books festival in Wellington but noticed there was nothing similar in Auckland, so they started Auckland Writers Festival. The primary objective in starting this was to bring an audience for New Zealand creatives, to connect local writers, readers and celebrate their work. It has grown since then to include international writers but still remains to be a

core part of the festival.

So what's the process you go through scouting out local writers?

Lots of things, I communicate with a range of people to make suggestions or discuss what's on. Some are publishers who talk to me about what they're planning to publish to see if I'm interested. Writers will send me information about themselves, telling me that they would like to be in the festival. Friends will read things and recommend them to me. At the same time, I'm actively looking for up and coming work that I think is interesting or will work for the festival.

How is a writers festival different from organisation other arts based festivals?

The complicated thing about the festival is that unlike an arts festival where a theatre piece is the work and you see the work at the festival, at a writers festival the work is a book and you see the writer at

OPEN BOOK



the festival. Some things work better for the festival programme than others depending on who the other guests are what kind of conversations we're having, and what the spaces available are. I scan, I'm reading things, listening to the radio, watching current affairs, going to launches and taking all those meetings and advice out of which I start to make a plan. Every single time I see something in the 12 month cycle that I think is interesting, sometimes longer, I write it down on a list. Then when I get to about November or December I look at that list and I start to decide what I'm going to keep and not going to keep and what I might use later. The organisation spends the first 6 months programming and raising the money to put the festival on. We have to raise one million every year just to put the festival on. Then we spend January to June planning the festival. But for me while I'm getting ready for May I'm also thinking about next year as well.

How did you end up with Auckland Writers Festival?

It's a complicated story, I've done a lot of different things which have been helpful for this festival role. I trained as a journalist in the late 1990s, worked briefly in the newsroom at RNZ and produced the nine to noon programme with Kim Hill for 3 years. Public broadcasting is a bit like a day long festival actually, so you start with current affairs and politics, then go onto fiction and poetry, music and literature, science and philosophy and then you wrap it all up. I left there in 2002 and started working at the Arts Festival in Wellington running their literature programme, I then moved to Auckland for personal reasons and this job eventually came up so I've been here since December 2011.

Which events are you personally most excited for?

That's a always such a hard question because actually I love all the events. Obviously having Karl Ove Knausgård here is really huge, it's a real exclusive since he's one of the big names in literature. Neil Stephenson as well, who's a huge name in science fiction and David Eagleman a neuroscientist talking about how the brain works. There's some big picture stuff, we're going to be having conversations about the #MeToo movement and how we go forward in the way men perceive women, and the way we can change how that happens. But what I'm most looking forward to is having all those people in the halls, excited about the things that they see.

What are your plans each year for getting students or young people involved?

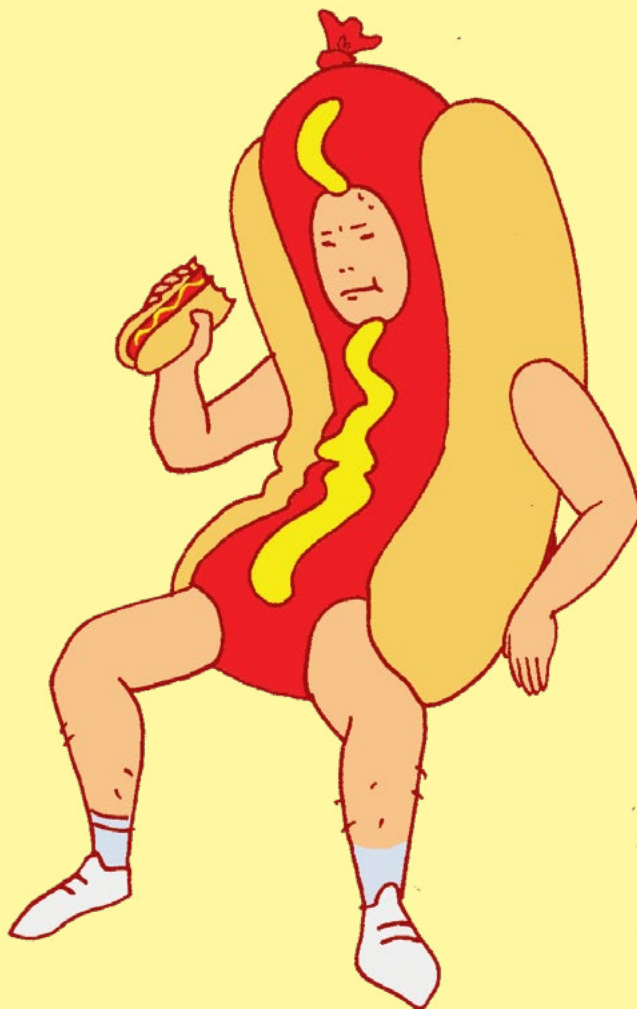
One of the key things for the programme is finding content that means something to you. So when we're talking about young people we're thinking about poets like Lang Leav, who has a huge online following. The second thing is ensuring that young people know the festival is on and that they can get to it. Knowing that we're marketing properly, into the universities, speaking to Craccum, getting onto radio, making sure we're getting our message out broadly. We also have student pricing so that is a big incentive for young people. 30% of the entire programme is free so there are ways in which you can come to the events and don't have to pay anything. ■

CHECK OUT THE AMAZING EVENTS HAPPENING AT THE AUCKLAND WRITERS FESTIVAL 15-20TH MAY. [HTTP://WWW.WRITERSFESTIVAL.CO.NZ/](http://www.writersfestival.co.nz/)

Hunting Down The Best Hot Dogs In The City

Brian reviews the the hot-dog options available in Auckland.

