

C R A C C U M

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WE'RE BACK!



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Heating Up

Cam says:

Despite the title of this week's column, things are not in fact heating up. By the time you read this it'll be winter and the start of winter also means the start of exam season, again - fuck.



I don't have study tips for you - that isn't what my editorial is for. Instead, I'm thankful that we have another two weeks before exams start and so there is plenty of time to procrastinate. Procrastination is a key component of any good study routine - I would highly advise procrastinating, to be able to sit down and get on with your work is just immoral and wrong behaviour.

Now is the perfect time to download Tiktok, burn your study notes to keep warm and invest in some fleecy slippers - winter is dark and gloomy and so are your grades.

Besides, if you're really struggling for warmth, you can always flick on your computer monitor to a video of a fireplace.

Cheers,
Cam

Dan says:

Hot damn! Things are really getting spicy now.

In case you haven't realised, it's the second to last week of the semester. Yes, that's right. You're reading this in the second to last week of semester. Which means, of course, that *THE EXAMS ARE NEAR OH GOD*. Worse, like a Shadows bouncer closing in on a drunk white girl throwing up in the corner, they're getting closer every second.

If you're anything like me, you've spent your whole lockdown wrapped up in bed watching reruns of *Community* (and occasionally, when I'm feeling really freaky, *Arrested Development*). You have *not* spent it doing anything actually productive. It's time to end that shit right now. Time to focus up on uni and crack into some work - it's just about the only way any of us will scrape through the coming shitpocalypse that is the lockdown exam period.

Here's my patented Study Tips™ to help you get through the break. Follow these steps in order and I guarantee you'll be doing as well as I am:

Fight the urge to cry.
Unlearn random sitcom facts.
Cry because it's hard.
Kry (again).

Cheers,
Dan





LIVE

Fitness

PRESS TO PLAY ON SPOTIFY

Greens Call for Inquiry Into Student Accommodation

ELLA MORGAN

The Green Party has started the process for a select committee inquiry into what it has labelled a “Wild West student accommodation sector”.

Throughout the nationwide COVID-19 lockdown, students across New Zealand have faced challenges in dealing with student accommodation providers. Green Party MP and party spokesperson for tertiary education Chloe Swarbrick has been heavily involved in advocating for students confronted by what they deem to be unfair conditions.

“During the COVID-19 lockdown, thousands of students were charged by providers for accommodation that they couldn’t stay in. Many returned home to be near families and loved ones and were stuck with paying two lots of rent. Just today, I learnt of a student who has been given 72 hours to pay debt accumulated over lockdown or risk their graduation,” says Swarbrick. “Any attempt to work out why this was happening revealed inconsistencies across different universities and providers. It showed an impenetrable web of contracts and confidentiality that pushes blame and shifts accountability.”

At University of Auckland accommodation, students who returned home to their families for Alert Level 4 were continued to be charged rent, albeit at a reduced rate. Those who wished to cancel their accommodation

contracts in light of the COVID-19 pandemic faced cancellation charges upwards of \$1000, and had to continue to pay rent until New Zealand returned to Alert Level 2 and they could collect their belongings from accommodation facilities. In response to these conditions, students from Carlaw Park Student Village and O’Rorke Hall created petitions to the accommodation management team – both of which garnered hundreds of signatures.

Accommodation disputes have not just been limited to the University of Auckland. Last month, Victoria University students were successful in having their rent frozen after they were forced to move out of their halls and asked to continue paying rent. And last week, AUT students received an email threatening that their grades and graduation would be affected if they did not pay outstanding rent. AUT has since apologised for the incident.

Massey and Waikato universities were the first to freeze rent at the start of the COVID-19 lockdown, with some other tertiary institutions following suit. However, many students at other universities are still not satisfied with the conditions imposed on them by student accommodation providers, and have welcomed the Green Party’s move.



Political Protest Moves Online Amid COVID-19 Restrictions

ELLA MORGAN

As New Zealanders adjust to life under social distancing protocols, political protest has moved online. Large-scale movements like the School Strike 4 Climate New Zealand have been conducting online activities to continue to raise awareness and apply pressure on the government to take action.

Last month, New Zealanders striking for climate did so according to the COVID-19 restrictions. According to the School Strike 4 Climate website, “we will be taking to the streets again but in a way that protects and respects the mahi done by all New Zealanders over lockdown. We ask you to take to your driveway armed with chalk and your cardboard signs”. Over 800 people attended the Facebook event for the strike.

Other political causes have also organised online protests as mass gatherings are subject to restrictions. On the 10th of May, the Palestine Solidarity Network Aotearoa hosted its second online rally to raise awareness about “the huge threat Covid 19 poses to the peo-

ple of Palestine – and Gaza in particular – and what we can do about it,” says a press release from the group.

Despite the adaptability of political groups, it is still uncertain around how effective the online protests will be in comparison to traditional forms of protest. Groups and governments around the world have had to adapt to the challenges of facilitating political action in the midst of a pandemic, and for some this has raised questions as to how lockdown rules may stifle political debate. Earlier in May across the ditch in Australia, a group protesting the mistreatment of Manus Island refugees was arrested and fined \$AU1650 each for breaching social distancing regulations.

As of Friday last week, the government has allowed mass gatherings of up to 100 people to take place, meaning that smaller scale protests will be able to take place as usual. However, larger protests, like the massive marches for climate seen last year, will have to be put on hold for now.

Te Pararē joins Aotearoa Student Press Association

CAMERON LEAKEY

Te Pararē - the student magazine for Te Mana Ākonga: the National Māori Tertiary Students Association - has joined the Aotearoa Student Press Association.

Te Pararē Editor, Taylor-Rose Terekia, says she's grateful for the extra resources this will provide. "Becoming a member of ASPA is an amazing resource for us. We have so much to learn only really becoming a 'magazine' as opposed to a publication earlier this year, we're completely new to student media," she told *Craccum*. "From my first ASPA zui (zoom hui) when Te Pararē was voted a member right then and there I knew this was the place to be, and I'm so excited to learn from our tuakana magazines, but also navigate how we can help one another, especially around anything surrounding Māori and Te Tiriti".

Te Pararē began in 2019 following discussions at the Te Mana Ākonga Kaiārahi conference. "As I was coming in to my role as 2019 Tumuaki o Te Roopu Māori (Otago) us presidents believed there was the opportunity to build a platform that was for Māori and by Māori, that could weave together Māori tertiary students across the country," Terekia told *Craccum*.

Te Pararē represents Māori students across New Zealand's tertiary institutions - with a focus on Māori topics including Kapa Haka, Hauora, Pūrākau and Identity, and Rangatahi Māori voting. Terekia spoke of the importance of a magazine that maintained Māori editorship

and writers: "We recognised how important student magazines were on each campus, but the amount of Māori content differed from magazine to magazine, and year to year as writers and editors changed".

Terekia specifically noted the contributions of *Critic* Editor, Sinead Gill, in helping Te Pararē become established and in recruiting Tauria to form their editorial team.

The Aotearoa Student Press Association is comprised of the current tertiary student magazines in New Zealand - including *Craccum* (Auckland), *Debate* (AUT), *Massive* (Massey), *Critic* (Otago), *Salient* (Victoria Wellington), *Nexus* (Waikato), and *Canta* (Canterbury).

The logo for Te Pararē is displayed in a large, white, serif font against a solid black rectangular background. The text "te pararē" is written in lowercase, with a macron over the 'e' in "pararē".

te pararē



Staff Encouraged To Use Up Annual Leave and Reduce Working Hours to Cut Costs

JUSTIN WONG

The University of Auckland has asked staff to use up their annual leave and temporarily reduce working hours to reduce costs.

In an email to university staff last week, Vice Chancellor Dawn Freshwater said while a net surplus of \$32.6 million was predicted before COVID-19, the university is now forecasting a net loss of \$63.7 million for 2020.

This was caused by decreasing fee revenue of \$41 million due to falling numbers of domestic and international students in 2020, a drop in research revenue of around \$35 million, \$24 million reduction in revenue outside of teaching and research such accommodation,

recreation and support, and the need to absorb additional costs related to Covid-19.

The university has already implemented cost saving measures, including reducing travel costs, deferring recruitment, non-essential purchase equipment and non-essential property works.

The Vice Chancellor has earlier said in a virtual staff meeting in April that the university will be looking to

news.

shift the duties of casual employees to permanent staff.

Freshwater said this was not enough.

“Returning the University to a strong financial position will require us to achieve the right balance of capital, operational and people spend.”

“It is therefore likely the University will need to reduce staff numbers in the future in order to achieve a sustainable position.”

Staff who have a positive annual leave balance are now asked to take as much leave as possible to reduce their annual leave balances to a maximum of 2 weeks by the end of January 2021, with the university saying its annual leave liability is over \$35 million.

The email also said the university may consider temporarily reducing staff’s hours to working 4-day weeks or 9-day fortnights, while pay reviews for the university’s executive, professional staff, and some academic staff, including professors, associate professors and some professional teaching fellows, will not be conducted this year.

They will also not reimburse staff the cost for working at home.

However, academic promotions will still proceed.

While there were still no plans for the university to lay off staff, the university added in the staff email that they are developing an enhanced retirement scheme

and are considering a voluntary severance option.

It also said the vast majority of the university’s executive have committed to make voluntary donations towards student support funds, but the email did not say how much was donated and it also asked staff to make similar donations as well.

Victoria University has already said in late April it is considering cutting wages by 20 percent or moving to a four-day week to help to cope with a \$50 million income decrease.

Lincoln University asked its staff to volunteer for a 5 percent wage cut in April, while acting Vice-Chancellor Bruce McKenzie had cut his own pay by ten percent for six months and no senior manager would be accepting pay rises or bonuses.

“While there were still no plans for the university to lay off staff, the university added in the staff email that they are developing an enhanced retirement scheme and are considering a voluntary severance option.”

Hearsay! Chris Bishop Left Reeling Over Discovery he is Half-Chinese

BRIAN GU

A tough week for the Opposition just became even harder, after it was revealed to Chris Bishop he was half-Chinese at a Caucus meeting last Friday.

The bombshell was dropped by National's new Deputy Leader Nikki Kaye, who was also recently credited for unearthing Paul Goldsmith's Maori heritage.

It's been a tough weekend for Bishop, who admits he is still adjusting to the implications of this unexpected revelation. "I mean, it all just came out of nowhere," recalls Bishop. "She [Nikki] had a character card with my name on it. I thought she wanted to play Dungeons and Dragons with me."

For Kaye, it has been a busy week, as she remains stoically determined on highlighting the cultural diversity of her shadow cabinet, despite criticism from Kiwis. "I know the public look at us and think 'oh, there are twelve boring old white people', but I want people to know we are so much more than that," Kaye tells *Craccum*. "I mean, just the other day, I had Indian takeaways for dinner. This is the kind of diversity *National* can be proud of."

However, various National members have been left unsettled by Kaye's promotional tactics. "The other day, I told her I was part-Lebanese," recalls a traumatized

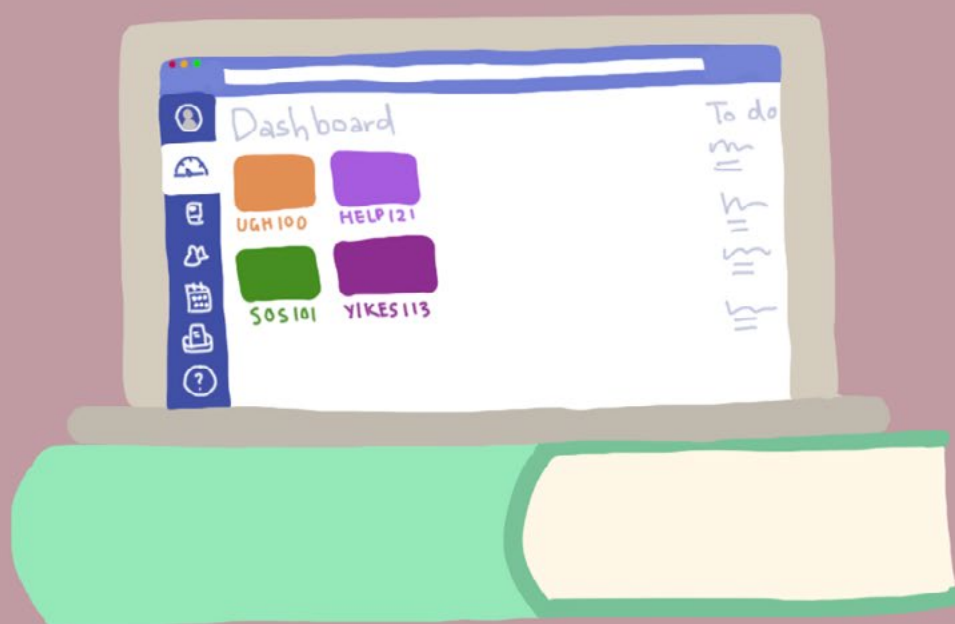
Mark Mitchell. "The rest of the day, she went around telling activists her shadow cabinet was part lesbian."

