

Critic

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ISSUE 12

Fig. 2

Fig. 1

Fig. 8

FOOD FOR THOUGHT

JOE'S A VEGAN NOW p18

FASTING p22

**YE OLD-TIMEY
FOOD TIPS** p26

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CONTENTS | ISSUE 12

NEWS & OPINION

- 06 News In Briefs
- 08 Campus News
- 10 Execrable
- 12 News
- 14 Sports
- 16 Politics

FEATURES

SHOUT IT FROM THE ROOFTOPS: I'M A VEGAN

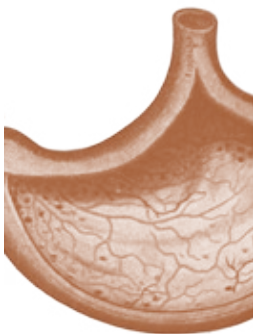
Joe Higham goes vegan for a month **P 18**

STARVING FOR GOOD

Sam Fraser-Baxter on the history of fasting, its speculative health benefits **P 22**

OLD-TIMEY FOOD TIPS

Lucy Hunter gives advice from old-timey doctors
Profs Wood and Ruddock on how to detect poison,
avoid biliousness, and how to plump up **P 26**



Review

- 38 Film
- 40 Technology
- 41 Books
- 42 Games
- 43 Music
- 44 Art
- 45 Food



Columns

- | | | |
|----|-------------------|---------------------|
| 30 | Pet News | |
| 31 | Something Came Up | 34 David Clark |
| 32 | Science. Bitches | 35 Sexcellent |
| 32 | Dear Ethel | 35 The Weekly Doubt |
| 33 | Matters of Debate | 36 Letters |
| 34 | Cull's Column | 46 Love Is Bind |



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Editorial

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Sub Editor LAURA STARLING

News Editor JOE HIGHAM

Chief Reporter HENRY NAPIER

Design

Technical Editor TASH MURACHVER

Features Designer CERI GIDDENS

Section Editors

Books JESSICA THOMPSON

Games CAMPBELL CALVERLEY

Technology ANTHONY MARRIS

Film NITA SULLIVAN

Food KIRSTEN GARCIA

Politics JOEL MACMANUS

Music MILLICENT LOVELOCK

Sport SEAN NUGENT

Contributors

Tom Lord, Monique Hodgkinson, Sam Fraser-Baxter, David Cull, David Clark, Tom Kitchin, Jonathan Guildford, Liam Brown

Production

Online Content Manager AMAN JAMWAL

Distribution ROSS NICHOLLS

Advertising Sales

Elaine Byron, Hannah Griffin, Peter Ramsay

Read Online

critic.co.nz

issuu.com/critic_te_arohei

Get in touch

critic@critic.co.nz

lucy@critic.co.nz

facebook.com/critictearohi

tweet: @critictearohi

03 479 5335

P.O. Box 1436, Dunedin

■ Editorial



Thank god The Cook isn't another sushi store

IT'S BEEN A LONG TIME BETWEEN DRINKS, BUT THE Cook has finally re-opened its doors. However, gone are the days of boat races in the garden bar and vomit in the urinals (although that may still happen) with the bar now being renovated into what's known as a 'gastro pub'.

Gastro pubs or gastro lounges, for those who are unaware, are restaurants whose main purpose is to serve high-end food and beer. A little different to the \$8 jug and \$3 steak meals that some former patrons of The Cook may remember. The Captain Cook Hotel as it is now named has looked to attract a wider market, straying from its usual cliental of cash strapped students and focusing instead on those customers who may possibly visit the bar to buy a drink.

Sadly, unless your parents are down for the weekend or your tax refund from that summer job has finally come through, this is a pub of little use for students. Jugs are expensive, the decor resembles a royal dining hall and the mechanical bull is nowhere to be seen.

However, the new owners should be applauded over the fact that they have re-opened the

premise as a bar once more. The Cook has been around since Jesus wore jandals and it would be a real shame to see it transformed into another sushi store.

But the campus is still lacking a real student pub. One that serves cheap food and alcohol and would rival drinking in your own flat. Sure there's ReFuel but lets be honest, it doesn't quite cut the mustard. As it is at the current moment students are no longer left with a viable place to drink and as a consequence have been forced to drink in their own flats or on the streets, which as we have seen in recent times has lead to a huge amounts of problems. Need I remind anyone of Carol?

There is though, still hope that the flame between The Cook and the students can be re-ignited. With the intention in the middle of June of introducing an upstairs student venue, which will cater to the late night and weekend crowds, there is still a glimmer of hope that The Cook will once again become the backbone of student nightlife.

Hugh Baird

Critic editor

News in Briefs

World Watch



Cambodia

Media outlets in Cambodia have been told they must begin referring to the Prime Minister Hun Sen as "Lord Prime Minister and Supreme Military Commander." In a three hour briefing at the information ministry reporters were told full titles must be used from August. Reporters were also questioned as to why they had not complied with similar previous requests



Nikus, Uzbekistan


A city in Uzbekistan has paid its schoolteachers in chickens rather than cash. Authorities have been handing out freshly-hatched chicks due to a lack of money in the country's banks. One teacher describes the decision as "shameful" after saying that "last year they paid us with potatoes, carrots and pumpkins"



Cologne, Germany

A German manager of a burger bar in Cologne will start selling "Erdogan-Burgers" again after closing for three days because of threats. Joerg Tiemann said he sold the burgers garnished with goat's cheese as a "satirical answer" to Turkish President Recep Tayyip Erdogan. The Turkish President has recently filed criminal complaints against a German Comic who made fun of him in a poem, referring to sex with goats and sheep