Bringing my various friends along, I decided to venture out into the busy CBD lunch & dinner rushes to discover the best hot dogs this city has to offer!



Fed Deli, Street Dog, \$11

GUEST FOODIE: ZACH

Unprofessed foodie carrying a light wallet.

Value: 6

Our first hot-dog venture has set the standards low for value; for eleven dollars you are left wanting a little more out of your lunch. Perhaps you'd fancy a cheesecake to complete your meal, but if you do, remember somewhere (I'd imagine out by Piha), your budget is throwing itself off a cliff. If Studylink isn't very generous to you, don't go expecting this meal will be generous to you either.

Flavour: 8

Fed Deli maintains its reputation as a high-end Auckland eatery with the hot-dogs they serve up. The frankfurter is delicious, the relish is made in-house and the toasted bun is so soft your fingers struggle not to crush it when you pick the hot-dog up. On the other hand (where a bun isn't being crushed), there is definitely room for an extra kick to make it a meal to remember.

Experience: 8

Blink and you'll miss the waiter readily attending to you. The open kitchen and wall decorations transform the

room into a small-town American diner atmosphere; I'm half-expecting Indiana Jones to burst out of the bathroom donning his cowboy hat and lasso. We do experience quite a wait, though we are forgiving of this as the kitchen seems swamped preparing for the lunch rush.

Total 8/10

With only a modest helping of bun, sausage, onion and mustard, the hot-dog falls more along the lines of what the modest, appreciative eater would enjoy rather than the starving student.

Lord of the Fries, Melbourne & Chicago, \$10

GUEST [VEGAN] FOODIE: ANGELA

Guilt-free divulger looking for anything but a vegan curry.

This LOTF location has closed since this review was conducted, however they do operate another eatery on K Road.

Value: 6

Angela points out that the hot dogs are available in your local supermarket for a small chunk of the ten-dollar price tag. Most of the price has squirmed its way out of the prime waterfront location, and thus from an eatery of this calibre, there is more to be expected here.

Flavour: 5

The flavour combination is quite bland and unexcitingly fast food-ish, and to further add to insult we are served a cold bun. Don't go looking for an eye-opening experience here; the soy hot dog distinctively lacked the chunkiness of its meat equivalent, so you won't be fooled into thinking you're eating meat.

Experience: 7

The place feels more like a rave than a restaurant; the music could really do with being taken down a notch or ten. Our corner table is poorly lit, where

I can barely see Angela (she insists it's for the best). But there is ample seating, the service is speedy, and just like Ed Sheeran's debut album, a smile on your cashier's face is always a big plus.

Overall: 6/10

We agree that the hot-dogs are nothing to get excited over, but being limited for choice on a vegan diet, it is a must-visit spot to satisfy your all-too-often neglected fast-food cravings. However, if you're a meat club regular who's spoilt for choice, this isn't a place you'd be visiting anytime soon.

Al's Deli, All-dressed Al Dog, \$12

GUEST FOODIES: ANDREW, DANIEL, RISH AND BEN

A party of men unimpressed they're paying \$2 for the bus ride home, let alone 12 bucks for a hot dog.

Value: 7

To start, they make it abundantly clear that they're unimpressed with the upper-end price tag, plotting to share one between four. However, when the meal arrives they sing a different tune, as their plate is stacked with a generous helping of coleslaw, frankfurter and sauce, wrapped around a king size bun.

Flavour: 6

I wonder if there's been a miscommunication with the kitchen staff when my hot-dog arrives, as it appears a side of coleslaw has been unceremoniously dumped on my bun. The frankfurter is rather spicy, which contrasts the coleslaw nicely, however if spice isn't your thing, be wary.

Experience: 9

The staff are incredibly friendly, and

they adopt a great family diner atmosphere. It is tucked away in a cosy setting uptown, not a huge walk from uni. Rish relaxes in his recliner chair, which seems a rather strange thing to have by the table, but how can I take points away for comfort right?

Overall: 7/10

If you're a foodie, then this is a rather distressing mess on a plate, however if you're a starving student then this is truly a pleasure meal.

Imperial Lane, New York, Lamb & Mexico, \$10

GUEST FOODIES: JARED, JOSHUA AND LUCAS

This review is in no way affected by their emotional states after Bayern's loss to Real Madrid.

Value: 9

Falling on the cheaper end of our scale, for a gourmet hot dog to be offered at this price is quite incredible. And it's a meal that takes itself seriously too.

Flavour: 10.

The hot dog enthusiast's sexual dream. We each pick a flavour out of

a wide range of five. I'm scheduling times now to attend to the other four.

Experience: 7

A spacious, cosy atmosphere tucked away in Fort Lane, it is a prime lunch destination. Jared channels his inner English teacher, noting the setting is 'minimalist' and 'rustic'. The kitchen staff appear to be in no rush to prepare our meals. The cigarette smoke from the man across the table rushes across to me; rather than asking him to take it away, the staff provide him

with an ashtray.

Total: 9/10

Turns out this is it. After four different hot dog joints, the opinion of a nine-person panel and eight swimming lessons worth of pay blown, Imperial Lane is the place to go. The good thing is that its located only one Studylink call away from Uni. I've started measuring time in Studylink calls recently, it really manages to slow time down. ■

“Are You Genuinely Happy or Are You Just Thinking of About Having Pad Thai Later?”

Helen Yeung and Jasmin Singh venture into the world of Asian foods for the mayonnaise world.

Disclaimer: Title quoted from a Reductress article thus the quote marks.