Meanwhile, Chris Bishop, who has chosen to take the news with an optimistic outlook, plans to spend the future reconnecting with his repressed heritage. He hopes to one day visit China when the COVID-19 pandemic dies down.

"People tell me it's a really beautiful place," Bishop describes to *Craccum*. "Lots of diversity, lots of culture. Anyways, enough about the National caucus, let me tell you about China..."

Bishop has repeatedly tried to contact Winston Peters to discuss the culture in China. Peters has expressed to *Craccum* his mounting frustration from repeatedly reminding Bishop he is not Chinese – he just squints his eyes often as he gets tired at his old age.

David Seymour was disappointed upon hearing the news about Bishop leak over the weekend. "It's gonna take a whole lot more bargaining for this MP to take a paycut," he reportedly said.



Students Report Drastically Different Experiences of Online Learning

MADELEINE CRUTCHLEY, BRIAN GU & ELLA MORGAN

Across faculties, the online learning experience has differed widely. University of Auckland students have reported dramatically different experiences adjusting to the delivery of online education, with some enjoying the shift and others struggling.

Thanks to the advocacy of the Auckland University Students' Association, the university has adopted a policy of shifting all undergraduate and postgraduate coursework students' grades up one grade scale this semester. The university is considering all students' academic performance to be moderately impaired by the COVID-19 pandemic.

Medical and Health Science Students Under Pressure as a New Test Is Introduced

Despite the new grade policy, some students are still feeling immense pressure to keep their grade point averages high. Emily*, a Faculty of Medical and Health Sciences first-year student, told *Craccum* that the

stresses of keeping up with her study workload during the lockdown had effects on her mental health. "I was so excited to come to uni and now I feel so stressed out all the time, especially not being around my friends because I am a very social person," says Emily. "Now with an extra exam on top of all the work I already have I have never felt so stressed in my life."

The Faculty of Medical and Health Sciences has proposed the introduction of a new 'Clinical Selection Test' as part of the faculty's review of the limitations for entry to clinical programmes. The test, if it passes numerous rounds of approval, will take place in the first week of the second semester - just weeks after the UCAT exam. Associate Professor Bridget Kool, the

news.

faculty's Associate Dean (Academic), has said the test will complement grade point averages in the selection process for clinical programmes. This is just one of the changes the faculty has made as we all navigate a global pandemic.

Practical Course Components Pose Challenges for Engineering Students

The ongoing pandemic has also posed unique challenges for the Engineering faculty, as many degrees have an integrated practical component which has been affected by distance learning.

With the \$170 million newly built Engineering building sitting empty of students and staff, the lack of access to specialist lab equipment and software has been a real challenge for the faculty to navigate.

One anonymous Part IV student I said the ability "to work on hardware projects at home has been a real struggle." As he doesn't have a desktop computer, he is forced to settle with running programs on his laptop, which "isn't built to handle the heavy duty requirements of some of the software [he's] had to use".

This sentiment was shared with students at different stages of study. A Part III student told *Craccum* her labs were "harder to follow along since it's not as hands on anymore", while a PhD student also identified his need to conduct experiments as a challenge.

The university's policy for Alert Level 2 indicates doctoral students may be able to come onto campus or return to the field for research purposes. Following a faculty-wide online learning survey, Associate Dean Teaching and Learning Peter Bier responded to concerns of Part IV students who had their projects affect-

ed through inability to access critical software. "ITS [IT Services] have responded quickly and have identified some areas that they are able to improve immediately – particularly with provisioning of resources on virtual machines."

It appears that laboratory exercises for other undergraduate students will continue through online alternatives at least while remote learning remains in place.

With the undergraduate degree being primarily theory-based, the faculty has been exploring different modes of content delivery to keep students engaged. Following the same survey, Peter Bier reported students had "a preference for shorter clips instead of full-length lectures and live tutorials are also appreciated." However, he has also observed through the survey that online delivery has resulted in "a negative effect on motivation to study".

"There seemed to be a number of positive comments showing how much [students] missed in person delivery and being on-campus."

This was also echoed in the responses of the students I talked to. "I felt consistently concerned about the lack of motivation I was feeling by constantly being in my home environment," admits one student.

However, on a positive note, they simultaneously recognize the faculty has made significant efforts to smoothen out the effect of the sudden transition. "I feel that the Faculty of Engineering has made a strong effort to deal with the tremendous strain and difficulties of the situation we are in," I am told by one respondent, who cites lecturers showing "an unexpected and surprising amount of kindness and consideration when prompted."

news.

Leaving students with a helpful message, Peter Bier shares some of his top study tips from home. This includes writing a to do and to don't list, asking lecturers for help, maintaining at least some study every day, studying in blocks, keeping a sleeping pattern and watching lectures as soon as they come out.

Science Students Frustrated With Online Labs

Aside from Engineering, many other faculties also utilise practical work and projects as learning methods. Faculty of Science students, who would usually take part in physical labs, have had this substituted for online labs. *Craccum* spoke to two science students who both expressed frustration with the changes. "It would be so much easier to write reports if we were actually doing the labs. Without them it's much harder to grasp the concepts you are learning," said one student. "I think a lot of people are not going to do as well as they could this semester."

Faculty of Arts Students Adjust to Online Learning

The Faculty of Arts has mainly kept in touch with students through mass emails, often linking through to updates on various university websites and highlighting online events (including seminars and drop-in sessions) available for arts students to access. Lecturers were originally encouraged to keep remote learning as simple as possible, and warned against using too many

Zoom/live sessions that might mean students would run into issues of accessibility. It seems that some lecturers have adopted live tutorials despite this suggestion, or transitioned their office hours into time for general discussion, others utilising Canvas features to

keep the discussion going.

Often lecturers have asked for feedback from students to cater to their interests. Assignments that aren't suitable for remote study have had to be adapted into new formats or been dismissed, with points distributed to other course assignments. The Tuākana Arts program has also moved online, utilising an online hub with Drop-In Sessions operating from 2-4 every workday. The program has also established a presence on social media, focusing on issues of student wellbeing.

Three students recounted their experiences with remote learning in different departments. "The extensions are being handed out like candy, which is helpful. I had one lecturer cancel a test and move the percentages to other assignments. That was a relief because lockdown started at the same time that was scheduled, but now I feel there's more weight to later assignments which is stressful," says one student. "There's been more administrative work and concentration on course layout rather than content, but I'm pretty happy with the support from lecturers. I haven't used the faculty resources, but that's because I haven't felt the need to access them yet. I also find it easier to keep up with classes when they have live elements, as it's much easier to feel motivated to work, but I understand that's an issue of access."

Another student said that their screen production classes have changed hugely. "Our main frustrations have come from these new assessments as the final one, for me at least, is really difficult to do at home. Having to film on your phone and not have the immediacy face to face support from your peers, usually available during practical group work, when you encounter issues is difficult. It's now a solo project all the way from pre-production to post. We have been given access to

Adobe Premiere Pro, but again I presume some peoples computers can't run it (that's assuming people even have home laptops/desktops)." The student also highlighted that issues may arise around technical problems, which involve a level of "digital literacy".

A postgraduate arts student reported that the support they've received has been largely dependent on the Professor facilitating the course. "They've been helpful through Zoom meetings and emails, but obviously it's such a limitation not to be able to drop-in and ask them questions. Postgraduate courses are supposed to be more directed, independent study anyway, but the lack of actual live classes is definitely a hit to my motivation."

"I've accessed a few webinars and sources recommended by the Faculty of Arts, and they were surprisingly helpful for the assignments and research that I've been completing. However, I wish there were more constant updates coming via email from the Faculty of Arts because I've only caught some essential pieces of information by chance on Facebook. Overall though, they've done pretty well in my eyes in the adaptation to remote learning. Every time I've needed to get through to the Arts Centre they've been helpful and I'm never lost on administrative issues for too long."

Mixed Reviews of Online Classes From Business School Students

In the Business School, many courses were already being conducted through distance learning prior to the government enforcing domestic lockdown measures. Special arrangements were made for international students who were initially unable to travel to New Zealand due to travel restrictions, and they were still able to access many of the faculty's undergraduate

courses. Since all university activities moved online, domestic student Jeremy* has reported that he has not experienced many difficulties in adapting to the online learning environment. "I haven't had trouble keeping up with recordings, I've just been trying to stay motivated the whole time," says Jeremy. "The only thing that I've noticed is lecturers taking longer than usual to reply to emails but I understand that because of the coronavirus situation that is to be expected". However, one of the author's flatmates, who is also a Business School student, is currently watching eight hours worth of lecture recordings at two-times speed - demonstrating that different students have had different experiences of keeping on top of their workloads.

Faculty of Education Practicums Affected by COVID-19

As *Craccum* reported last week, many courses with practical components have been largely affected by the COVID-19 pandemic. Within the Faculty of Education, students have been unable to take part in their practicums. These have been suspended since March but may resume in late July.

The university plans to resume in-person learning activities at the beginning of Semester Two, as long as New Zealand remains at Alert Level 2. However, being forced to adapt to online learning has allowed many tertiary institutions around the world to explore new education opportunities, facilitated through technology. The future of learning may just end up looking different to our pre-COVID experiences.

*Names have been changed

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WHAKARONGO MAI! LISTEN UP!

What Do Auckland Students Think of the Climate Strikes?

Last month, School Strike 4 Climate New Zealand organised an online climate strike in its efforts to continue to push for action to address climate change. This week, Craccum showcases the thoughts of three students as well as School Strike 4 Climate NZ on the issue.

Amy, 21, Arts*

"We need to keep the pressure on and keep pushing for our government to be a climate leader. Without countries around the world agreeing to a binding and meaningful agreement on how to address climate change, I am really worried for the future of our world. I would love to see a day where everyone can commit to a collective solution for a collective problem"

John, 20, Arts*

"I think the School Strikes for Climate have been really great at raising awareness about it. I think it's awesome that we have so many people engaging in politics on such an important issue. Especially because there is an idea of young people as not caring about politics. Hopefully this will show the government how important it is to New Zealanders."

Nelson, 22, Commerce*

"Global warming is really important but we need to think about how this is going to impact our biggest industries – farming and tourism. If we make really big changes then we might not have time to adapt to it properly and it could negatively affect other areas."

School Strike 4 Climate New Zealand

"Right now, we have an unprecedented opportunity and responsibility to create a new normal – one which creates a planet we would all feel proud to pass on to future generations, by holding people and the planet at its center. We must show our leaders that there is still momentum and that thousands of New Zealanders are here, ready to walk alongside our political leaders on this journey to the more beautiful Aotearoa that we know is possible."

*Names have been changed.



Right now, we have an unprecedented opportunity and responsibility to create a new normal - one which creates a planet we would all feel proud to pass on to future generations, by holding people and the planet at its center.

Without countries around the world agreeing to a binding and meaningful agreement on how to address climate change, I am really worried for the future of our world.

I think it's awesome that we have so many people engaging in politics on such an important issue. Especially because there is an idea of young people as not caring about politics.

We need to think about how this is going to impact our biggest industries - farming and tourism

**Karongo
Mai!**



LIVE

Wellness

PRESS TO PLAY ON SPOTIFY



feature.

Can't Take My Eyes Off Of You

Madeleine Crutchley is transfixed by her glowing screen, while investigating the issues of increased screen time during the long period of remote learning.