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Zug, Switzerland

A council in central Switzerland will soon accept the digital currency Bitcoin as payment for some public services. The trial scheme will begin on the 1st of July and run until the end of the year. Residents will be able to make payments of up to 200 francs using the crypto-currency

Philippines

A baker who vowed to give away thousands of free cakes in Rodrigo Duterte won the Philippines presidential election says he'll keep his promise, but is asking for time. The baker wrote on Facebook in November that his bakery would hand out five million pesos (US\$107,000) worth of cake in the event of Duterte's win. While his post was later deleted, some people saved a copy just in case

Canada

Canada's federal health agency intends to open up legal access to heroin as a treatment for chronic opioid abuse in a move that is already being heralded by doctors who have fought to make the drug a legitimate option. The announcement comes as the country struggles with a rise in illicit drug overdoses and an especially dramatic spike in fentanyl, which is roughly 100 times more potent than heroin

Massachusetts, United States

A man who had his penis partially amputated due to cancer has undergone the first successful penis transplant in United States history. The 64-year-old man lost part of his manhood after he was diagnosed with a rare case of penile cancer. The procedure took 15 hours and involved a team of seven surgeons. Doctors said they are "cautiously optimistic" that he will regain sexual function

FACTS and figures

25,000 bicycles end up in **Amsterdam's** canals each year

Australia is the only continent in the world with **no volcanoes**

China has more **English speakers** than the United States

The word '**LETHOLOGICA**' describes the state of not being able to remember the word you want

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The Captain Cook Tavern is back, but not as students will remember

by Liam Brown

EVEN DUNEDIN'S SWEET SUMMER CHILDREN who have not yet survived a winter will still have heard praise of the revered pub, which was forced to close in 2014 due to legal matters. However, other factors such as students favouring a cheap trip to the liquor store for a Scrumpy or a box of Cindy's (god bless) and a crackdown on Otago's scarfie culture certainly contributed to the 154-year-old pub closing its doors.

The future for the Cook looked bleak in 2014. There was no reason to suspect it wouldn't become a vacant and austere memorial of good times passed, like Monkey Bar, or a simple study centre, like Gardies, or, whatever the fuck Boogie is now. Rumours about the Cook's future spread like cold sores through Uni Col.

That's why it came as such a surprise when a massive redevelopment project began at the historic venue, courtesy of its new owners. Operations manager Sheldon Lye said they had "really tried to modernise the whole hotel, [while] retaining a genuine feel to it," adding that "this is New Zealand's most famous pub." It's a bold claim, but it's believable.

The building has been restored in the style of English pub, complete with a corner entry, fireplaces and a traditional horseshoe-shaped bar. Captain Cook Hotel, as it is now known, considers itself more of a gastropub than a student pub, a decision presumably made to cater to a larger



clientele and to prevent the issues that led to its closure in 2014.

In more ways than just title, Captain Cook Tavern and Captain Cook Hotel appear to be entirely different entities. Understandably, the reopened bar has chosen to distance itself from... well, itself. Students looking to sip on \$5 jugs while slipping gold coins into pokies amidst the potent smell of urine will have to continue their search elsewhere. Think of it more as a place to catch up with some mates over a beer and a meal as opposed to an after-hours babysitter for your drunken antics. Getting smashed to the point where you drunk-text your Year eight ex might be out of the question now, unless you have deep pockets (you're looking at \$16 a jug) or a shallow tolerance for alcohol.

Students haven't been dismissed completely

in favour of classing the place up. An upstairs student-orientated nightclub catering to late night and weekend crowds is expected to open in mid-June, which could serve as a suitable pit-stop on the midnight crawl from Starters to the Octagon in lieu of the now desolate bar formerly known as Boogie.

There's not really much to complain about with the brand new Captain Cook Hotel; the inviting, warm atmosphere makes it a suitable choice for a few quiet ones, while the promise of a student area upstairs is an exciting prospect. You have to remember that at the end of the day, The Cook is a business, and it wouldn't be feasible for it to reopen with a style the same as what it operated (and closed) under in 2014. So get in there like swimwear and support New Zealand's most famous pub.



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Campus Watch turns up heat on fire safety in flats

by Henry Napier

LANDLORDS SHOULD BE RESPONSIBLE FOR ensuring working smoke alarms in student flats says Deputy Proctor Andrew Ferguson. The comments come following last week's flat fire in the 6/60 flat on Castle Street where a fire begun early in the morning and continued to spread unbeknownst to the tenants – who did not have a working fire alarm.

The Deputy Proctor says he thinks flats should be equipped with smoke alarms and it would be his "personal preference" for landlords to take responsibility in maintaining them.

"My personal preference is if the landlord or someone else other than the students looked after it, but at the end of the day, if you're living in the house it's just something you need to be prompted to remember to do and actually do it," says Mr Ferguson.

Since the tragic Six60 flat fire, Campus Watch

has begun distributing fire safety pamphlets to densely populated flatting streets such as Castle Street and Leith Street, with the goal of educating students about the potential risks of not having a working smoke alarm.

"We've had Campus Watch staff out in the main flatting areas starting north of the campus around Castle Street, Leith, Howe and that sort of area."

"[Campus Watch] are handing out the pamphlets that the Fire Service have provided to us, just basically advising them they need to have smoke alarms, they need to check they are working if they have them already and the message is they need to be up in areas that are suitable and they are not to be removed because it is a risk at night if you have a fire."

The current law, under the Residential Tenancy Act, provides that landlords are

responsible for installing one or more working smoke alarms at the beginning of the tenancy and continue to maintain them, including the replacement of batteries.

However, legislative changes arriving on July 1 will change the current requirements for landlords to maintain smoke alarms, placing the onus on the tenants of the property to replace batteries or notify the landlord for replacement.