We spent the remaining hours of our Wednesday afternoon last week browsing the aisles of Mount Eden's bougy Countdown for Asian foods made for the taste of white palettes. Roaming back and forth the densely populated instant noodle and frozen meal section, we knew we struck gold. If you're a frequent grocery shopper, we bet you've passed the iconic *Just Noodles Indian Butter Chicken Instant Noodles*. Firstly, thanks for the reminder that this product is specifically Indian, secondly, we know you've been dying to try this \$1.00 product, what a steal. In this same aisle, we also encountered everyone's favourite instant noodle brand Maggi. For an affordable price of \$1.69 we also got their "Oriental" flavoured instant noodles, what does oriental truly taste like? In this extravagant food review we have sacrificed our taste buds in order to inform you of which of these takes on Asian food will kill you and which will satisfy your hunger as a broke student.

Just Noodles Indian Butter Chicken Instant Noodles

Taste: N/A

Texture: N/A

Looks: 1/10

Overall Rating: 1/10

Verdict: Upon opening the packet of our most hyped product to review, we were surprised and extremely disappointed to be greeted with spots of mould on the dried noodle. However,

we didn't let this stop us from getting you a review! We decided since we couldn't eat the mouldy noodle we would at least smell the sauce that went with it. The sauce smelt creamy and like the spices that would normally flavour Butter chicken, pretty average stuff. All in all, we can't give you a full and honest review because we weren't ready to sacrifice our stomachs to the mould.



Maggi Oriental Flavoured Instant Noodles

Taste: 8/10

Texture: 9/10

Looks: 7/10

Overall Rating: 8/10

Verdict: We were extremely skeptical to the suggested flavour of "oriental" but looking at the ingredients we later found out that the soup was merely composed of soy sauce. Is this really what the perception of Asian food is

for the white majority? We guess it is. If you've ever mixed sushi rice with plain soy sauce and believed this was an authentic "Asian" meal, then you too, fit into the target audience. Surprisingly, these cup noodles were our favourite product of them all, reminiscent of the cup noodles you get on a long haul flight (minus the dried vegetables), this product was shamefully enjoyable.



Continental Cup a Soup Asian Laksa

Taste: 0/10

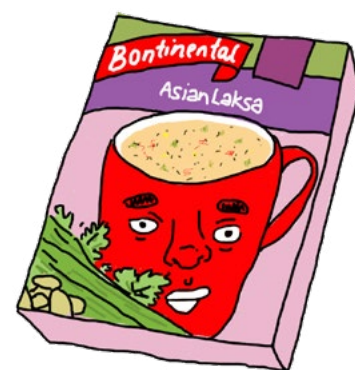
Texture: 2/10

Looks: 0/10

Overall Rating: 0.6/10

Verdict: After mixing the soup in a cup, both of us were apprehensive to eat it. In summary, it looked like vomit in a cup with some blended up capsicum and doughy noodle floating on top. Upon taking the first and final sip of this soup, you will get a taste nothing, accompanied by a hint of disgusting

powdered coconut flavour. This pastel orange mixture was shortly greeted by the drain, leaving a questionable layer of oil behind. We advise readers that frequent cup a soup to stick with original flavours such as cream of chicken. On a side note we were also extremely confused as to why it was called Asian Laksa when Laksa is a popular South-east Asian dish most commonly associated with Malaysia. Thank you for saying that a dish specific to Southeast Asia is representative of all of Asia.



Super Snack Frozen Meal Butter Chicken

Taste: 7/10

Texture: 6/10

Looks: 5/10

Overall Rating: 6/10

Verdict: This looks almost like the standard Indian restaurant iteration of Butter Chicken. Creamy with the smell of spices and a shocking amount of red food colouring. When we first

picked this up we were concerned this "Super Snack" would not taste super. However, we were pleasantly surprised that there was real chicken in the sauce. The rice that came with this meal however was far from super, tasting more like plastic than actual rice. Could those Whatsapp chain messages on microwaving plastic really be true?



Watties Snack Frozen Meal Sweet n Sour Pork

Taste: 4/10

Texture: 2/10

Looks: 3/10

Overall Rating: 3/10

Verdict: Upon microwaving this frozen parcel of the infamous sweet and sour pork, the entry level dish to Canton Chinese food. We discovered

a gloopy mess of sweet chilli sauce mixed with a small amount of frozen vegetables. But wait there's more, to our horror the pieces of "tender pork" as described on the packaging were actually SAUSAGE CHUNKS. The only redeemable factor was the rice, which did not disintegrate in the pool of sauce.



Sun Rice Pre-packed Chicken With A Kick & Noodles

Taste: 1/10

Texture: 1/10

Looks: 1/10

Overall Rating: 1/10

Verdict: If you have cooked something and it still doesn't look cooked there's clearly something wrong. This was our experience of the Chicken With A Kick and Noodles. This mess of food that looked like clumpy spaghetti with some watery tomato sauce and frozen vegetables. Despite the instructions asking for it to be microwaved for 1 minute, the noodles came out semi-hard and separated with the sauce. Like the Watties sweet and

sour pork meal, this was too drowned in sweet chilli, the difference being how this sauce actually reminded us of industrial grade disinfectant and unidentifiable chunks of meat. Questions also arise as to where the "With A Kick" claim stands. We are left pondering whether this product was made as an addition to the white people intolerance to spicy food memes that exist on the webs.