The University of Auckland shifted to remote learning mode on the 30th of March, directly following a full 'Teaching Free Week' during which teaching staff prepared to move all classes online. This means students have been off campus since the 23rd of March, with only a few study spaces reopened during the last few weeks of level 2. All lectures, group tutorials, practical assignments, labs, office hours and group assignments have required students to work online with their own devices. By the time we get back to campus, we'll be walking around with square eyes, just like our parents foretold.

The average full-time uni week requires about 40 hours study, 10 for each undergraduate class. Speaking from personal experience, postgraduate study works out to about 20 hours per class, so many of us are in the same boat. But, obviously, many students don't solely attend university; they also work part-time jobs to keep up with the steep costs of Auckland living. For some, this means work would also have shifted online. A quick calculation of my own schedule shows that I have approximately 57 hours of work to complete every week. Fear not, for the hypnotic allure of screen time does not end with the long working week. Because, of course, we live in a #digital #age. Endless tweets, stories, shows, movies and messages require us to stay on top of our cultural capital, so we are sucked back into the void in our little free time. TikTok is the devil. Don't get me wrong, this isn't a complaint. For the first time in my working

life I really enjoy the work I do, and it's my choice to spend part of my free time online. However, my eyesight has been slowly decreasing since I was about 12 years old, and I can't say that staring into the endless abyss of blue light is doing my corneas any favours.

If you follow any of your uni friends on Instagram, it's very likely that you saw a few of them sporting some transparent blue light glasses last year. Proven to increase selfies taken during study sessions by 300% (no shade, I'm scrolling past them while I'm supposed to be writing essays... You look good boo!). There has always been some concern over the potential side effects of the mysterious blue light emitted from our devices. While the science supplied to sell those blue light glasses is patchy at best, there are some physical ails that come with spending too much time on a laptop. Computer Vision Syndrome (CVS), also known as Digital Eye Strain, refers to the common physical reactions that come with time spent in front of screens. The list of symptoms includes eyestrain, headaches, blurred vision, dry eyes, neck and shoulder pain. These issues aren't just brought on by the screen itself; they can be irritated by uncorrected vision, bad posture and repetitive eye movements. The top tips for relieving CVS include:

1. Check that the lighting in the room isn't too low, causing your eyes to become transfixed by the glare from your screen.

2. Elevate your screen so your neck and head don't sit at an awkward angle while working. You can find cheap laptop stands online, or for the budget-friendly version, you can raise your laptop up to eye level by placing a stack of books underneath.
3. Swap out your chair if it's causing you to shift and fidget, get some cushioning for support.
4. Focus on improving your posture, straightening your back, pushing your shoulders down and back and typing with your elbows at a 90 degree angle.
5. Take breaks as often as possible. Stretch out while you're making a cup of tea and look out of a window for five minutes.

Extended screen time isn't totally unfamiliar to uni students. Pre-COVID time, many professors had already ruled out the submission of assignment paper copies, shifted weekly quizzes and tests online and used readings with only digital access. However, during a normal semester students have access to campus. Attention is demanded in a physical and tangible space, with more movement required between lectures, tutorials, study spaces. Students get face to face contact with their lecturers, tutors, group members and friends. Being able to interact with your uni community and support system does a lot to keep your mind calm during crunch season. With all that stripped away in the process of remote learning, it's hard to find variety in your work. For the first time in my life, I'm actually missing the Human Sciences Building.

The lack of a commute seems to be another aspect of this shift really affecting me. Usually I would complain about my distance from uni campus, dreading the hour it usually takes for me to get to campus. However, being locked to a laptop screen has given me a new appreciation for the ride into town. I hadn't realised that my daily bus ride had become a lovely break from the intense hours of study. It gave me the opportunity to listen to a podcast guilt-free, adjust my Spotify playlists or simply zone out while looking out the window. Having little separation from my workspace (which is less than a metre away from my bed) can make it a little tricky to actually switch off and relax. To try to overcome that mental block I've been rigorously scheduling out my days, indulging in lunch dates over Facetime and giving myself things to look forward to in the evenings. Even though the Netflix dates have been helping, I'm very keen to get back to campus and break the staring contest with my laptop screen.

The major shift in workspace is another reason why the grade boost petitioned by AUSA is so important. Outside of the financial pressures and anxiety caused by COVID-19, the disruption to our regular study environment qualifies us for some academic compensation. It's been a great relief to hear that our pleas for empathy have been heard and our efforts for a decent GPA won't be in vain.

Now, if you'll excuse me, I'm going to go look at a tree or something. My eyes are starting to hurt. At this rate, it's quite likely that I'll become a walking cyborg by next semester. It's the final symptom of CVS... Beware.

A decorative border of icons surrounds the central text. The icons include speech bubbles, lightning bolts, triangles, diamonds, and circular arrows, arranged in a grid-like pattern.

It's not just about opening
doors, it's knowing which doors
to knock on...

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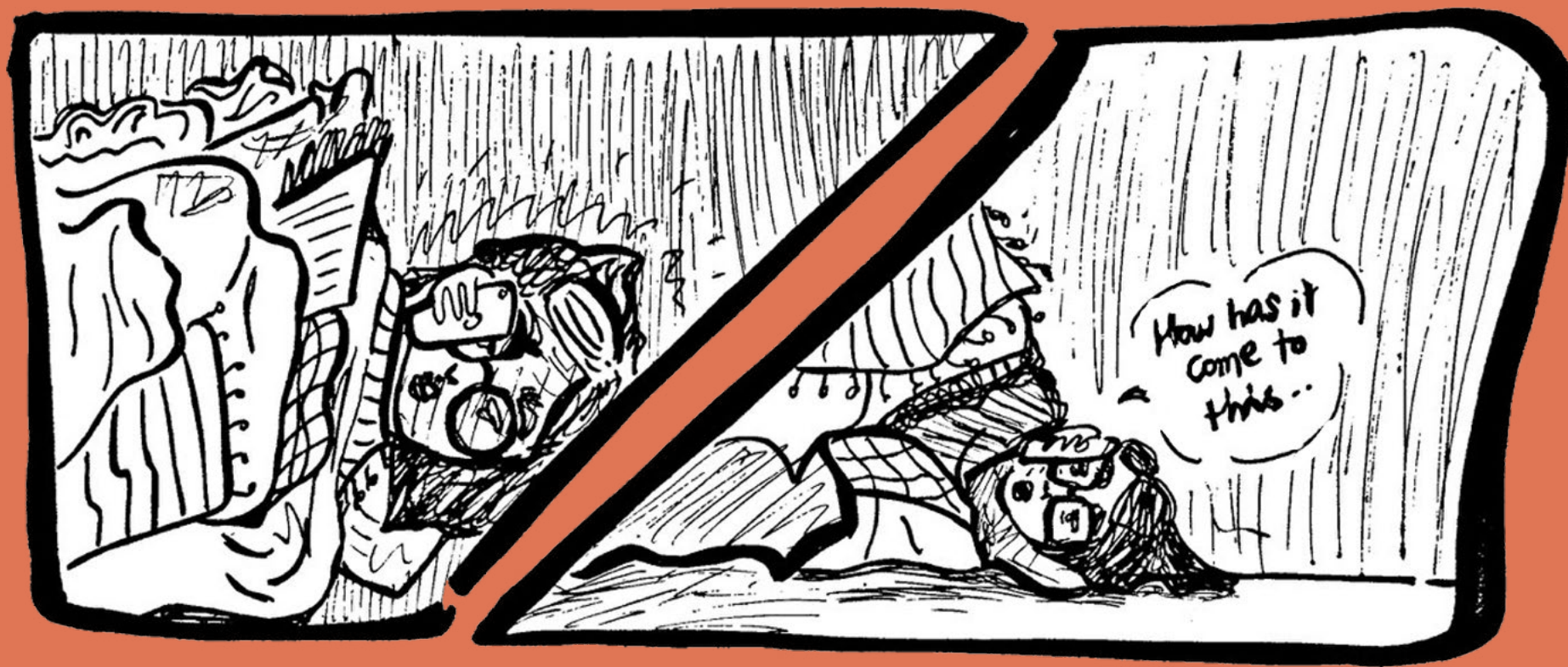


ILLUSTRATION BY GABBIE DE BARON

Burnin' Up: Keeping Warm This Winter

SHERRY ZHANG AND MADELEINE CRUTCHLEY

Student flats are notoriously cold and damp. It can be a struggle to stay warm and healthy over a wet Auckland winter. Chipping icicles off of your cold nose can easily become a part of the daily morning routine. However, where ever there's a problem, there's a dumb life hack. We dole out some very sketchy advice.

10. Oven

While it's just a tiny warm box, your oven can provide you with some valuable heat. Go full Trisha Paytas and plonk yourself down on the kitchen floor. The bonus is that your midnight snacks are only a few steps away. Just remember to turn it off; otherwise, you could be in for a rude awakening.

9. A Fever

"Reality is merely an illusion, albeit a very persistent one."
Albert Einstein.

Smart man, everything is subjective. So why change the actual temperature, when you can change your experience of it? Why look to external blame, when

you can look inside yourself. Crank up that body heat, and everything will be steamy. However, if it's over 42 degrees, could be in for some severe health complications. Also it usually only lasts 2-3 days, not sure about the costs related to running a fever the whole winter season.

8. Teddy Bear Coat

Those ripoff I.AM.GIA jackets were everywhere last winter, with every white girl on campus wandering around looking like a grumpy sheep. Shed the Glassons stigma and invest in a fluffy coat. Get your money's worth by never taking it off. If you're lucky, by the end of the cold season, you might need to have it shorn off your body.

feature.

7. Layers

If my stingy Asian parents have taught me anything, it's that dryers, dishwashers and heaters are a waste of money. So get out those long underwears, layering is the new sexy. Go for tight merino/poly. It'll keep you dry, and hug you like nobody else can in these cold lonely times. The middle layer is the insulation, much unlike my shitty student flat, pack that good shit in. Heavier wool/fleece is a good option. Finally chuck on a puffer jacket, or a rain jacket. It'll stop that wind from shivering your bones.

6. Alcohol Blanket

The one thing I learnt from clubbing in Auckland. Mini-skirt, heels and crop top... you really don't get cold if you've got enough drinks in you. If I can sprint down the length of Queen Street and not feel a thing, then I can be drunk in the flat while knitting. Love a bit of blood vessel dilation, increasing the blood flow within the epidermis. These thermoreceptors be transmitting those warm signals to your brain, and so you feel cradled and cocooned. Even though you really aren't.

5. Kmart Blankets

There's a pretty decent selection. Something for everyone. Mermaid Shimmer Blanket for \$9, because who needs their legs anyway? Morph into the couch and finish watching Outer Banks. Otherwise get fancy with a faux fur throw, \$8 wine from Countdown, and season 3 of Dynasty on Netflix. Also the classic polar fleece blanket, a staple that can easily be draped over instead of actual clothes for Maccas runs and checking the letterbox for online shopping deliveries.

4. Restaurant Heaters

Order the cheapest thing on the menu (House bread? Peppermint tea?) and sit there to soak up those warm rays. Close your eyes, and it's almost like you're frolicking in the Mediterranean summer. The only downfall is

that you can't sleep there, and getting to and fro can be pretty chilly.