In addition, the new laws introduce penalties directed at tenants who interfere with the operation of fire alarms, or other means of escaping fire.

The section reads "It is an unlawful act for tenants to cause or permit any interference with, or to render inoperative, any means of escape from fire – which includes smoke alarms. The maximum fine for this offence is \$3,000."

Police discover woman falsified abduction

By Joe Higham

A TEENAGER WHO MADE AN allegation to police claiming that two men in a parked vehicle attempted to abduct her has now been ousted as a liar following a thorough investigation into the claim.

The 18 year old told police she was the victim of an abduction attempt at around 4.25pm on May 7 while she was walking along Forth Street in North Dunedin after being grabbed by the passenger.

She then claimed that she managed to escape despite the driver coming to the aid of the passenger in pulling her into the car.

Police launched an investigation, releasing reports of the incident and even what the vehicle looked like.

After a "thorough investigation", a police spokeswoman found out the allegation from the woman was false.

Due to the allegation, the time and resources of the southern police force have been significantly wasted in pursuit of an offender who does not even exist.

It is unknown what the punishment will be for the falsified allegation or whether there was any particular motive behind it.

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Flu shots for the 1 % (actually its only 0.7 %)

by Henry Napier

THE OUSA PROGRAMME TO PROVIDE FREE FLU vaccinations to students will be offering a mere 150 shots to the 20,000 students enrolled at Otago University. OUSA has negotiated with Student Health Services to provide 150 free flu vaccinations to students for two hours on Thursday 26 of May, with a location yet to be confirmed.

The provision of free flu vaccinations was a key election promise of Laura Harris who was

"This year is a pilot, so if it is really successful we will be able to go from there"

successful in her campaign for OUSA President last year. However, some students are questioning the validity of Harris' commitment to her election promise, considering only 0.7 percent of students are set to receive the no-cost vaccinations.

However, both OUSA and Student Health Services have stressed that this year's programme will be a "pilot" to gauge student interest. Katherine Martin, a Clinical Group Leader at Student Health Services, says the turnout of students will indicate whether the programme is feasible going forwards.

"We've got to start somewhere, and we did this in [2014]. They weren't funded, but we provided a clinic at the University and we got 18 students that took the opportunity. They weren't free, they were \$18, but in two hours we had 18 students that actually took up the opportunity to have the flu [vaccination]. This year is a pilot, so if it is really successful we will be able to go from there," says Ms Martin.

"[Continuation] depends on the response. It has to be cost effective for both the University, whether that's OUSA or someone else, and it has



'tis the season

to be cost effective for Student Health. If it's a success, we will be really thrilled."

OUSA President Laura Harris was unwilling to disclose the cost of the programme, however a vaccination through student health costs \$20, which according to Katherine Martin covers only the cost of staff, the vaccine and storage.

The provision of free flu vaccinations to students has not yet been officially announced by OUSA, and it is unclear whether the programme will be advertised given the short time frame. According to Katherine Martin, the success of the programme is reliant on student participation, as well as student leaders promoting the service.

"We can offer a service but the success of it really depends on the whole community and the receivers being really enthusiastic, as well as student leaders being proactive."

Providing students with free flu vaccinations has been provided by a number of other universities in New Zealand, generally receiving widespread interest from students. Last year the Victoria University of Wellington Students

Association (VUWSA) provided 2700 free flu vaccinations to students. Victoria University does not limit how many flu vaccinations are offered, which last year cost \$24,000.

The Director of Student Academic Services at Victoria University, Pam Thorburn says vaccinations are essential to preventing the spread of illness in the student population.

"Beyond the obvious health benefits of not catching the flu, being vaccinated means students are far less likely to lose valuable study time to illness, or to recover more quickly if they do get sick. Victoria University aims to provide a holistic learning environment for students, and good health services are an important part of that."

The provision of flu shots widely is understood to decrease the spread of a virus within a community. A study conducted by the Ministry of Health suggests that if over 80 percent of community is vaccinated "Herd immunity" can be achieved, whereby the virus is unlikely to spread.

OUSA President Laura Harris was unwilling to comment.

MP believes hospital food steering in the wrong direction

By Tom Kitchin

MAKE SURE YOU KEEP YOURSELF HEALTHY in Dunners this winter, because if you're unlucky you might be sent to our glorious public hospital where you'll be in for a treat when it comes to meal time. Some people have said it's food you wouldn't share to your pets, one person has said they had better meals in Nazi-occupied Holland. It might even be worse than the tough spaghetti and pink mince your flatmate thought would pass as a meal the other night.

Now, Dunedin South MP Clare Curran is taking a stand with the Otago Daily Times, asking for the Southern DHB's contract with Compass to be released. So far there has been no response. NZ Health Partnerships, a state-owned organisation that supports all New Zealand health boards, have deterred the release. The response to Curran

and the ODT was to wait for a "commercial and legal review" to make sure the contract was not "commercially prejudicial." In other words, their aim is to remove elements of the contract that could reveal sensitive information.

Last year, in an effort to save money due to poor board management, Southern District Health Board decided to stop preparing food for patients in house and instead sold the contract to Compass Group, a multinational food service company. Food is now trucked down from Auckland, which has caused much controversy amongst patients and staff.

Compass began serving Dunedin Hospital with meals in October 2015 and since then feedback has generally been negative. Protests broke out against the hospital at the end of April. However, the Governments see no problem.

It might even be worse than the tough spaghetti and pink mince your flatmate thought would pass as a meal the other night

Health Minister Jonathan Coleman tried a meal prepared by Compass in Dunedin on video in April and commented that "there was nothing wrong with it at all" and it was a "standard Kiwi fare."