Reflections

Our first and probably last foray into this peculiar world of instant "Asian flavoured" food designed for white palettes has led us to one winner. Despite the awful name, unsurprisingly Maggi, one of Malaysia's favourite instant noodle brands has not let us down in taste and thus is the clear winner. All the other flavours however, have left us questioning, have white people actually tasted food from any parts of Asia? No, going to Thailand once to a resort doesn't count. ■

WANT TO PUT US UNDER MORE TORTURE, SEND IN AN EMAIL LETTING US KNOW WHAT FOODS WE SHOULD REVIEW NEXT. WE PROMISE TO OFFER OUR MOST HONEST AND BEST VERDICT. EMAIL US AT EDITOR@CRACCUM.CO.NZ



Remembering Henrietta Lacks

Anoushka Maharaj discusses Henrietta Lacks' contributions to science.

If you're anything like me, you probably don't know a heck of a lot about biochemistry. While it's not necessary to know the complete ins and outs of such a topic to understand the life of Henrietta Lacks—which I will cover in as much detail as these pages will allow—it wouldn't hurt to know a little about the science behind a controversial, and oftentimes, heartbreaking story.

Living in one of largest African-American communities at the time, Henrietta Lacks and her family were amongst many who were poor, deprived of healthcare, and were primarily in menial labour jobs. Lacks herself was a tobacco farmer, working long hours since her early teen years and taking care of her five children (her last being born mere months before she was diagnosed with cervical cancer). Elsie Lacks, the oldest daughter, had developmental disabilities and was placed in a psychiatric facility in 1950, and it is believed that no one visited Elsie after the death of Henrietta—a fact which breaks the heart of Deborah Lacks, the youngest daughter, who, upon learning more about the facility where her sister was housed, discovered that many of the patients, who were primarily African-American, were mistreated and abused. This was a common theme amongst African-American patients at the time, who were unlikely to receive adequate medical attention, if at all. After being diagnosed with aggressive cervical cancer, Henrietta's admittance into Johns Hopkins (after being examined in a coloured-only room which was divided by clear glass walls) followed a similar pattern, which later sparked conversations around the role that deeply-entrenched systemic racism plays in the public health system, as well as the topic of consent and patient's rights.

Taking a biopsy of Henrietta's cervix, the lab assistant was sceptical as to what the

sample would show—at the time, it was difficult to grow cells, and scientists were unsure how best to grow them in an environment which would allow them to stay alive for long periods of time, especially when they were so often contaminated. But Henrietta's sample—labelled 'HeLa' which would soon become the only link to the origin of her cell line—didn't die after a few days. Within a few days, Henrietta's cells had accumulated to the millions, aided only by food and warmth. They seemed to spread the longer they were cultured, and it became the envy of scientists around the world. Soon enough, George Gey—the cell biologist responsible for developing the cells—was selling the HeLa cell line to scientists across the globe, after realising that they could be used to test a number of viruses and vaccines. Amongst the various ways that Lacks changed the course of science, some of these include allowing a more in-depth look at how different strains of HPV affect the body; understanding the lifespan of cells; it allowed Jonas Salk to make the polio vaccine available sooner; and over the years, have tested the effects of various diseases such as herpes, Zika, measles, and mumps to better understand how to treat and eradicate them.

A dark shadow that falls across this extraordinary medical advancement is the troubling fact that the Lacks family were not notified about the existence of HeLa until 1975—over twenty years after her admittance to Johns Hopkins Hospital in Baltimore, all the while her 'immortal' cells had been growing in factories and laboratories around the world. Additionally, the origins of the HeLa cell line was never formally investigated or acknowledged, until Rebecca Skloot, a writer who decided to trace the history of the cell line, made it apparent to the world that there were more than a few issues with the field of science.

The issue of Henrietta's cells being taken and reproduced without her knowledge or consent is conflated with the fact that the Lacks family were not compensated for the scientific discovery which would provide an exorbitant revenue for George Gey and the laboratories that would trade HeLa for reputation (and money). As Skloot notes in her book *The Immortal Life of Henrietta Lacks*, Henrietta's surviving family never saw any of the profits from the scientific advances made as a result of her cell line, and lived in relative poverty. Undoubtedly, Henrietta's story presents an ethical case in considering grounds for biological ownership, particularly across a longstanding scientific tradition that owes many of its discoveries to exploitation of a poor underclass.

Before Rebecca Skloot, it's unlikely that we might have ever learned the story of who Henrietta Lacks was outside of how her cells impacted the medical industry—which, of course, is significant, but as we know, a human being is far, far more than just cells. And what we have learned about Henrietta is that she was an incredibly brave and strong woman, a loving mother and a devoted wife. In her final days, her thoughts were entirely with her family, and it is said that she told her husband Day to “take care of them kids. Don't let nothing happen to them.” In the very short life of Henrietta Lacks, she managed to revolutionise and change the course of the medical industry, none of which was known to her, or the family she left behind. Henrietta Lacks was remarkable not only for what she contributed to the world, but for what she contributed to the world she built—with her family and her peers, who remember her not as a medical marvel, not as a bundle of cells, but as someone they loved beyond measure, and someone who loved them, too. ■

HOLLYWOOD

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



The Tragedy of Scrappy Doo

Scooby Doo turns an incredible 50 years old next year, with 1969 marking a half century since the Great Dane first scared himself shitless on the silver screen. Time passes for all copyrighted properties, but few of these properties remain functional and profitable 50 years on. Furthermore, Scoobert and all the tropes and characters associated with his name have become ingrained in pop culture entirely. This is a luxury enjoyed by few outside of the collected works of Disney and Looney Tunes, and it is almost an animation miracle (or a decades-long blight, depending on where you stand) that *Scooby Doo* remains such a pop culture touchstone all these years later.