3. Electric Blanket

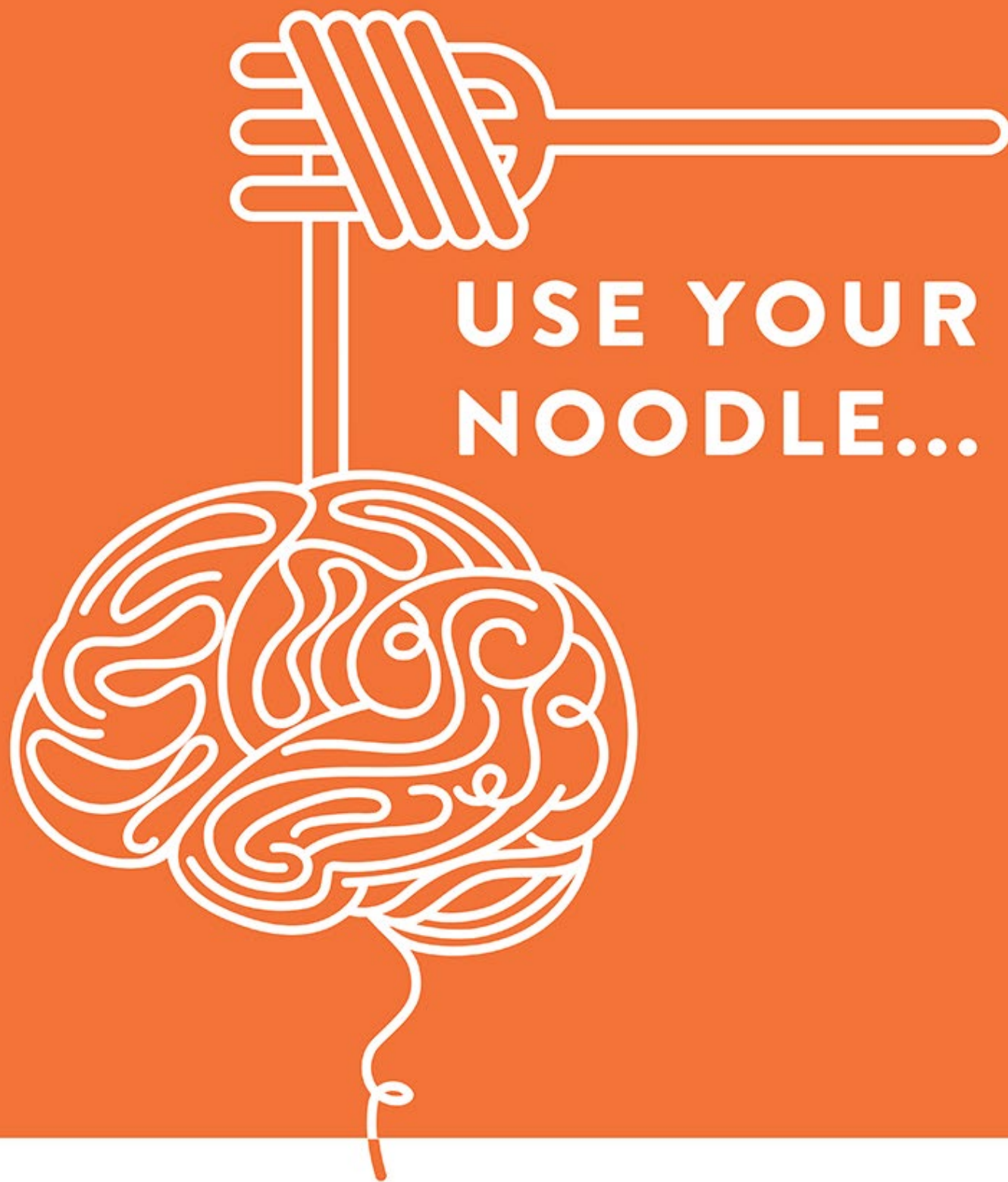
It's really a guilty pleasure. High-end brands may have an extra foot-toasty function. We reckon just chuck on a thick pair of socks and Kmart is selling them for \$22 for a single bed. (Not saying you are single... but you probably are). Not sure about sleeping on electric coils the whole night through, my mum says that if I leave it on the whole night, it's bad for my body. Well Mum, so is being cold. In the late '80s there were thousands of electric blanket fires reported in the UK. However in NZ, 11 fires were caused in 2015, so really it's not that bad? Things obviously improved. Anyways, that event would spring you straight to our no.1 suggestion.

2. Cuddles

Time to get wholesome. Body heat is the most intimate and heartwarming way to the heart pumping that warm blood juice. Also, actual science medicine says that the most gentle way of heating a body suffering from hypothermia is to give them a great big skin to skin hug. Ask consent though; you may get throat-punched if you start spooning your flatmate. But it could also be a way to get the conversation going on a mutually beneficial arrangement.

1. Fire

It's 100% scientifically proven that fire is the fastest and most effective way to warm up. Some of you may be lucky enough to have a grand fireplace in your living room, with pictures of past lovers on the mantle. For those without a specified spot, do not be concerned. You have no boundaries to stop your quest to capture the blessed heat. Get a bucket, some petrol, chuck in some old copies of Debate/Salient, and let it blaze. Let the flames spread and consume your overly expensive flat. You'll never be cold again.



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HEALTH BITES

Not a Chappy Chap

PATRICK MACASKILL-WEBB

Patrick Macaskill-Webb *investigates the impact the incoming cold weather will have on our precious skin. To stop your skin from morphing into that of a lizard, read on.*

As the weather turns colder, many of us will be experiencing chapped lips that get crusty, dry and pale. This is super common, even if you haven't had skin troubles in the past. Being on the dry side of things tends to oppose being oily (and sorry – pimply). As the sun retreats and the rain sets in, we spend way less time exercising and more time snuggled with duvets (not to mention missing out on vitamin D). All of these seasonal changes affect our skin and so it's okay to get some disappointing beauty changes right now.

On the upside, in this Health Bites you can skip to the end for some recommendations I selected with a novice preference for what are called “natural moisturising factors.” I stumbled across an article in the American Journal of Clinical Dermatology which claimed these factors found in the skin are key to keeping things from drying out. Although water intake itself is not linked in a straightforward way to skin health, it's the natural moisturising factors that can make or break our inbuilt body barrier.

Last week it was mentioned that depilatory cream (hair removal cream) could wreak havoc if the skin barrier was broken. Actually, anything in the outside world can

cause problems if your first line physical defence is broken. So it's been stressed to me – and I will stress to you – it's not just for beauty reasons you want to keep your lips plump. Natural moisturising factors are a combination of pyrrolidone carboxylic acid (PCA), urea, lactic acid, sugar isomers, and glycerol (glycerine). The other things to watch out for are fats that improve the skin barrier. These “factors” and fats, plus the shape of your skin cells, all measurably stop you from drying out. The products below have some of the things you want

“Although water intake itself is not linked in a straightforward way to skin health, it's the natural moisturising factors that can make or break our inbuilt body barrier.”

column.

to look out for in your moisturising products.

Commonly, it's thought that drinking more water will help stop flaky skin (I used to think this). It's high time to invest a little bit more and get some decent moisturisers that include the kinds of chemicals that already should be protecting you, but may need supplementing with the weather changes. I am not being paid to recommend these products (#notspon). Although, I really think the presence of natural moisturising factors and fats/oils will bring a luscious shine to your smiling winter faces.

And switching to my beauty influencer persona (I'm no longer a procrastinating med student), I've highlighted the moisturizing ingredients you should be looking out for:

Sorbolene Cream - (\$5.00) Water, **glycerine**, paraffin, petrolatum, cetostearyl alcohol, propylene glycol, ceteth-20, chlorocresol.

Retrieved from <https://horo.co.nz/>

Aveeno Dermexa Moisturising Cream (\$20.00) Water, **Glycerin**, Panthenol, Distearyl dimonium chloride, Petrolatum, Isopropyl palmitate Cetyl alcohol, dimethicone, Avena Sativa (Oat), Kernel Flour, Avena Sativa (Oat), **Kernel oil**, Steareth-20, Benzalkonium Chloride, Seramide, NP, Sodium Chloride, Potassium Sorbate, Avena Sativa (Oat) Kernel Extract.

<https://www.thewarehouse.co.nz/>

Qv Intensive With Ceramides - Light Moisturising Cream

(\$26.99) Aqua (Water), **Glycerin**, Petrolatum, Niacinamide, Paraffinum Liquidum, Dimethicone, Cetearyl Alcohol, **Lactic Acid**, Glyceryl Stearate SE, Cetareth-20, **Sodium PCA**, Stearic Acid, Caprylyl Glycol, 1,2-Hexanediol, Laureth-3, Xanthan Gum, Sodium Hydroxide, Ceramide NP, Cholesterol, **Carthamus Tinctorius (Safflower) Seed Oil**, Ceramide EOP.

<https://www.qvskincare.com.au/>

And if you're terrible at prioritising your expenses:

Thalgo - Deeply Nourishing Body Cream (\$110.40) Aqua (Water), Cetearyl Ethylhexanoate, Propanediol, Butyrospermum Parkii (Shea) Butter, Cocoglycerides, Cyclopentasiloxane, Beheneth-25, Cetearyl Alcohol, Isodecyl Neopentanoate, Methyl Methacrylate Crosspolymer, **Prunus Amygdalus Dulcis (Sweet Almond) Oil**, Cyclohexasiloxane, Dicaprylyl Carbonate, Dimethicone, Maris Aqua (Sea Water), Sodium Polyacrylate, **Passiflora Edulis Seed Oil**, Theobroma Cacao (Cocoa) Seed Butter, Theobroma Grandiflorum Seed Butter, **Rosa Canina Fruit Oil**, **Olea Europaea (Olive) Fruit Oil**, Hydrolyzed Lupine Protein, Laminaria Ochroleuca Extract, Algae Extract, Phenoxyethanol, Parfum (Fragrance), Caprylic/Capric Triglyceride, Chlorphenesin, Allantoin, **Glycerin**, Dimethicone Crosspolymer, **Hydrogenated Vegetable Oil**, Tocopherol, **Glucose**, **Sodium PCA**, **Urea**, Ethylhexylglycerin, Cyclotetrasiloxane, Gluconolactone, Sodium Benzoate, Glutamic Acid, Glycine, **Lactic Acid**, Lysine, Potassium Sorbate, Calcium Gluconate

<https://www.thalgo.co.nz/>

feature.

Top 5 Ways to End Your Next Zoom Call

BRIAN GU

So, imagine it's a Monday morning; the shining sun is beaming through the gap in your blinds, and your mind is active and refreshed. For once, you actually feel prepared to begin the tough day ahead of you. You allow your eyes a moment to adjust to the light, pick up your phone, proceed to check the time and....

Ah shit. You've missed your 8 am tutorial. But that's okay – it was being recorded, and it wasn't that important anyway. As long as you don't miss your 10 am meeting with....

Ah shit. You're late for that too. Begrudgingly, you stumble out of bed and groggily make your way over to your computer, to launch Zoom and hop into your call thirty minutes late.

The Zoom meeting then lasts for a whole two hours, despite the time of death actually being 40 mins in. Instead, you struggle to repress your safety mechanism through silence of asking inane questions. Thus, the meeting drags, and drags, and drags, and...

Hi. I'm Subeditor Brian Gu. Licensed to kick-ass, drive and operate Zoom (unlimited meeting times and up to 300 participants). Do these sound like the everyday problems you're experiencing in your Zoom calls? Do you know the solution to all your problems would be to just wake up a little goddamn earlier?

Well, fear not, because I have just the cop-out solution

for you! Imagine if your meeting did actually end 40 minutes in? Well, turn that dream into reality with our top five patent-pending techniques of escaping the awkward silence of goodbyes at the Zoom meeting. You'll thank me later! Or will you?

Perhaps I'm already gone...

1. Chair swivel out of frame

Sometimes, words are just the problem. Maybe you need to just stop with the talking, and unleash this power move on your caller. Maintaining eye contact, good posture and firm facial expression is critical to communicating that the only Zooming you want to be doing is out of this meeting on your chair. Retain good form on the swivel with a strong push, and make sure when your arm leans in to end the call, it remains out of frame.

Demerit points on your license to Zoom: 10

Apart from speeding while on camera, you haven't really done much to phase your caller here.

feature.

2. Play 'My Heart Will Go On'

Goodbyes are always tearful, and this one is no different. Even though you and your caller are miles apart, it feels like your hearts are closer than ever. Because, well – near, far, wherever you are. Give it your best belt and make Celine proud. I do believe that the heart does go... Fortunately, they couldn't take any more of it and ended the call.

Demerit points on your license to Zoom: 20

Your heart might go on, but your Zoom license won't if you keep this up.

3. Change your Zoom background photo to National Party Deputy Leader Nikki Kaye

The next best thing to ancestry.com; if she managed to convince one of her own MPs he is Māori, then look no further for someone to persuade your callers their Zoom meeting is over.

Demerit points on your license to Zoom: 35

Congratulations – you've earned yourself more points than National is polling at currently.

4. Walk down an imaginary set of stairs

We've all tried this as a child – pretended we need to get something from 'the basement', and then begin to crouch in a succession of lowering squats. Either do it side on to the camera, or recreate the stairs scene from

Parasite, and have your head bob slowly up and down below frame. Your caller will be shouting to grab your attention, but it's no use – you're gone. And that certainly isn't your hand reaching over again to your keyboard, is it?