Compass have signed up to a 15-year contract with the Southern DHB, which aims to save \$6.96 million over that time.

University of Otago animal research centre opposed by animal rights activists

by Laura Starling

ON MAY 11 THE UNIVERSITY OF OTAGO ANNOUNCED PLANS TO BUILD A \$50 MILLION animal research centre on campus.

The SPCA have actively opposed the plans, with the New Zealand chief executive explaining that animal testing causes unnecessary pain and suffering. He told the Otago Daily Times that there are "viable alternatives" such as using "cell, tissue and organ cultures, human volunteers and computer modelling."

Tayla O'Driscoll, a member of the Vegan and Animal Rights Society (VARS) here on campus, brought up the Three Rs: Replacement of methods for animal testing, Reducing the amount of animal testing, and Refining the methods of animal testing so as to minimise suffering. The Three Rs are advocated by animal rights activists, the Ministry for Primary Industries and The Animal Welfare Act 1999.

O'Driscoll said that "the University of Otago needs to focus on moving away from animal testing methods" and that "if the university take the Three Rs seriously, they should invest their money by creating a facility that looks for alternatives to animal testing."

"Their decision to build a new animal testing facility shows backwards thinking and absolutely no regard or concern for the wellbeing of animals," said O'Driscoll. "By spending 50 million on a new facility, Otago obviously sees this decision as an investment in the indefinite future of animal testing."

SAFE also argues that building the animal research facility indicates "a commitment from the university to test on animals for years to come" and urges the university to "move out of the dark ages" by using modern technology and alternative methods as a way of testing.

However, the university is standing by plans to build the centre. University of Otago deputy vice-chancellor for research and enterprise Professor Richard Blaikie said that the centre was purely to replace existing, old and rundown animal research facilities. He said that the new centre would give the "highest standard of care" for the the animals used, and that the new building would not increase the number of animals involved in research.

Blaikie said that "The Research Support Facility (RSF) will provide an environment to meet that care, complementing the stringent ethical criteria applied by the university to all animal research before it is initiated and including the principles of reduction, replacement and refinement where possible."

NZ fisheries have caught 24.1 million more fish than they reported

by Joe Higham

A COLLABORATIVE STUDY HAS DISCOVERED that New Zealand fishery catches are 2.7 times more than previously reported.

The study was conducted by Glenn Simmons from Auckland University, alongside various researchers at the University of Oxford and the University of British Columbia as well as collaborations from various government scientists across the globe. It is part of an wide scale international collaboration between 400 researchers that sought to fill the gaps left by official catch data.

A press release from the University of Auckland outlined that the disparity was largely due to unreported commercial catches and discarded fish.

It goes on to say that "fish of little or no perceived economic value have been routinely dumped at sea and not reported. By catch — fish caught along with the target species— is

common and unavoidable. They're routinely dumped if unmarketable, under the minimum legal size, or if the fisher has no quota."

Between 1950 and 2013, New Zealand's marine catch was reportedly just 14 million tonnes as opposed to the correct figure of 38.1 million, which is almost three times higher.

University of Otago marine scientist Professor Stephen Dawson has since spoken on the issue, stating: "Blaming the fishermen is not the answer. The dumping and hi-grading problems arise because the Quota Management System provides incentives to do so. With quota so limited and valuable, there's a strong temptation to dump fish that are undersized or damaged or the wrong species, so that fishers can maximise their return from a limited quantity of fish."

"An excellent start would be to initiate a robust scholarly review of the Quota Management System", he concluded.

Rino Tirikatene, Labour Fisheries Spokesperson, has reiterated its call for an independent inquiry into New Zealand's fishing industry. Tirikatene stated that "Fisheries officers come down hard on recreational fishers who are one or two fish over the catch limit, but MPI is turning a blind eye when commercial boats dump hundreds —maybe even thousands— of fish overboard. There's one standard for the little guy and another standard for the big boats."

On top of the headline statistic, 42 percent of the industrial catch was caught by foreign-flagged vessels, which dominated the catching of hoki, squid, jack mackerels, barracoota and southern blue whiting —which are some of the most misreported and discarded species.

Industry competition and journalism at stake in proposed giant media merger

by Joe Higham

RECENTLY IT HAS BEEN CONFIRMED THAT Australian and New Zealand media giants APN and Fairfax Media are in talks to merge, in a move that is subject to Commerce Commission approval.

The two media outlets produce many newspapers, magazines and radio stations throughout both countries, including Stuff, The Sunday Star Times, The Dominion Post, The Press, The New Zealand Herald and also NewstalkZB and Radio Sport among others.

A joint media statement out of Sydney, Australia last Wednesday confirmed that talks are well underway. Predictably, it highlighted the potential advantages of the move, claiming that, "If completed, the combined company will be a leading New Zealand media business, offering depth of news, sport and entertainment coverage across a diverse mix of channels including print, digital and radio."

However, such a merger has been seen as dangerous by many, with some complaining that it would form a monopoly in the news industry, effectively drowning out the remaining few competitors left in the market. Others have voiced concerns about the effect it will have on the quality of journalism and the effect that will have on the New Zealand public as a whole.

One of those worried about both is political analyst Gordon Campbell, who says, "It will leave fewer journalists on the ground to do this work. The media will be able to offer only an inferior, more superficial service to the public, who will almost certainly have to pay more for their access for it. How on earth can the Commerce Commission approve a merger that will so blatantly reduce competition and so obviously disadvantage the public?"

The Green Party also oppose the move, with their broadcasting spokesperson Gareth Hughes

stating that "A free, diverse and competitive media is hugely important for democracy."