At the time of the show's birth in 1969, it was considered low quality and repetitive. It was – the original show was cheaply produced and there was very little variation from the famous formula allowed, it being something that took 45 years for other creative teams to move away from. Hanna-Barbera, the animation powerhouse that created the original show, knew that the formula worked. But even the most successful formula could not last forever. At the end of the '70s, ratings for the original show started to drop. Children grew up and the new ones grew tired. Hanna-Barbera became desperate to save their cash cow, and so they did what would later curse them a thousand times over.

Enter Scrappy Doo, Destroyer of Worlds.

Scrappy Doo was born out of a very common last-ditch effort for dying family-oriented shows: The Cousin Oliver Technique. Named after the precocious and yet rage-inducing Cousin Oliver on *The Brady Bunch*, it was when executives would shoehorn in a delightfully endearing younger character, typically a child, in order to spark new interest against an aged cast/concept and hopefully squeeze out a few more coins before the franchise returns to the god from whence it came. The boost typically works, but the backlash some time later is usually crippling to the show, as the new addition becomes forced onto an increasingly unresponsive and even volatile audience.

Scrappy has two, and only two, character attributes: misplaced aggression and his diminutive stature informing said aggression. He gets up on his two feet and yells an uneven screech at whatever threat, supernatural or not, gets in his way. The warped self-perception allows him to ignore the gravity of whatever threat comes his way, as opposed to the perpetual cowardice of his more anatomically well-formed uncle. And that's all there is to him. He is supposed to be the person the child identifies with, the audience avatar for the rambunctious kid. And for more years than any loving deity should have allowed, he was one of the most popular animated characters to walk God's forgotten Earth.

Scrappy Doo massively succeeded in boosting the profile of *Scooby Doo*, becoming so popular with the children of the day that the *entire franchise* was reworked around the diminutive pup. Scrappy Doo was a runaway success, convincing Hanna-Barbera to make him the true star and Scooby Doo but an ancillary character. Much like Mia Farrow in *Rosemary's Baby*, Hanna-Barbera had given birth to a new kind of monster. Fred, Daphne and Velma were cast off into the realms of Tartarus and Shaggy become but a child minder to the new Dark Lord. This is what followed: *Scooby-Doo and Scrappy-Doo*; *The Richie Rich/Scooby-Doo Show*; *The Scooby & Scrappy-Doo/Puppy Hour*; *The New Scooby and Scrappy-Doo Show*; *The New Scooby-Doo Mysteries*; *Scary Scooby Funnies*; *The 13 Ghosts of Scooby-Doo*; *Scooby's Mystery Funhouse*; *Scooby-Doo Meets the Boo Brothers*; *Scooby-Doo and the Ghoul School* and *Scooby-Doo and the Reluctant Werewolf*. The 1980s harboured a decade of wonder indeed.

But all empires fall, and the illegitimate empire of Scrapus Maximus was facing a revolution by the people he had oppressed for the last decade. By becoming the main focus and removing the ensemble element that made the Mystery Machine Gang so endearing to children, he quickly exhausted the shreds of joy left for the aging franchise. The Dynamic Despot had even committed the mortal sin of removing Scoobert himself from some episodes – in the eyes of the proletariat, the bourgeois overlord had gone too far. In cruder terms, even the most rambunctious little toddler had grown tired of Scrappy's unrelenting SHIT. The backlash started to mount, the children started switching channels. Ratings plummeted. Il Doo-ce began his escape into the countryside, but the rebellion caught him and dragged his bloodied remains to Hanna-Barbera headquarters. 'Remove this vile scum from our lands', they cried, 'or we will beat you to death with his broken body.'

Hanna-Barbera obliged.

Scrappy Doo has been but a ghost ever since 1988. After a long period of franchise restructuring, his only presence of note was in the live action movie of 2002, and the writers, survivors of the Reign of Darkness, portrayed him for what he was. Warner Brothers, the owners of the remnants of Hanna-Barbera, have wisely kept guard to make sure the First Evil can never return to the franchise that birthed him. And yet, there is a growing fanbase who believes that the former ruler was overly criticised and prays for an end to his exile. Indeed, if you were to listen in on their secret meetings, you could hear one quote that opens each ceremony:

But who prays for Scrappy Doo? Who, in twenty-one centuries, has had the common humanity to pray for the one sinner that needed it most? ■

ECCENTRIC LIFE ADVICE

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



10. How to Pick a Posy

I would advise you consider carefully the message you intend to send before you select the number, type, or arrangement of flowers and foliage. What may be appropriate to send to your best friend on their birthday may seem insensitive to send to your mother's graduation. If you don't know the recipients favourite bloom, you have the option to either pick something in their favourite colour or to pick something with personal resonance. I highly encourage you to ask for something seasonal, as demand for out of season blooms requires hothouses and air freight, increasing the ecological impact of your bouquet.

Of course, each flower has a meaning, and combinations of flowers can be used to send a message. This was a popular Victorian means of communication but meanings morph over time. Take care that your intended will interpret lilies as indicating purity of heart and not that you are inviting death into their house - namely by poisoning their cat. A gift of a dozen blooms is traditional, if the arrangement is intended to be a centrepiece, this allows a grouping of three flowers to be on show from each cardinal direction. To extend the life of the bouquet, consider selecting flowers in various states of openness so that as some flowers wilt and require removal, others are freshly opening.