Demerit points on your license to Zoom: 40

The von Trapp children bid adieu, adieu, to yieu and yieu and yieu.

5. Tell your Zoom call you found Parasite to be a lazy portrayal of societal class disparity and inequality.

Exercise your freedom of speech, and you may just also pick up your freedom to leave this Zoom call. Prepare for people to defend this film quicker than Todd Muller did with his Trump hat, because you're mistaken if you think this cultural revelation didn't deserve that Oscar. Land the killer blow by telling them the movie was hard to watch with subtitles.

Demerit points on your license to Zoom: 50

Hand over your license. It's back to forty-minute meetings for you.



Should You Travel Internationally or Domestically?

Domestically:

CELINE GOH, FIRST-YEAR REPRESENTATIVES

Unfortunately, for my GPA, I spend the majority of my accounting tutorials daydreaming about holiday destinations as opposed to actually taking notes. Strolling through the streets of New York, taking cooking classes in the Italian countryside, and sipping on suspiciously delicious milkshakes in Bali – these are the thoughts that have been keeping me sane for the past travel-free few months.

However, as much as I have been craving my next overseas adventure, the pleas from Jacinda to travel within New Zealand and do my part in reigniting the economy weigh heavy in my mind. Today I am going to prove to you (and hopefully convince myself in the process) why travelling domestically is the superior option for the upcoming inter-semester break.

First reason: New Zealand is famously one of the best locations when it comes to adrenaline-filled activities. From bungee jumping to white water rafting, New Zealand has no shortage of such adventures. With your inter-semester holidays coinciding with the release of exam marks, activities which get your heart pumping can help you gain back your will to live. After all, only after you experience being just one parachute malfunction away from falling to your death can you finally real-

ise how inconsequential failing ECON151 actually is.

Secondly, travelling domestically allows you to avoid plane rides, which is undeniably the worst part of any vacation. Between screaming toddlers, vomiting teens, and watching Crazy Rich Asians for the 5th time in a row, there are literally no redeeming qualities to flying. Some might argue that ordering Mi Goreng on the little Air New Zealand touch screens is fun, but unfortunately, the majority of us on a recessionary student budget have to settle for the almighty and affordable JetStar in the short term.

And lastly, even if you hate adrenaline and love planes, travelling domestically should still be your first choice due to the abundance of other out-of-this-world tourist activities which you can immerse yourself in! Just to list a few:

- Tirau has a big metal dog!!!
- Rotorua has holes that smell like eggs!!
- Hamilton has a garden with some trees!
- Auckland has that tall building in the middle!?
- And Huntly has... um.. a KFC?

Obviously, New Zealand is filled to the brim with amazing and fun tourist activities and travelling domestically should be a prospect that should have us bursting with excitement. Right?

feature.

Internationally:

CHENCHEN HUANG, VICE-PRESIDENT

We need a break. Nothing could be more helpful than a week in the tropics, where we could forget the last few weeks happened. It would be fun to throw it back to a time where the rest of the world was still normal. We need an escape, and international travel is undoubtedly the best place to escape.

A New Zealand holiday reminds us of our homes, and that stops us from being able to escape. Now, if you live in Central Auckland, most of the sights of New Zealand may be quite different to what you usually see. But most New Zealanders are blessed with natural beauty right outside their doorstep, and that means the natural beauty in other areas of the country feels slightly too similar to our homes. It's hard to escape the everyday when the only places that you can escape to remind you of home all the time. All of a sudden, you aren't able to escape your everyday life, and you spend your holiday stressed and return even more frazzled. At least if you travel overseas, you're ready to experience all of the difference that international travel brings.

Now I don't know about you, but I love plane rides. Whether they go up or down or shake from side to side,

I love the journey. It's almost like you get to go on a roller coaster. Even if you get to fly somewhere in New Zealand, it's nothing like the feeling of being ten thousand meters in the air above an endless ocean in the middle of nowhere. All of that excitement is lost should you stay domestic.

Finally, just in case I still haven't been able to convince you, remember that (if we're able to go overseas) there will be no-one around. You'll be able to see any and all attractions in peace. I guess this might be a bit lonesome, but you will see what happens to tourist attractions with nearly all interaction with the outside world removed. Travelling overseas to see an empty colosseum will be a truly unique experience. And if worse comes to worst, we can just head across the ditch.

"A New Zealand holiday reminds us of our homes, and that stops us from being able to escape."



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KEEP LISTENING | KEEP SAFE**

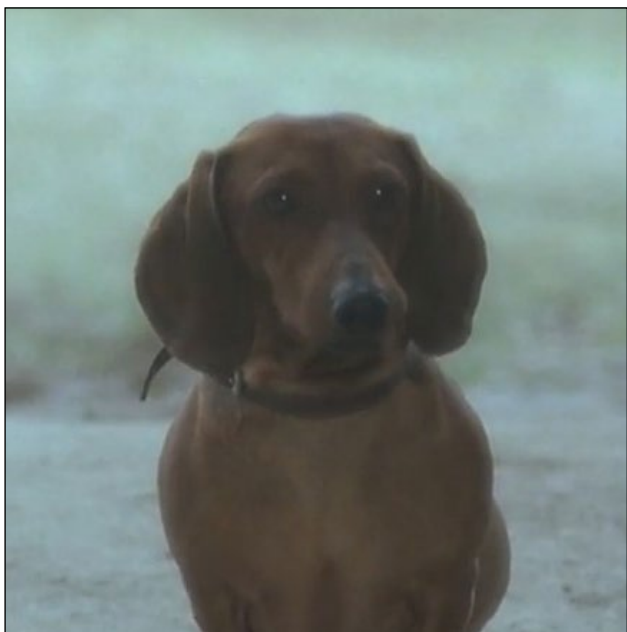
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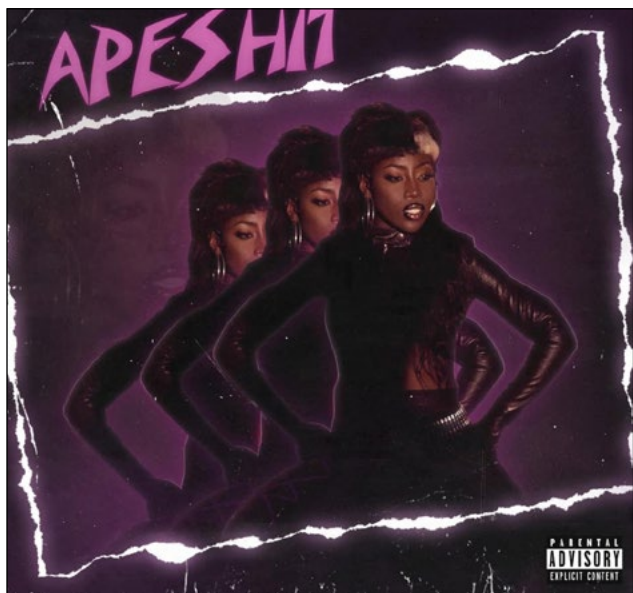
ANGST, DIR. GERARD KARGL

THOMAS GIBLIN

You've heard of the great serial killer films such as *The Texas Chainsaw Massacre*, *Silence of the Lambs* and *Seven* but you probably haven't heard of *Angst*, the film that was banned in Europe upon release for its depiction of extreme violence. It depicts a killer, credited only as 'The Psychopath' who is released from prison after having spent the last decade trapped inside, dreaming of killing again.

The camera work viscerally captures this state of insatiable desire to kill by strapping the camera literally to 'The Psychopath' meaning you are trapped with him as he stumbles around frenziedly enjoying "the greatest things". This is juxtaposed against the eerily high wide shots leaving you to enjoy the spectacle from a distance before you come crashing back into a close-up. This juxtaposition marks a remarkable feature of *Angst* as the balance between the surreal and the real leaves you nauseated and disgusted, but yet there is nowhere to hide.

What makes *Angst* truly great is in its sustained monologues it manages to capture the frenzied inner workings of a killer in a manner that isn't sensationalized but rather real. It focuses on the 'The Psychopath' and his insatiable desire to kill rather than the kills themselves. It seems to exist in opposition to the great serial killer films of Hollywood which are sensationalized in comparison, which gives an extra reason to watch *Angst* outside of the experience alone.



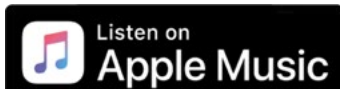
APESHIT BREE RUNWAY

JEREMIAH EVANS

Trying to break out of my music bubble during this kinda-lock-down-but-not-really period, I discovered the scintillating Bree Runway, a black British artist who should be way bigger than they are now. The song I want to focus on is "Apeshit", an absolute banger that feels like a Megan Thee Stallion with some Charli XCX touches, under the spiritual guidance of Missy Elliott.

The pacing. The thumping. The confidence. "Apeshit" is a great entry to 2020 by Bree Runway, and I encourage you to check it out right this minute. It's been kinda lost in the moment, as Bree is still an upcoming artist who WILL get noticed, but it should get its day in the spotlight. It doesn't yet have an album attached to it, but when it does, it'll be a standout. Once you're done, head back to 2019 and check out her EP *Be Runway*, which is a great introduction to her production style and where she's going.

Did you know that releasing something as an EP means there's no obligation for the label to promote it? That's some fucked up shit right there. I learned that about two weeks ago, and ever since I did, it now makes everything in the world so much clearer. Buck the trend. Give Bree a listen. Make her the trend.





SORRY BRO (I LOVE YOU) DORIAN ELECTRA

MAX LIM



Do you ever wish to give your Bro a goodnight kiss on the cheek in a platonic way? Or ever wanted to be there for your Bro when he's going through an emotionally vulnerable moment so you can tell him everything will be alright? Well this short song is all about that.

Dorian Electra is not afraid of playing with gender bending qualities while they explore the masculine themes in this particular track. From the title of the song, Dorian directly addresses toxic masculinity and the Being Emotional Means You Are Weak Bro culture. I'm sure there is a hidden demographic who would enjoy this track as they think about how much they appreciate their gym buddies.

Overall, this is a fun track to listen to. I liked the glitchy and distorted instrumental of the track. I guess my only real complaint about this track is wishing it would be longer and, like, developed. I mean, the 1:30 length is not really enough time for me to uhh think about my.... bros.... at night... while I fantasise about how different things could have been if I told him..... about my feelings.....



DEDICATED SIDE B CARLY RAE JEPSEN

GABBIE DE BARON

8.5/10: *How many times can this girl fall in love*



Carly Rae Jepsen's sound is cotton candy, a warm sweetness covered in full pop and bright colors; a sound you can taste. Following her 2019 album *Dedicated*, she released *Dedicated Side B* this 2020. This record is an artifice that accompanies us as we journey to the gleam of humanity conquering these times.

'This Love Isn't Crazy' was the start to an album that colored love in rose-tint. Like a movie, we travel through "the-rising-to-falling-action" in the ease of 'Heartbeat' to the thrill of 'Summer Love' and "Fake Mona Lisa", and creating the balance with the message of "Let's Sort the Whole Thing Out", the wholeness of shifting dynamics in a relationship. My personal favorite was 'Solo': an anthem for self-love and that odyssey of finding that same feeling of *falling in love* but in the mundane with only the company of yourself. Too good!

Subjectively, Jepsen's 2015 Album: *Emotion* reigns superior as the record had more songs that complimented each other and the narrative felt more coherent: the loss of love and the progression it took to be loving again.

Jepsen admitted that from 2016 to 2019, when she did not release any music, she instead has written over 200 songs (Rolling Stone, 2019). So after a few thoughts, *Dedicated Side B* may have felt more partitioned as it spans over monuments during that time. Thus, this 12-track beauty was not meant to create a detailed narrative, like *Emotion*, but one whole bop to show the range of Jepsen's experiences and artistry. Carly Rae? Correction: Carly slayed.