He continued, lambasting New Zealand's laws as weak in comparison to Australia's parallel system: "Many other countries have specific rules that prevent media monopolies from forming, but New Zealand doesn't. I think it's unlikely these Australian-owned media companies would even dream of proposing a virtual monopoly over newspapers in their home country, under current rules there."

The merger is partly due to an ongoing and deepening global news crisis in which many news outlets are struggling to monetize their online content in the face of weakening sales of print media.

Incriminating satellite images shed new light on MH17's crash

by Jonathan Guildford

INCRIMINATING NEW SATELLITE IMAGES HAVE BEEN released, which would appear to confirm the exact time and location of the air defence system that was used to take down flight MH17 over eastern Ukraine on the 17th July 2014.

The satellite images were released by global intelligence agency, Stratfor with further inquiry provided by AllSource analysis. The images claim to be captured just hours before the jet was shot down, which resulted in the death of all 298 passengers and crew on board flight MH17.

The images displayed a Buk air defence system near the separatist controlled Donetsk. Initially after the incident Russian Officials claimed that the Malaysian airlines flight was shot down by a Ukrainian plane and not a Russian missile. However in June last year analysis of the crash scene proved this statement wrong. The Russian manufacturer of the Buk air defence missile system concluded that the Malaysian flight 17 was shot down by an older version of the system. He continued by stating that this older version of the missile system was

no longer active in the Russian military but was still part of the Ukrainian arsenal.

Who actually fired the missile that took down flight MH17 on that fateful day is still highly shrouded in controversy. Many from the West suspect that MH17 was destroyed by the Buk Russian surface-to-air missile fired by Russian soldiers or Russian backed separatist rebels who were fighting in the area. Even though the evidence would point to the Russians being a contributing factor to the crash, Russia has repeatedly denied any involvement.

Expert's state the surfacing of the images is the closest Moscow will come to admitting it was behind the crash. The company Stratfor are responsible for examining the evidence of Russia's involvement in the Malaysia Airlines Crash report. They state that the images that have just emerged shed fresh light on the July 2014 disaster. According to the report compiled, satellite partner AllSource "was able to locate images that confirm the exact time and location of the air defence system on the day of the crash."

Who actually fired the missile that took down flight MH17 on that fateful day is still highly shrouded in controversy. Many suspect that MH17 was destroyed by the Buk Russian surface-to-air missile fired by Russian soldiers

Although Stratfor specified that the images definitely correlate with other evidence that has surfaced which would blame Russia for having an involvement, they did admit that the images do not definitively prove Russia was behind the disaster.

Cancer victim receives United States first penis transplant

by Hugh Baird

A UNITED STATES MAN WHO HAD HIS PENIS removed due to cancer has received the nations first penis transplant at Massachusetts General Hospital in Boston.

Just last week Thomas Manning, a 64-year-old bank courier from Halifax, Massachusetts underwent the 15-hour surgery, which was made possible from the organs of a deceased donor. He becomes just the third person in the world after transplants in South Africa in 2014 and China in 2005.

The recipient patient from South Africa remains healthy and was able to father a child, although the child was stillborn. However, the Chinese man had his transplanted penis

removed after only a few weeks as he claimed it made both himself and his wife uncomfortable.

Manning was diagnosed with penile cancer after a workplace accident in which he slipped on ice. He was subsequently told that due to the nature of the cancer quick and aggressive steps had to be taken.

Talking from his hospital bed, Mr Manning told that media that "I want to go back to being who I was." Doctors remained incredibly optimistic that Mr Manning would make a full recovery and would be able to start urinating normally in just a few weeks, although sexual function was much further down the line. "There

is no doubt in my mind that everything is going to work. And I mean everything," Mr Manning said. "You can interpret that any way you wish," he added with a grin on his face.

Although the main procedure was complete, Manning was going to stay on at the hospital and undergo mainly cosmetic surgery to improve the appearance of the new organ.

The procedure is said to give hope to cancer survivors and accident victims and eventually will hopefully benefit those in the transgender community.

A quick preview of Roland Garros

by Sean Nugent

THE 115TH EDITION OF THE French Open begins in Paris on Monday, signalling the start of the second tennis major of the year. The long-awaited tournament will be noteworthy for a number of reasons, none more so than being the first major since Maria Sharapova was banned for using performance enhancing drugs. It will also bear significance on the court, where Novak Djokovic will be determined to finally capture his first French Open crown, the only major tournament he has failed to win in his glittering career. Meanwhile, Serena Williams will be hoping to continue her dominance of the women's game, and is one major away from equalling Steffi Graf with a record 22 singles titles in the Open era.

In the last few years Djokovic has become a dominant force in the men's game, as rivals Rafael Nadal and Roger Federer have begun to show signs of wear and tear. The Serb currently has eleven titles to his name, still a long way behind his aforementioned counterparts. However, he has won five of the last six Grand Slams, with his only loss coming to Stan Wawrinka in this very event last year. The lead in to the tournament has not been as smooth as he would have liked mind you. Last week Djokovic lost the Rome Masters to Andy Murray, probably his biggest threat in Paris, in straight sets. He was also knocked out in just the second round of the Monte Carlo Masters a little over a month ago, although he did win the Madrid Open a few

weeks later. Whether or not the world number one is showing signs of fatigue or not remains to be seen, but he is still the strong favourite heading into Roland Garros.

Murray, whose confidence will have skyrocketed after his victory in Rome, will be determined to continue his recent form. The defeat of Djokovic was no small feat for the Scot, who has found the Serbian ace his achilles heel throughout his career. It was Murray's first victory against Djokovic on clay in five meetings between the two. However, despite these promising signs, the French Open has historically been Murray's worst Grand Slam, having never made a final in any of his eight appearances at the tournament. He will also go to the tournament without a coach, after his former mentor Amelie Mauresmo decided to make her young family her priority. While Murray is not worried at this stage, it could be troublesome if he encounters issues later in the tournament.