Additionally, do not be afraid to expand beyond cut flowers. A culinary enthusiast will likely appreciate a selection of rosemary sprigs, bay branches, thyme, and lavender, which can be used fresh or hung on a wall to dry. A potted orchid is about the average price of a cut bouquet (especially if you plan ahead to drop by a garden centre) and satisfies those who claim dying vegetation makes a terrible gift. A witch may appreciate you taking the time to forage for rue, nettle, and mugwort, although you should take care to identify and handle such plants very carefully. ■



ROAD TO #FITSP0

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



Existential Crisis

It's supposed to be true that when doctors offered Jean-Paul Sartre the choice between quitting smoking or a progressive course of amputations, he said that he'd like to "think it over." He eventually capitulated.

Many of those who know me would tell you, without hesitation, that a crux of my being is my addiction to cigarettes, without which I'm almost unrecognizable. So, despite managing to drag myself, slowly and hideously, towards my #fitspo goals, the durr is the one little friend that I've not yet been able to rip myself away from. Now, I've known for some time that it emits a certain smell that drives certain types away from my approximate vicinity. Fine with me, I don't like many of you anyway (Sartre is quoted as coining "hell is other people"). It also has been shown, recently, that it is quite a large contributor to the besmirched and untidy condition of our gardens, streets and other public spaces. Easy enough fix - throw butts in the bin. But the one thing that everyone, continues to warn me about as if I lack the ability to comprehend it, are all the health risks associated with the stuff. I know and understand (quite happily) about all of this (who doesn't?), but of course I didn't take it up for its health benefits. A story tells that when asked about the most important thing in his life, Sartre responded, "Everything. Living. Smoking."

Anyway, I've been trying to limit the smoke intake. Friends, with some frustration, have been encouraging me too - "are you actually going to quit?", "do it for your #fitspo journey", "how many have you had today?", "whaaat?! Well, I hope you die then." It's hard for me to see it as an addiction, I mean I enjoy it. The word 'addiction' is usually associated with negative connotations such as having a disruptive effect on one's life or being unnecessarily dependant on a thing. In my case, I smoke for the enjoyment and to de-stress. I can hardly say I'm dependant on it and can function, though suboptimally, without it. I've always felt that if I had a good enough reason to quit, I would; I just haven't found that reason yet.

Yet...

After a long absence, I decided to show face back at an old boxing gym I used to frequent. The small amounts of cardio I was doing wasn't quite cutting the mustard anymore and it felt time to advance. I recalled boxing as one of the more sweat-inducing and puff-producing sports that I'd ever tried

and thought myself ready to go back.

Like any normal boxfit class, you start off with a series of warm ups. Jogging on the spot, swinging arms, burpees - the stuff that gets the blood circulating. The real intensity starts as you start hitting the heavy bag. As you swing away, you're supposed to keep in mind your breathing pattern. It's difficult to explain but each punch has a corresponding exhalation of breath. After only 10 seconds of this you begin to tire. "I need a cigarette" I thought. After another 10, you start to lose form and can only really concentrate on not falling apart. At 30 seconds of doing this non-stop at a high intensity it becomes almost unbearable. The burn infiltrates the entire body - the proper punching form does, after all, start from the feet and incorporates most of one's physique. Not only does it twist the core, involve the limbs and flex most of the muscles in the torso, it also puts a flame in the lungs that might make a certain person consider the notion: "Fuck this, I'm never smoking again!"

Now not to get your hopes up, dear reader, despite the experience, I've yet to completely dispose of the habit. However, I have managed to limit my smoking and am now finding it somewhat undesirable, "life begins at the otherside of despair" is what Sarte once said. What does this mean? It means I haven't quit but I'm still planning to and I'm pretty much back where I started.

No, what it really means is that I've found more of a reason to quit. The pain in the lungs is not worth the enjoyment I get from smoking, rather, the enjoyment that I've received from exercise might be more pleasing. I haven't quite decided. What is clear is that it would be very difficult to attempt to enjoy both and so I'm left with my own existential crisis. ■

PRUNE JUICE

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



Olfactory sensory overload!

Mr Krabs: "Do you smell it? That smell. A kind of smelly smell. The smelly smell that smells... smelly."

Scent one: Farmers Albany

I'm the little shit who walks around leaving strips of used perfume cards around the store and the other half in my school bag. You know it, I know it, there's no way I can afford Chanel No.5 so don't bother coming over and pretending I'll buy something.

Scent two: Mecca Queen Street

Shelves and rows of little bottles, tubes, and sprays. My friend is waiting to get foundation shade matched. The witch inside of me is finally fulfilling her fantasy of visiting a potions shop. Growing restless waiting I squirt too much liquid Orgasm blush on my hand, funny except *now* she's grown tired of all my sexual innuendos. I aimlessly test out slightly different variations of plum on my wrist, until I see...it. Tucked in the corner, like the colouring table they put in banks for kids, the *shelf of perfumes*. Top notes of bergamot, rose, lily; Bottom notes of musk, cedar wood, amber. Not that I could pick it out, but it sounds poetic. They've named the bottles: Jazz Club, Paris in 1920's, Sailing Day. Interesting... expensive... it smells like wet grass. But I guess we're all wearing an idea, searching for authenticity these days. Nothing smells like anything. Who am I? If I can't figure out my shade of beige, my signature scene, *who is she?*

Scent three: Passing time

Mum takes me to Briscoe's, and she peers at slightly different shapes pots, while I spend the next hour with the Moroccan Sun candles and diffusers. Dad goes to Pakn'save, and prod at the cuts of meat that honestly look the same but he's got his eye on *"that one, yeah that one to the left."* You'd agree with me that you'd would rather spend that time smelling the aerosol cans of Cool Charm Tokyo blossom and Lynx Africa than arguing with the man at the deli. Yeah, come with me and let's open the lids on all the mango strawberry body washes and give them a sniff. All the slightly different scents of sickening sweet pre-teens that take you back to a time of acne, socks and sulky rebellion.