SEX, BY MADONNA

LACHLAN MITCHELL

The era of the coffee table book seems so... antiquated nowadays. While the market is certainly still thriving, certain topics are so easily findable and stored from internet archives that it sometimes begs the question of 'why?'. But this book is, and always was different. This is the book that redefined what coffee table books were, and what you could get away with publishing if you were famous enough. It typically goes for hundreds of dollars minimum - thousands if unopened. I got mine for \$66 :-)

Madonna's Sex book is so notorious, it is the most sought after coffee table book that is out of print. And that is hardly surprising. Consisting of over 100 photoshoots of Madge in various highly explicit sexual situations, it was the tipping point that threatened the survival of her career - it accompanied her best album, but that's beside the point. In this book, you can see her getting her pussy eaten out by Naomi Campbell (happy birthday!); caught in the middle of fellatio; tearing at nipple rings with her teeth; getting fingered by Vanilla Ice, and more. As the name Vanilla Ice should clue you in, this was released in 1992.

To say it is a wild ride is simply not worth the effort. What would be the point? Of course it is. That was the point. It was to get Risque and Dirty and Transgressive and be the most provocative white woman on the planet, or whatever. It's still worth a glance, even if you are only interested in its notoriety. Though, the passages on why Women Stay With Abusers are... not great!!!!



PANG CAROLINE POLACHEK

KATE MCLEOD

Pang is Caroline Polachek's first album released under her real name, she has released music previously under 'Romana Lisa' and 'CEP'. It was released in 2019, and places her vocals at the centre. Her ethereal yet sharp and clean voice hit's cyborg notes. It's ambiguous in its production yet all very easy to groove and cry-sing to. It's a fun alty-pop album with soaring melodies and witty, self-aware lyrics. Her self-deprecating humour and cocooning of introspection make for a lovely listen.

When it comes to "So Hot You're Hurting My Feelings", as one who so deeply feels immature pure emotional and physical attraction, this song embodies pain of someone so unattainable yet so beautiful, whether that be a long distance relationship or giddy crush.

"I Give Up" is really talking to me at the moment, probably a bit too much. I played this song six times over today as I lay on my bed and pondered dropping out of postgrad.

And finally, "Caroline Shut Up", a 'having a pep talk with yourself in the mirror' ballad, pleading that you stop overthinking and just enjoy the moment and sensation of falling in love, yikes.

The whole album is easy to relate to, hilarious and explores love and it's pain and pleasure, a self-reflective yet entertaining listen.





LIVE

Music

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ILLUSTRATION BY EDA TANG

Ten Great Books to Reawaken You

EMMA PATON

As little old New Zealand slowly opens back up, we decided to ask University of Auckland's Ubiq for ten great books for students to get lost in, as we all need some actual reading material to balance out the two months of Netflix. Compiled by Ubiq's Emma Paton, these comments represent the varied and well-read input of their many great staff, who are adamant you'll enjoy these works as much as they do.

All listed books can be found on Ubiq's website.

Know My Name : A Memoir – Chanel Miller

"Some of this book is quite hard to read so if you find it difficult or triggering to read about violence against women then I'd suggest approaching it in a very gentle way. That being said, as soon as I started reading this book I never once thought of Chanel Miller as a victim, I thought of her as an excellent writer. This book is so beautifully written; it is eloquent, lyrical, heart wrenching, and human, and I can't wait to see what else she does and where she ends up. I hope she keeps writing!"

Beer in the Snooker Club – Waguih Ghali

"I loved this book! A semi-autobiographical novel about the combined arrogance and vulnerability of youth. The main character struggles to find his place in the world, too English for Egypt but too Egyptian for England he spirals into alcoholism and political violence. This book has it all; love, racism, beer and communism. A fantastic and underrated international novel that can introduce you to an Egypt beyond the tourist traps."

The Testaments – Margaret Atwood

"Set 15 years after the ground-breaking novel, *The*

arts.

Handmaid's Tale, *The Testaments* was a thrill from start to finish. While *The Handmaid's Tale* was written as an internal monologue, from the perspective of one woman - Offred; in *The Testaments* Margaret Atwood chose to jump into the brains of three completely different women. The desire for the revolution of Gilead was strong within every one of these women, no matter their age, their circumstances or their perspective. We, as the reader, got to experience that. It is very different, and delivers us immediacy in a way that *The Handmaid's Tale* monologue nature shielded us, showing us the lengths people will go to for freedom, and how sisterhood is so significant in a dangerous patriarchal world.

That being said, there is a way *The Handmaid's Tale* was left, the "what if" nature of its finale that makes us question, was *The Testaments* necessary? Either way - it is a great book, and I can understand why it won The Booker."

***The Winter Soldier* - Daniel Mason**

"This is one of the most beautifully written novels that I have ever read. After only a few pages, I was swept up in the world of Lucius. He is a 22 year old medical student in Vienna during the outbreak of World War I. There are so many jewels of information that are revealed about him, and of course the medical discoveries that were happening at the time. It is difficult to describe the quality of writing that makes it so exquisite - the only sure way to appreciate it is to see this writing for yourself. The journey that Lucius has is one that is truly extraordinary. This novel lingered with me long after I finished reading it. I yearned to know more, and yet it really is appropriate for it to have ended the way that it

did. If you are in the mood for a brilliant historical novel, I heartily recommend this one."

***Matilda* - Roald Dahl**

"A classic that I religiously re-read every year! Lessons on love, tolerance, courage, perseverance - all in one package! And what's not to like about a little girl who loves to read AND has telekinesis?"

***Convenience Store Woman* - Sayaka Murata**

"Meet Keiko, a thirty-six-year-old single woman who has happily worked full-time in a convenience store since graduating university. The author (who also works in a convenience store in real life) projects her image onto this somewhat broken autobiographical character, and makes me think long and hard about what it means to fit into society, and why attempting to do so is actually

"Lessons on love, tolerance, courage, perseverance - all in one package! And what's not to like about a little girl who loves to read AND has telekinesis?"

arts.

a waste of time. 'The normal world has no room for exceptions and always quietly eliminates foreign objects. Anyone lacking is disposed of'."

Mophead – Selina Tusitala Marsh

"One of the best books of 2019 and one of the best New Zealand books ever! It's a graphic memoir for readers of any age and includes significant moments in the author's life such as becoming New Zealand's Poet Laureate, meeting Barack Obama and performing at Westminster Abbey. This gem of a book suggests we embrace our points of difference (even if they are parts of us that we're not comfortable with) and live with openness, courage, and curiosity. Tusitala Marsh used to get called 'Mophead' as a kid because of her thick curly hair. In this book she starts as a kid with big hair holding a smelly old mop and transforms into one of our best poets holding the Laureate's tokotoko."

Talking to Strangers – Malcom Gladwell

"A fascinating take on what we get wrong in our assumptions we make about others and how we can better recognise when we are making them. A great take in these often fractured times when we are sometimes quick to judge and make assumptions about others. It's Gladwell, it's easy to read and well supported with contemporary and interesting cases that highlight the inherent troubles in the assumptions we make."

Circe – Madeline Miller

"I have always seen Circe as a witchy footnote in a story about men; Madeleine Miller has managed to bring her

fully to life. *Circe* offers a huge story, a story that spans generations and includes many Greek heroes and gods but in this instance Circe herself is front and centre. The writing is beautiful and rich in description and detail. A beautiful, captivating book that gives a modern, feminist slant to some of the greatest stories of the classical world."

The Name of the Wind – Patrick Rothfuss

"One of the best known fantasy books written in the last twenty years and for good reason. A young man chases fairy tales across the world whilst building a legend of his own, the legend of the King killer. A great choice for *Game of Thrones* fans - the characters are unforgettable and the magic is fascinating. We've been waiting nearly ten years for the last book and we still look for updates every day, if that doesn't show how great these books are then nothing will!"

"Circe offers a huge story, a story that spans generations and includes many Greek heroes and gods but in this instance Circe herself is front and centre."



ILLUSTRATION BY JULIA ZHU

Cinema Paradiso, but 2020

THOMAS GIBLIN

Thomas Giblin pens a beautiful reminiscence of the cinema, and a plea for us to experience these locales with new eyes before they die out.

In this period of lockdown, we all found ourselves longing for something or someone. It changed the way we lived, loved and worked; it still does till this day. We all missed someone or something, for many, that was McDonald's, and for others, it was for the opportunity to see a loved one after weeks apart. For me, the one thing I longed for was to be back in the cinema. I dreamt of the cinema. I dreamt of the time I saw *Climax* at the Civic. The 137 minutes I spent with hundreds of others each squirming in our seats as we witnessed both its beauty and horror unfold. I dreamt of the time a girl in my screening of *Rise of the Planet of the Apes* at Event Albany that screamed out "What!" when Oscar spoke for the first time and how everyone in the cinema, paused then started laughing. I

dreamt of the time I went to the cinema for the first time with someone who I deeply loved, how it felt to place my hand on their hand and for them to squeeze it tightly.

That is what I longed for; the shared human experience. The pleasure that comes with sitting in a darkened room with strangers. But yet for those, however many minutes we were not strangers, we were like lovers. We respond to each other; we react to their gasps, their laughter and their horror whether we realise it or not. Studies say we synchronise with each other in an experience that we most commonly associate with being an individual one. For me, this act of going to the cinema is an individual one, but it is this shared experience I

most often value I realised in this period of lockdown. I missed this shared human experience even if it means putting up with the talking Karens who are a few bottles of rose down or the love-struck couple in the back row.

As this act of going to the cinema is an individual one, I found myself not only missing the shared human experience but the ritual of it all. It is in the ritual I found the beauty. Each cinema was different, the way they smelled varied, Rialto Newmarket smelt like coffee and cleaning detergent. The Hollywood Avondale smelt like pumpkin soup and popcorn. The way they were lit differed, some cinemas like Event Queen Street were lit like a metropolis, all fluorescent and blinding. Others were lit softly, like the Academy making it feel as if you were about to meet your date, the one your father told you not to see. It is in this difference the beauty of the ritual can be found. I'd go to the cinema 4 or 5 times a week; it was my ritual. Each cinema has its quirks, its familiar faces and I missed that feeling of seeing a film and knowing I'd be greeted with a certain something, unique to that cinema reminding me why I fell in love with the ritual.

So in this period of lockdown, I struggled as this large part of my life was absent. Yes, this is a small price I was willing to pay to guarantee the health and safety of Aotearoa, but yet I couldn't wait to return when the time was right. Now that some cinemas are back, I like many others have returned. I saw *The Assistant* at The Bridgeway, my first film back at the cinemas this past Saturday and it wasn't the perfect experience, but it is one I will never forget. This large part of my life had now returned, I was home. It made me realise in this imperfect experience that we should celebrate the imperfections of the cinema experience. These imperfections are as much a part of cinema as the films themselves. We may not re-

member a bad film, but we remember the imperfections of the experience itself. I once saw a physical altercation occur as someone was sitting in the wrong seat. I also once had an elderly lady fall asleep on me whose snoring led everyone to stare at me, assuming I was related or somehow at fault for her rumblings which sounded like the water being let out of the bath. I do not remember the films that I watched, but I treasure these memories dearly. So during this lockdown, it has given me a new perspective on the imperfect cinema experience. I am always quick to shush and am the first to judge because of how much I treasure cinema, but this time I think I've become more tolerant. Not everyone loves this experience as much as me, and that's okay. I'm more tolerant of the imperfections now because I would've given anything for the imperfect cinema experience in this lockdown.

Now that the lockdown is partially over and some cinemas can open, we should not only be celebrating all things cinema, but we should be celebrating the cinemas themselves. To help many of these independent cinemas stay alive such as the Academy, The Vic, Hollywood Avondale and The Bridgeway. We can help support them by buying gift cards, subscribing to their online streaming alternatives and seeing a film when safe to do so. Many of our locals, including mine, are yet to open, but when they do, we should do our utmost to support them where we can even if that means buying an overpriced bucket of popcorn. That overpriced bucket of popcorn could be the difference in letting a cinema stay open so that memories are made in the sanctity of its four walls. For me, the cinema is where many of my greatest memories have been made, and I don't want anyone to miss out on the chance of making their own memories, so please do all you can to help see them through these difficult times.