The other favourites remain the same, with Rafael Nadal, Roger Federer, and last year's champion Stan Wawrinka hot on the heels of both Djokovic and Murray. Nadal, a record nine-time French Open champion, has been finding form in recent months after an embarrassing first round exit at the Australian Open in January. Injuries and fatigue have continually haunted the Spaniard for the best part of two years, something he will be hoping to avoid this time around.





Injury has also been plaguing Federer in recent weeks, with the aging legend stating that he does not rate his chances going into the tournament as he battles an unspecified back injury.

"Clearly the way I'm playing right now is never going to be good enough for any good run in Paris; I also wouldn't play this way. I'm still confident I will be fine somehow."

It threatens to end a remarkable streak of 65 straight appearances at Grand Slams, but Federer is still determined to compete in Paris.

"If I can play 100 percent again and move again correctly, my mind's in a good place. My game is there."

Wawrinka, the 2015 champion, has been in poor form this year, having failed to beat a top ten opponent since February. However, he is not worried about his recent performances.

"Last year I was struggling with my game before here. I wasn't playing great tennis."

"This year I'm just feeling really good in practice. I think I'm playing well. That's why I know that if I keep pushing myself the rest will come sooner or later. I don't know when, but my level is there."

The women's draw will be without former world number one Caroline Wozniacki and current world number eight Belinda Bencic, with both failing to recover from their respective ankle and back injuries.

As has become the norm, Serena Williams will enter the tournament as the overwhelming favourite to

win her fourth French Open. By doing so, she would equal Steffi Graf's record of 22 Grand Slam titles in the Open era, and give her the chance to take the record by year's end.

It would take some doing to topple the American superstar, but many eyes will fall on German Angelique Kerber, who defeated Williams at the Australian Open in January. The world number three has continued to play well on the back of her first major victory, but will still face an arduous task in conquering the powerful Williams again.

The rest of the draw has become impossible to predict in recent years. There are no certainties on who will be with Williams in the closing stages of the tournament, but chances are there will definitely be a surprise run by a relative unknown.

Such a run could be made by 20-year-old American Louisa Chirico. Having had to qualify for the Madrid Open last month, the youngster proved her worth by overcoming both Ana Ivanovic and Victoria Azarenka on her way to a semi-final berth. It is unlikely that Chirico will go that far at Roland Garros, but she could provide some great entertainment in the early rounds.

The tournament begins on Sunday 22nd May at 9pm NZT and will conclude on the 5th June.

Roland Garros, the French Open, begins in Paris on Monday. Tennis champions Serena Williams (left), and Rafael Nadal (right)

Students to break free of third-world living?

Nine months ago I pulled my bed out from the mildew and mould creeping along the walls, sent a few emails to my then landlord asking about fixing the leaking roof of questionable structural integrity and opened my window to help air what other damp belongings I had with me.

FOR ME DRIPPING WALLS WERE A NOVEL inconvenience. Short term. But I was the exception. For many families with young children this predicament is a long term reality.

Earlier this month parliament debated the resubmitted Healthy Homes Bill requiring all rentals (ie. student flats) to have proper insulation, to be watertight and have adequate heating. Andrew Little wants all MP's to support the Healthy Homes Bill (no 2) which aims to remedy the current Residential Tenancies Act 1986, bluntly speaking it needs to lift its game, which would also be fantastic for not only Otago students. According to Children's Commissioner Nick Smith children account for 42,000 hospital admissions and 15 deaths a year due to cold, mouldy and damp housing. Purportedly his Bill aims to save lives and tackle a shocking statistic - from the root.

Emma-Lita Bourne tragically died from a brain haemorrhage last year. A coroner found that this occurred from causes attributed to her family's cold and damp housing, a housing NZ rental property. This added fuel to the housing crisis debate. Labour's proposed Bill will prevent other cases like this by implementing stricter guidelines which landlords must follow in order to facilitate dry and warm housing and legally rent out their properties.

In a recent opinion piece Little called out Housing Minister Nick Smith on his claim that



he is doing all that is needed to improve the 'deplorable' state of rental houses. As the bell rang Little advanced from the red corner declaring 'No child should be living in a hovel'. It's a hard hitting reality, and the statistics released by the children's commission show that more has to be done.

The original Healthy Homes Guarantee Bill was defeated in five minutes, it lost by just one vote. But, as Little pointed out, due to the Northland by elections which brought into parliament an additional NZ First MP the proposed new Bill would pass its first reading 61 to 60. And so it did. Last year David Carter — Speaker of the House— delivered a ruling on the Bill shrewdly noting its similarity to a previous bill. The new

Bill though, offers MP's to reposition their perspectives, offering extra time to weigh in on the issue and do something about it.

SO WHAT EXACTLY IS THE GOVERNMENT currently doing to improve rental housing? The Residential Tenancies Amendment Bill strengthens the Residential Tenancies Act by retrofitting rental homes with ceiling and underfloor insulation over the next five years as well as ensuring all rental properties are fitted with working fire alarms. That is unless properties are already up to date with 1978 standards. This will come into effect this July for properties already heavily subsidised by the government but not until 2019 for other rental

housing. A 2014 Household Income Report shows that over 70 percent of children in poverty live in rental accommodation while the majority (53 percent) live in private rentals, which calls into question whether it is ok to partially put away a killer which already takes 15 children a year. Three years? That's far too long. On the other hand this will still benefit students in a few years to come as they enter a flat hunt full of partially insulated houses at the least.