Scent four: The free scratchy samples in magazines

There is something identity confirming in finding your signature perfume. Beyonce Heat? You are Beyonce. It's evocative of memories, pure emotional recall. At least that's what Cosmo told me. (Cosmo also taught me/scared me about masturbation at aged nine, so as a text, it's integral to my development as a person.)

Scent five: Youth in hallways

My taste in perfume has developed since I was young. I've moved from Hello kitty Grape and Victoria secret body spray to Calvin Klein One. Yeah, I'm cool now, grown up, chic unisex smells. That is until last year I realised my mate, a 6 foot 4 white Christchurch Boy wore it too. Nice. Which is fine. I just didn't how I felt about being smelling like him since I look the complete

opposite. Maybe it's the inside...

Scent six: Making out in cars

There are scents I can't touch these days. Dove deodorants, Daisy by Marc Jacobs, and Powdery roses remind me of ex-girl-friends. Certain Lynx's and Guilty by Gucci are summer flings with boys that went on too long. Kinda hurts, because it lingers and my raw reaction is to remember the pheromones, the good, and excitement. A gut reaction that my brain lags in shutting down.

Scent seven: Capture the flag

In PE at Intermediate school, we'd pile all our jumpers on the field before darting off to find the flags in the bushes. And the only way we could tell which one was who's, was to smell it. Like puppies crowding around, sniffing faint laundry powder. Even now I can tell when my best friends enter the room, I smelt their pits and sat through three years of NCEA English together. (So, stop leaving your shit in my room after town, I can smell it's yours.)

Scent eight: bedroom

I think my stupidest spending habit, is the buy one get one free, diffusers I buy. It's useless, but it makes me happy. Like the lily and green tea one I used in the summer, which reminds me of moving away from home, clean sheets, the excitement of first year. Or vanilla cocoa: all DMCs I had with my flatmates in my bed to keep toasty toes in winter. I recently brought a new diffuser. Kowhai and Fig. And it was nice enough in the store. Except in my room, I woke up to a terrible nightmare that freaked me out. One of those nightmares where I crossed too many boundaries even for Freud. But it was \$25, so if anyone wants the nightmare fig diffuser please let me know. I think it must be triggering something nasty and twisted inside of me.

Scent nine: ???

There's some smells I wish I could bottle but can't. People try, but you can't relive memories or it just smells like wet grass. Have you seen that film called Perfume: the story of a murderer?

Scent ten: I miss the smell of you.

I want to smell: Friday morning sausage sizzles, Row boats out at 4:30 AM, Duvet covers drying in the sun, Spooning and breathing, A cold class of water after a 7km run, Lavender bushes on my favourite cliff in Browns Bay, Monkey bars and bark, My grandparents cooking, Mum's apricots, My brother's floppy disks, Best friends who I'm not best friends with anymore, My puppy's milky breath and...

[whispering]

Mr. Krabs: "Anchovies." ■

Q: I spend most of my time on the Epsom campus and I feel so isolated! There are so many communities on the city campus that I want to be a part of (K-pop Club anyone?) but I don't want to have to commute to town! What should I do?

A: It's great that you're trying to create a community! You could flaunt your inner social butterfly and bring your friends together and set up a Facebook page. Through that you can form study groups and the like. If that isn't your cup of tea though, you could also start up a new club on your campus. For that, you will need to prepare a Statement of Purpose outlining how you will be contributing to the University Community. You will also need at least 20 members (70% must be current University of Auckland students). You can find more information on this on the University of Auckland website!

Q: Hi Advocacy Aunt - I'm in my first year of my BA/LLB and I'm feeling super overwhelmed. There are so many things to

balance!! What should I focus on? From yours truly, stressed-and-reliant-on-coffee.

Have no fear - for Advocacy Aunt is here. Getting into second year law is a definite balancing act. However, an important thing to remember is NOT TO NEGLECT YOUR CONJOINT PAPERS. While your law papers are double weighted, and it is definitely important to do well in them, your grades in the other papers will also ultimately determine whether you get the GPA or not. Also, we know you have a big workload but try to get some exercise and fresh air into your schedule! Clearing your mind will lower the stress so you can focus better when you study. Eat well and remember, health is always the priority!

If things get too stressful, remember that the university provides free counselling and they are here to help you! Feel free to make an appointment at any time.

Q: Help me Advocacy Aunt! - I am SO disappointed that I didn't get any internships this year when so many of my friends did! I don't know what to do with

my career life anymore and feel that I'm not good enough. What should I do?

First of all, it's OKAY! Internships aren't everything. There are so many pathways to ultimately get that dream job. You can either apply for an internship or summer clerkship again in the next year after building on your CV and grades or apply for a graduate position. Companies are open to hiring graduates too so you have another shot! In the meantime, study hard to boost that GPA and get work experience or volunteer to boost your CV. You can find amazing jobs on websites such as Student Job Search or My CDES. If you want career advice or just want someone to look over your CV for you, visit CDES or the ASB Business Centre and someone will help you!

TIRED OF LAZY FLATMATES WHO LEAVE A GHASTLY NUMBER OF CUPS OF TEA LYING AROUND AND ALWAYS PAY THEIR RENT LATE? TIRED OF YOUR GRADES NOT MATCHING THE HOURS UPON HOURS YOU SPEND CRAMMING AWAY IN THE BELOVED FINE ARTS LIBRARY (OH WAIT..)? TIRED OF YOUR ISSUES NOT REACHING THE RIGHT EARS? WORRY NO MORE, ADVOCACY AUNT IS HERE TO DISPEL YOUR FEARS.