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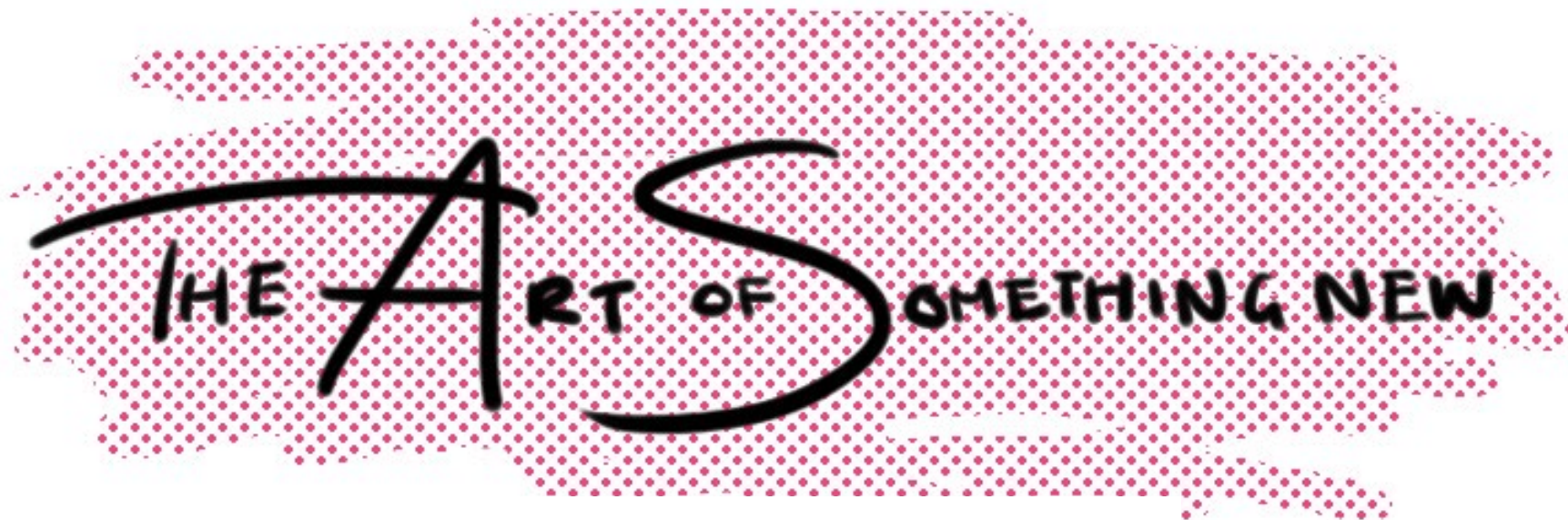


ILLUSTRATION BY JULIA ZHU

Try Making Gingerbread Men

LOUISE BARNES

Suggestions for when you just don't know what to do. This week is all about baking.

Whenever I think about gingerbread men, I automatically think of Shrek. In particular, the scene of "Gingy" under the hands of Lord Farquaad. His legs were severed and being danced around him which at the time, I realise was traumatic. However, he was saved in the form of icing 'stitches', which I believe is a nice analogy reiterating that things can be mended if given the right tools

Making gingerbread men would have been a great way to pass time during level 4, alongside the hype of making bread. Instead, I planned this with a friend right when level 2 was announced in order to celebrate our freedom. Why though? Of all the things we possibly could have done, we decided instead to remain indoors.

The point wasn't the activity itself, but rather taking the

time to talk to each other without the bustle of others interrupting. Lockdown was hard on a lot of us and I felt it was important to take the time to reach out, to ensure that we're all okay.

To begin, I have interpreted the recipe from New Zealand's very own Chelsea Sugar website which has been a tried and proven success.

You'll need:

2 cups of flour
½ tsp of baking soda
1 tbsp of ground ginger
1 cup of brown sugar
150g of butter
1 egg
1 tbsp of golden syrup.

Icing:

1 egg white
1½ cup of icing sugar
Food colouring

Equipment:

Rolling pin (wine bottle works as well)
Cookie cutters
Electric beater (or a whisk, but I don't recommend that for the sake of your arm)
Piping bags (or just a plain Ziploc)

Firstly, preheat your oven to 180 degrees on bake. Mix together the flour, baking soda, sugar and ginger. Next, you'll want to soften the butter to room temperature (do not melt) and then incorporate it to the mixture with your fingers (or a food processor) until it resembles

bread crumbs. Add the egg and golden syrup to get a smooth looking dough, and if that doesn't work, just add more syrup. Now, it is ready to roll out on a floured table to cut your shapes and then placed on a lined tray to be put into the oven. Bake for 10 minutes.

As for the icing, separate the egg whites, and if you don't know how to do that, there are great tutorials online. Afterwards, beat the egg white until it forms a peak (lift the whisk from the mixture and it should stay upright like a snowy Mt Ruapehu) and slowly add the icing sugar while still beating to form stiff peaks (this might take a while if you're doing it by hand).

And there you have it! Separate into different bowls to add food dye before putting it into a piping bag. No bag? No problem! just use a ziplock, or plastic bag and cut a tiny hole on the corner in order in order to start decorating.



ILLUSTRATION BY JULIA ZHU

~~YOUR BIG CIG GUIDE~~

FOR 2ND-7TH (FOR UOA & BEYOND)

HOT LOCAL TRACKS

This week's hot local tracks are brought to you by 95bFM's Adel Abeid! You can listen to more of Adel's selections on 'The two to Four with Adel & Charlie' every Friday.

Trouble by CHAI

Hearing NZ music that stems from a fellow kiwi's cultural roots has never been so refreshing. I love hearing "CHAI" continue to exert her Persian identity in confident rap songs, cultivating music that is globally aware and filled to the brim with attitude. Trouble is a low-key banger that sounds very concert ready due to its irresistible groove. Without having to be too lyrical or flamboyant, "CHAI" achieves in making a catchy song that showcases her personality and talents to the listeners.

Last Chances by Repairs

Last Chances is a Post punk song with subtle power pop elements that lays out its pessimism and anger front and center. Alluding to themes of infidelity, "Repairs" spends its short run time building this forlorn tension that seizes before it can explode. Usually I would favor an uncontrollable tantrum to end a punk song but, in

this instance, "Repairs" succeed in creating a track that is solely built on friction and inner conflict. The lack of a climax works to its benefit showing the subject has accepted its fate rather than fighting back.

Bubblegum Daze by The Kendals

With the name "Bubblegum Daze" I'm expecting a song that's sweet and sticky and "The Kendals" deliver in exactly that. The Three-Piece group have dropped a song that is equal parts dreamy and whimsical, with a chorus that sticks out for its vintage style harmonies adding a lot of flavour to the track. If you want something that is wholesome and gentle in nature, I recommend you check this lovely little pop song out.

Extract From Truth by Baby Zionov

Auckland based DJ and Producer Baby Zionov has made noise in the past with her song Star and continues to

arts.

put out ear catching pop music. Extract from Truth is a synth pop jam that puts an unconventional spin to the sounds of disco, making it sound fresh and futuristic. There is not a bland moment in this song, the instrumental constantly shifts and the grooves just get groovier. The minimalistic vocals accompanied with groovy aesthetics make this the perfect song to dance to when you consider yourself an introvert.



Top Ten

1	Cold Moon Swallow The Rat (NZ)
2	Back Heavy Hoisin Sauce (NZ)
3	Dead Bird's Eye Dead Famous People (NZ)
4	Plume on Europa Ripship (NZ)
5	Sad and Lonely feat. Junny Amamelia (NZ)
6	So We Won't Forget Khruangbin
7	Home Giantess (NZ)
8	Mr. Motivator IDLES
9	Rare View feat. LB Pollyhill (NZ)
10	Call From Isthmus Green Grove (NZ)

ausa's **SCHOOL**



DISTANCE

EPISODE TWO



ILLUSTRATION BY JULIA ZHU.

EROTICA

Heat-Pump Me

FULL JIZZ SUE

Lockdown has brought about some vivid dreams. It's also brought out the horny side of us. So what about the sex dreams/fantasies during this time?

Not funded by Fujitsu: but if you'd like to sponsor the Scott Base/my flat reach me at lifestyle@craccum.co.nz

God I'm so cold. My second and third toe are perpetually numb, and I wiggle them to try keep it alive. Purple and rotting chilblains on these little bois. My landlord stands by the stairs, wringing his hands. He keeps his shoes on, and tries to look warm, but we all know he's faking it too. Negotiations aren't going well. Threats of the 2021 Healthy Homes standard flies around the room, but it feels like a pipe dream. The landlord is going to do everything to keep from installing it as long as he can. Because of the shape of the roof, he was exempt from putting in insulation. In the corner, the mold shimmers in and out of vision. Fluffy white and black, it taunts me.

The landlord brings in polyester red curtains, but it's not enough for this cold, dusty, empty hole. The Auckland damp wind trickles under the waterlogged door, and we yearn for the World Health Organisation's 18 degrees healthy living standard. We need something more comfortable but as we sit and wait, our lackluster breaths become visible in the cold air. The landlord shivers away until it's just us left.

My flatmates pull on beanies, fleece pants and jumpers, and cradle hot water bottles to their belly, but even they disappear upstairs. It's too much for them. The lack of warmth hurts more than loneliness. I stay until my stamina falters too, and I stumble upstairs into my blankets. I shyly turn on the electric blanket for a few minutes, but I know the power costs will go through the roof if I fall asleep.

You always think about the things you should leave behind when you hit the REM zone. You don't make excuses for parasitical exes, that drain your money and drain your time. So why is it I almost want to give the electric heater another chance? I shiver, remembering the power bill that hit us a few weeks ago. And it wasn't even that good... only giving enough love, care, and warmth to 5cm around itself. Selfish lover. Only takes, barely gives.

What about the oven? Should I... no. I've read the Bell Jar. I fall asleep, making myself as small as possible, thinking of warm tropical islands.

I'm in a room - it's the living room. I'm dressed only in long pants and a hoodie. Only one layer... I hadn't let my skin this close to the outside air for so long. Sexier than lingerie. A warm mirage-like haze grows on the wall. A slim sleekness juts out from the wall, building a heat inside me I hadn't felt in so long. No, really - I hadn't felt this warm in so long.

My loins light on fire as hot breath circles around my neck, down to my collarbones. I shiver... but not from the cold. Oh I don't think I'll be chattering my teeth from the cold for a long time. I could feel its 'optimum efficiency and temperature control' teasing kisses down my spine. Smart. I am a sucker for a sexy emotionally intelligent lover. God I'm getting far too excited thinking about its energy-saving function. The eco warrior inside of me and my wallet both shake with anticipation.

I just want the heat pump to pump me already. The air continues to shimmer, as the Fujitsu heat pump absorbs invisible mould spores.

"You know Fujitsu are heat pump leaders. Smart and quiet, they deliver all the heat you'll ever need. You know they win awards for efficiency. And their filters purify the air for a fresh and healthy environment. New generation Fujitsu heat pumps are leading the WAAAY~"

Say no more Stephen Flemming, I'm all yours. Smart, quiet, and a warm passionate lover promising secure attachment and healthy growth environment. God, take me home. I want to be with you forever.

The on/off button has perfect timing, edging me closer and closer until I gasp against the soft hum. I squirt everywhere as I orgasm. But it's okay because I don't have to worry about wetness or humidity anymore, the heat pump sucking it right up.

I hear the thud of footsteps on the top of the stairs.

"Come join in. We can all get warm." I say as I slip off my hoodie, something I would never have dared in the past few months.

My nipples raise... and it's definitely not from the cold.



ILLUSTRATION BY EDA TANG

Five little-known Student Loan tips (that might just save you money!)

BRONWYN WILDE

Bronwyn Wilde trawls through IRD and Studylink (2 cursed sites) and returns with some money saving tips to add a little more weight to your wallet.

An extra \$1000 of course-related costs might feel good in the short term, but what about some longer-term tips that could save you MILLIONS!!!!?!?! A slight exaggeration, but here are some Student Loan tips you might be surprised by:

Already unnecessarily paying back your loan?

You know that \$15 that gets deducted from your pay-

check every week from your part-time job at Cotton On? You don't have to be paying that! If you earn less than \$20,020 a year, you are eligible for a student loan repayment exemption - meaning you can drop that pesky 'SL' off your tax code. When you're a student you need every cent of your earnings (\$15? That's an extra 2 bottles of wine a week!!) And I'm no economist but, as the saying goes - a dollar in your bank account today is worth more than a dollar tomorrow. Save paying off that interest-free loan for a time when you aren't still adding to it every week, and have a full time job. It's a future-you problem!