Smith portrays his Bill as the pragmatic and efficient option. Alternatives are too expensive and will not prove to be beneficial. The adage no value can be put on human life comes to mind. As for Leaky roofs, insecure doors, excessive dampness, and unsafe wiring; these issues are supposedly covered by existing regulations, regulations that students can themselves attest to not working.

Children's Commissioner Dr Russell Wills says the bill which intended to bring rental properties up to standard is weak, not acting to help children in cold, damp housing. It's been described as shameful; it will do little to change the statistics on child deaths. When the 2013 budget came out



it suggested a WoF-esque solution for both private and state housing, promising NZ children healthy homes. That was three years ago.

Currently there is no heating or ventilation standard in Nick Smith's Bill – Opponents to the Bill have queried whether it undermines the importance of our children. Little's new Bill that

had its first reading a couple of weeks ago focusses on these issues. Would the new Bill impose regulations that come at far too high a cost? Either way if the Bill is voted in there would be far less Kiwis, children and students alike removing mould from their walls with bathroom cleaner



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SHOUT IT FROM THE ROOFTOPS:

**I AM A
VEGAN**

After accidentally ordering a salad and watching an upsetting documentary, Joe Higham decided to step into the plant-based world of veganism.

In February this year, I was sat at a restaurant on the banks of the Chao Phraya River, which winds itself through the sprawling metropolis of Bangkok. It was a typically hot and humid day, and the sun was just setting behind and between the concrete skyline. The menu before me was filled with meat dishes and fish platters that make me drool just reflecting on them. On the back page, a small section was dedicated to meals whose constituent parts lacked the flavoursome meat I thought necessary for a fulfilling and nutritious meal. I read through them: vegetarian Pad Thai, vegetarian Thai green curry, eggplant salad, etc. and immediately dismissed them outright in favour. A young man approached me, removing his pad of paper from his back pocket and clicking his pen. "Hello sir, what can I get for you tonight?" the waiter said, to which I replied, "Hi, can I please get a Heineken and an eggplant salad?" Before I knew it he replied: "not a problem sir" and took my menu away, ready to inform the chef to create the eggplant salad I didn't even remotely want. I was cursing myself for a good few minutes, but because I am English, and have the characteristic traits of bashfulness and a reserved character that come with the territory, I didn't attempt to change the order. Instead I went with it, and it was one of a very few defining points in my life so far.

When I finished the tasty yet seemingly lacking eggplant salad, I paid the bill and went back to my hotel room, unsure about my feelings toward the meal. During the elevator ride back I remembered a friend told me to watch Cowsspiracy, a documentary that unveils the damaging effects agriculture, and in particular the cattle industry, has on the only habitable planet we have. After sitting through the revealing 91-minute docu-film, I vowed to remove meat and dairy from my diet once and for all – to go to the dark side. To forever become a vegan.

I went onto Thai Airways website, entered my booking reference and last name, and changed my standard meat meal to a purely vegan one. This was my first mistake. I was served the worst meal I've ever seen. To this day I don't know what it was actually meant to be, although it was some sort of unidentified banal vegetables boiled alongside half-cooked rice, or so I was told by the air-hostess. The length of my first vegan experience only lasted the duration of my 11-hour flight.

By no means is this some preachy polemic about why you should become vegan, because, for one, other than the fact that the earth is rapidly and irreversibly changing as we speak in large part because of the contribution that the agricultural industry has on global emissions, there's no

reason you should stop eating animal products. Secondly, the self-righteous preaching and proselytising the pious do is one reason (one of many I will admit) that I can't stand religion. This is just my experience of being vegan for a month. Do with it what you like.

I decided to write a feature on the topic of becoming a vegan for a month from the point of view of someone who loves eating meat and drinks more milk in a day than most people get through in a week. I sat and deliberated about a plan of attack. Which foods with a high amount of protein could substitute for meat? Which calcium-rich products could do the job milk once did? What the fuck was I getting myself into?

I convinced my flatmate to commit to the month-long period as well, as I thought having someone else to cook meals with and make sure we don't stray from the vegan path would be helpful, and it was.

For the first time, we had to plan our visit to the supermarket, rather than chucking products as if on autopilot. We wrote a list of things we could not buy that we usually would, and thought of replacements for the ingredients we removed. We made our way around the supermarket, hoping, as always, to get in and out as fast as possible;

but not this time. One thing about adhering to a vegan diet is that, especially on your first few food shopping trips, you have to check the back of every item to see whether it says, "may contain egg" or "may contain milk" – a sentence I soon got increasingly sick of. I picked up more fruit and vegetables in that one shop than I had bought in the rest of the year combined, as well as \$9.50 vegan bread – bread should never be \$9.50. The shop came to \$116.12 each, but we did buy expensive items, such as the aforementioned grossly overpriced bread and coconut yoghurt (which was \$10 for 100ml) and a whole new set of herbs, spices, and seasoning, which I figured I had to use more of now the meaty texture and flavour of my meals would be lacking.

As the third week was well underway, I started embracing the process as I had done in the first week. Recipes were coming together, and my journal (which I just note down 'things' rather than actively write soliloquies in, said: "Vegan Month: Day 15 – beautiful food today. No problem with veganism. Could do it forever"). Seeing as the previous day turned out to be the hardest day of the whole process, it was somewhat premature to proclaim I was in it for life, but it goes to show how up and down your mood can be just from eating well, or believing that you're missing a supposedly vital food group from your diet.