FLICK HER A MESSAGE AND SHE'LL RESPOND, OR COME AND SEE HER ADVOCATES, OF WHOM SHE IS VERY FOND.

FIND US AT OLD CHORAL HALL OPPOSITE KATE EDGER BETWEEN 9AM - 4PM. IF YOU'D LIKE ADVOCACY AUNT TO ANSWER YOUR QUESTION IN THE NEXT CRACCUM EMAIL HER AT STUDENTADVOCATE@AUSA.ORG.NZ

Notice of Polling Times for 2018 AUSA Welfare Vice-President and Queer Rights Officer By-Elections

Online Elections will be held from 9am on Tuesday 15th to 4pm on Thursday 17th of May 2018

To vote go to: www.ausa.org.nz/vote

Only AUSA members can vote, however you can sign up online when you vote.

Life Members will need to go to AUSA Reception to vote.

Rosalin Mackenzie-Cripps, AUSA Returning Officer

HOROSCOPES

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



ARIES

MARCH 21-APRIL 19

Times are tough, dear Aries. You may have had a number of setbacks recently, whether this be career-wise, or study wise. Consider this period to be a time where you re-evaluate things in your life without causing too much of a power struggle within yourself or those around you. You may have also noticed that your values have been changing lately; money might not be as important to you as it once was (or vice versa), or you may not be as into material objects anymore. Try to be more risk-taking this week, but remember you still need to be practical.



TAURUS

APRIL 20-MAY 20

Now is your time to shine, dear Taurus. This is the week that will shake you out of the rut you have been in lately. Risk something ambitious that you haven't in a while. This could be career/investment wise, or even in a relationship. You may also want to check if your image and reputation is something that you feel truly represents you. You may be asking yourself questions about what you stand for and support. Who are you when you take away these labels? It might be time to combine the person you are with the person you want to be.



GEMINI

MAY 21-JUNE 20

You are going through uncharted waters at the moment, dear Gemini. You are going through situations and experiences you have never experienced before, or at least not for a long time. Pay attention to your intuition and trust it during this period. Use the insights that you gain from this time to your best advantage; by your birthday season, you could be experiencing yourself as a completely new person.



CANCER

JUNE 21-JULY 22

This week you are feeling more optimistic about making new friends and joining new groups. Don't be afraid to start something just to see what you can get out of it, as you have been working nonstop on improving your own relationships lately. You may find that you are more invested and passionate about the relationship than the other person however. Use your grace and perseverance to not worry about this, as you'll soon find someone on the same wavelength.



LEO

JULY 23-AUGUST 22

All of the work you have been doing lately may feel like it's been for nothing - however don't worry! This could be a great thing. This shift may make you realise there is more to life than money or fame. Instead, you may want to evaluate what you can do for others around you and your community at large. Take a risk with your reputation and embrace the unknown. Not everyone will be on board with these changes in you however, especially if it means a lifestyle change for them. Think with your head instead of your heart and it will all pay off eventually.



VIRGO

AUGUST 23-SEPTEMBER 22

You may be evaluating your own personal beliefs and philosophy lately, dear Virgo. You need to have the will to build (and maybe destroy) various beliefs until you find one that you can function within yourself. Perspective shifts like this may lead you to pursue new hobbies, spiritual practices, or travel. On a more practical level, this shift could also get you to organise your daily life.



LIBRA

SEPTEMBER 23-OCTOBER 22

This week you may be feeling alone and overwhelmed with the workload you have going on. Don't be afraid to ask your partner or friends for help as you put up a strong front that may mislead them. You may feel thrown out of balance towards the end of the week so it is important to put aside time to reorganise yourself and get some peace of mind. Libras need to stay active so consider going on little walks to keep your energy levels up!



SCORPIO

OCTOBER 23-NOVEMBER 21

Scorpio, this week is the perfect time to make decisions that you've been thinking over that could affect your future. As a water sign you manifest your emotions intensely and often have trouble letting go of things that are bad for your growth. Focus your energies this week on your own personal development as that is the key to moving on with your life. When you are in need of a break try out a new class at the gym or do a workout in the comforts of your own home!



SAGITTARIUS

NOVEMBER 22-DECEMBER 21

Sagittarius, you may stumble upon a large secret that could burden you if you share it with the wrong person! Be wise with those you surround yourself with as they will help you grow and guide you to make the right decision. You will be in high productivity mode mid week and this will allow you to transform your thoughts into concrete actions in record time.



CAPRICORN

DECEMBER 22-JANUARY 19

Always known as the practical and grounded star sign, dear Capricorn this also unfortunately makes you stubborn to move on from one perspective or point in a relationship. You may find yourself getting into conflicts this week with those close to you and it is important to remember that it is not worth losing a loved one over it. Take the time to gather your thoughts before responding and clear your mind by going for a walk along the beach.



AQUARIUS

JANUARY 20-FEBRUARY 18

Aquarius, this is your week! You will end up surprising everybody around you as you land on both your feet right at the top! Your successes deserve to be celebrated so take the time out of your day to relish in the hard work you've put in. You may find that your weaknesses can be turned into strengths over time and practice as long as you continue to put in the hours, you got this!



PISCES

FEBRUARY 19-MARCH 20

Pisces, as deadlines are fast approaching now is the time to put yourself first! You are always eager to help others however this week even though others may be calling on you for assistance you need to complete your own tasks before adding on others. Keep on top of your to-do list and whenever you find yourself getting stressed, listen to your favourite playlist as music will help shift your mood and enable you to reach peak productivity!

THE PEOPLE TO SUPPORT (AND LOVE).

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