Going overseas?

You've probably heard of the dreaded 6 month cut-off at which point your loan starts accumulating interest. But were you aware that if you're overseas volunteering for a charitable organisation, you can avoid interest for up to 2 years?! So say "holaaa putaaaa" to Peru and that gap year you never got to do - Inland Revenue might be treating you as "physically present" in New Zealand for the purposes of taxation, but you will be completely *mentally absent* while you trip ayahuasca in the Amazonian rainforest.

Island goddess?

Alternatively, if you're living in Niue, the Cook Islands or Tokelau then you may be able to keep your student loan interest free. Got to love a little paradise! I'm sure it will do great things for your gram too.

Feeling mature?

Once you turn 24, you are officially regarded as independent from your parents (who knew 24 was such a landmark birthday!?!). This means you are eligible for student allowance, regardless of how baller your olds are. If free money isn't the incentive you need to stick around at Uni your whole life then I don't know what is! Just be careful not to run out of EFTS....

Not a maths genius?

Your myIR page has a Student Loan Repayment Calculator, so get ready for your new favourite procrastination activity to be working out how many years it will take to pay off your loan! For example, how great is it to know that if I earn the median income of \$52,000 it will only take me 16 years and 5 months!?!?! It's really not that long when you consider it is the same amount of time as bingeing every episode of Shortland Street, 45 times over!

"Once you turn 24, you are officially regarded as independent from your parents (who knew 24 was such a landmark birthday!?!). "



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ILLUSTRATIONS BY GABBIE DE BARON

Auckland student Eats

AYAAN SHAIKH @AUCKEATS

Eating in Auckland as a student is hard, most places in town are expensive and the usual budgie meal doesn't always cut it so. Ayaan brings you a few spots that will won't break the bank but will definitely satisfy the munchies:

Obar Snack

Obar snack is the newest Korean spot in town, they specialise in cheap hearty Korean snacks and meals and are only open till 5pm. You can grab one of their gimbap, dumpling and fried chicken platters for just 15 dollars and it's easily enough food to feed you and a mate.

Renkon

Renkon is a hidden gem on Durham Street, they do the best Japanese curries and do buries, it's both tasty and the serving sizes are huge, enough for lunch and some

to take back to the flat for dinner.

No1 pancake

Number 1 pancake is the classic povo meal, every pancake on their menu is about 6 buck and packs a hearty punch. You cannot go wrong with their cheesey pancakes, perfect refuel during a big study sesh.

Uncle man's

Uncle man's is a K Road classic, great malay food at an even better price. You can grab a tasty nasi lemak

lifestyle.

for 11 buck, or splurge out and get a seafood laksa for just another few dollars. One of the few places that you can get the tastes of Malaysia while eating on a budget.

Food print

Food print is an app that allows you to get discounts up to 80% on excess food that cafes and restaurants were not able to sell for the day. This app both reduces the amount of waste food that restaurants produce as well as making it worthwhile for a cheeky snack at a really low price. Makes eating on a budget so much easier!

Lim Chour market

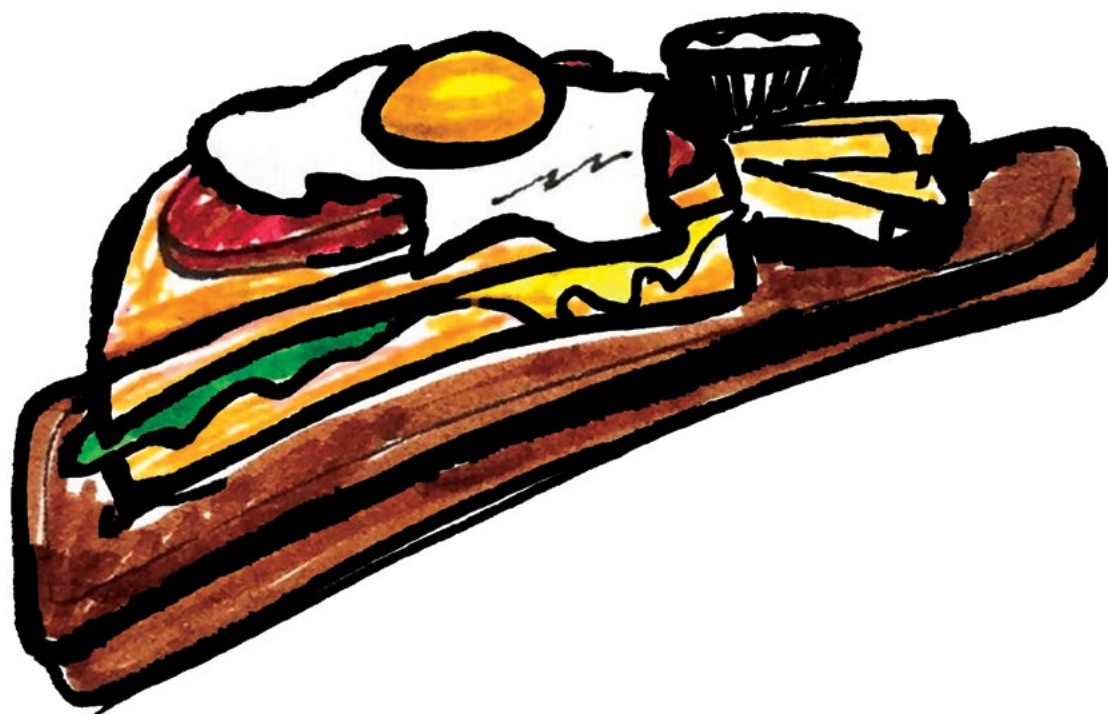
Lim Chour is a solid spot for a good feed, with a decent selection including Chinese, Thai, Malaysian, Japanese and Sneaky snacky with their Auckland Famous donut burgers. All of which won't cost you more than 15 dollars a meal.



Craccum's extra recommendation:

Xi'an Food Bar

An icon in the Auckland Chinese food scene, this long-standing establishment has been serving up delicious Chinese lamb burgers, cold skin and hand-pulled noodles long before the Chinese food scene in Auckland was a thing. With several eateries across Auckland serving up authentic flavours, this was one of the first food places I made sure to visit post-lockdown!



WHO ASKED YOU

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

How will I ever find more social mixers to go to after lockdown ends?

What the hell is a “social mixer?” If you mean a party, I suggest asking someone who actually has a life. If you mean like a meet-and-greet, get in touch with CDES. If you mean a mixing between social classes, contact your local chapter of the Communist Party.

What do I do when my mother is being a dick during lockdown?

Heroin.

How do I focus on my online lectures? Please help me, every time I sit down in front of my computer I somehow end up on Club Penguin. I would literally rather cut my hand off than write my essay about media consciousness in contemporary sci-fi. It’s due in thirty minutes. I’m literally begging you, my degree is on the line.

This question is from me. I wrote it. For the love of God, someone help me.

CRACCUM’S CRACKIN’ TIP:

Hey, Mr Muller! Congrats on the promotion! I’ve got a little tip for you; women are human beings, not baby-making machines. Next time a vote about women’s rights comes up, do us all a favour and either recuse yourself, or just vote in direct contrast to your instincts because frankly they suck. Women are funny creatures; we don’t like it when men tell us what to do. Weird, huh? If you get elected, they’re going to be half of your constituents. Maybe don’t tell them that you know what’s best for their bodies, you wet boiled egg in a suit? Opening the door for your wife doesn’t count as respecting her as a person, dawg. Last time I checked, you had neither a medical degree nor a uterus, so go ahead and don’t pretend to have any fucking idea what you’re talking about in regard to either field. Loved the outfit at your first press conference! Big fan of the whole Lex Luthor look you’ve cultivated. Catch up soon! Xxx

What aesthetic should you try out?

Settling in Alert Level 2, let's start brushing our hair, flossing and showering more than once a week. It's a new era baby. And it's time to upgrade your look.

Aries, Scene kid.

Pull out your 'Rawr I'm a dinosaur' t-shirt and give it a spin. Pair with skinny jeans, bright colored clothing, a hairstyle consisting of straight, flat hair with long fringes covering their forehead, and bright colored hair dye. You are ready to bring back MySpace.

Song: Cruel by Dane Rumble.



Taurus, Cybergoth:

There are strange happenings about. Ghostly phenomena on floppy disk, neon, pvc, colour blocking to a new extreme, Black-and-monochromatic juxtaposition. BEEP BEEEP BOOP BOOP everything is a simulation.

Song: Crimewave by Crystal Castles.



Gemini, Central Otago farmer:

Shake out the hunting and fishing jacket, thick orange socks, low buttoned checkered blouse, thick body hair, gentle smile, and gumboots. You've got sheep shearers in one hand, a beer in the other, and my heart nestled in between.

Song: Cheeky Kids by Marlins Dreaming.



Cancer, Dark Academia:

Go to the library bitch it's dead poets society time. Musty opshop brown blazer, wet loafers, preppy but scruffy, carrying a copy of Janet Frame, The Secret History or a BWB text. Oh and mysterious smoulder thinking often about existentialism, death, social class and romance. Scribble that into your moleskine.

Song: The Beigeness by Kate Tempest.



Leo, Basic shore bitch:

Birks or white reeboks, karen walker necklace, Ruby bracelet with those fucking stars, glassons ruffle skirt and lulu-lemon sports bra. Watermelon cruiser and mini coop. The thing is... I tried so hard to be you. But who am I kidding.

Song: White teeth teens by Lorde.



Virgo, National party:

That exact shade of Crisp blue. Who is Todd Muller? Show us your tight smile, nervous shifting eyes, gelled hair, shiny bald head, and most importantly... top 12 white MP. Who is Todd Muller? Who is he?

Song: Lose yourself by Eminem.



Libra, Cottagecore:

You've taken a Gingham table cloth and turned it into a dress or shorts. Sour-dough in right hand, picnic basket in left, carrying home brined olives. Renaissance paintings, white blouses and lace. Timothee Chalamet is that you? Cozy, bunches of hand picked flowers, and farmers markets. Perfectly artisanal and manufactured.

Song: *Bloom* by The Paper Kites.



Scorpio, 21st Century Neo-Dadaism:

You are trying to overturn traditional bourgeois notions of art. Basically... Meme culture? Except sending memes instead of actually asking how someone is/to flirt isn't really a personality.

Fuck who knows?? U make collages and scream about capitalism?

Song: *The Call Me Tiago (Her name is Margo)* by Tiagz.



Sagittarius, Clowncore:

Big face paint, red nose, multi colored puffy hair, tear tattoo under the right eye, spooky squeak squeak shoes, helium balloon, and dad jokes. Half assed attempts at learning a mihi, tells you, "my neighbour was chinese!!" as an excuse.

Possible career path: politician, landlord or senior management at a tertiary institution.

Song: *Clap Clap Sound* by The Klaxons.



Capricorn, Cubism:

SQUARES, RECTANGLES, RHOMBUS, I LOVE 90 DEGREE ANGLES, OR LESS OR MORE SOMETIMES, HMM AVANT-GARDE. MULTIPLE VIEWPOINTS AND PICASSO. ABSTRACTION. FOLD YOURSELF INTO A CARDBOARD BOX, AND CALL IT A DAY.

Song: *Locomotive* by Thelonious Monk



Aquarius, E-GIRL/E-BOY:

Geeky but sexy, true survivors of this lockdown: they've been earning income on the internet long before the rest of us, ssk ssk, parted dyed hair and striped shirts, lingerie and winged eyeliner. Elements of kawaii: but goth. Fake freckles.

Song: *Cha Cha* by Freddie Dredd



Pisces: Vapour wave

Lots of pink and purple, swimming pools and sunsets? Early Internet imagery, late 1990s web design, glitch art, and cyber-punk tropes, Greco-Roman statues, and 3D-rendered objects. VHS degradation. A deadpan recontextualization of corporations. I mean that's what you're telling me... but isn't it just cuz it looks cool?

Song: *Throwaway (with Clairo)* by SG Lewis.



**AUSA'S FREE
TAKE-HOME
ASSESSMENT
ZOOMINARS**



the people to blame.

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