For me, the hardest part about becoming vegan for the month was the length of time it took to

by the majority of omnivores, who essentially support animal cruelty by eating meat. The production cycle of beef, for example, is a harrowing one. Regularly, cows are given drugs to make them grow faster and are subjected to wholly unnatural diets designed to fatten them up in order to make them more appealing when they arrive on our shelves. PETA states that this unnatural dieting causes chronic digestive pain in the animals. Their "stomachs becomes so full of gas that breathing is impaired because of compressions of the lungs." A significant proportion of beef cows don't make it to the next stage in the process, dying or contracting horrible diseases due to these complications in their stomach. Cows only live to between one and three years of age, a fraction of

the by-products of the industry account for at least 32 billion tons of carbon dioxide per year...

By the end of the first week I was feeling great! I had more energy than usual, and the sense of dread at living another three weeks as a vegan had subsided, and was replaced by excitement at the prospect of being a quarter of the way through the process and a whole lot healthier than I was before. This feeling gradually fizzled out as I reached the 10–15 day point, where I was having withdrawals of either meat or dairy, although I assumed it was most likely the latter. By the 14th day I was begging my flatmate to allow me a non-soy cappuccino or cereal without almond milk, or even a kebab. I ate barely anything that day, knowing that the dairy I wanted so badly wasn't present the food I had in the pantry.

prepare meals and the limited options at supermarkets. The high cost of veganism is an issue too, although this is simply my take on the issue and the vegan products I bought may have been more expensive than what you might find yourself. You do cut out the large cost of meat and dairy (mostly cheese), which does help to balance out the cost.

A Guardian article entitled, "Industrial farming is one of the worst crimes in history", outlined that the victims of industrial farming include "the majority of Earth's large creatures: tens of billions of sentient beings, each with a complex world of sensations and emotions, but which live and die on an industrial production line." The process is a well documented but constantly overlooked one

their 25 year average life expectancy. This process isn't the worst of the industry though; for a bit of light afternoon reading take a look into the production cycle of veal.

One of the main reasons people may give for adopting a vegan diet is on these animal cruelty grounds. This argument is persuasive, which I agreed with as much prior to this experiment as I do upon completing it, but now my actions match my conviction. Veganism also has remarkable health benefits. Many studies have come to the same conclusion – vegan diets will make you live, on average, longer than a standard western diet full of meat and dairy. A paper published in the American Journal of Clinical Nutrition in 2009 outlined that vegan diets usually have higher



"dietary fiber, magnesium, folic acid, vitamins C and E, iron, phytochemicals, and tend to be lower in calories, saturated fat and cholesterol, fatty acids, calcium, zinc and vitamin B-12" too. Additionally, it outlines that in comparison to vegetarians, vegans are generally "thinner, have lower total and LDL cholesterol, and modestly lower blood pressure." Indeed, in one other study plasma total and LDL cholesterol were 32 percent and 44 percent lower among vegans than among omnivores (those who eat plants and animals). I personally found that over the last two months of being a vegan weight has fallen off my body and I feel significantly sharper and more alert throughout the day than I previously did. The vegan diet started as a challenge, although with these pos-

transportation emissions (all planes, cars, etc.) only account for 13 percent of all greenhouse gas emissions. The production of one pound of beef requires an obscene ten thousand litres of water (and that is a conservative estimate – some claim it is up to thirty thousand). According to the World Wildlife Foundation there are currently 1.1 billion people worldwide who lack access to water and around 2.7 billion who find water scarce for at least one month of the year. In addition, they estimate that by 2025 two-thirds of the world's population may face water shortages. Ordinary people need to take action to protect the most vulnerable people in the world seeing as western politicians are significantly lacking on the issues noted above.

... or 51 percent of all worldwide greenhouse gas emissions

itive consequences being so overtly noticeable to myself, it became a habit I adhered to, before I felt it was an obsession. For me, the moral and ethical arguments that go hand in hand with veganism in and around the lifestyle form a comprehensively compassionate outlook on life.

One of the most prominent vegan celebrities is James Cameron, who quite rightly stated: "You're not an environmentalist if you eat meat". Here, he was referring to the livestock industry and its effect on the world. To put it into quantitative form, the by-products of the industry account for at least 32 billion tons of carbon dioxide per year, or 51 percent of all worldwide greenhouse gas emissions. To put this number in perspective,

The benefits of becoming vegan are not exclusively personal. It is a lifestyle choice that truly helps the most vulnerable animals on our planet, ourselves included, and more so as the number of us grow. If you were to see how each piece of chicken, beef, pork etc. were treated, not just at slaughter time but throughout its hugely limited and controlled life, you would either become vegan or will have likely shown psychopathic tendencies throughout your life. Give it a go for a day, week or month and feel the benefits.

If you want to know more about this experiment turned lifestyle, get in touch by emailing news@critic.co.nz, pop up to the Critic Office for a chat, or join the Dunedin/Ōtepoti Vegan Society (DOVeS).



STARVING FOR GOOD

Sam Fraser **decided to go hungry for a couple of days. His experience lead him to learn more about the history of fasting and its speculative health benefits.**

Last week I didn't eat for 48 hours. It was my first fast. For those two days I didn't consume a single calorie. They were two of the most peculiar days of my life. By the end of my fast I wasn't quite the empty skulled, staggering zombie I dreaded becoming when I began, but It's hard to tell yourself it's all for a good cause when your body is telling you that you're slowly dying.

A fast is a prolonged abstinence from all food and drink except water (dry fasting involves abstaining from water as well). It's not starvation and it's not going without food on a Sunday because you drank copious amounts of booze the night before. Fasting is usually carried out in order to gain some kind of health, spiritual or mental benefit. Fasting supposedly provides a natural rest period for our bodies and brings about biochemical and physiological changes which would not normally occur during day to day dieting.

Fasting has a rich and diverse history. In many religions, fasting is seen as a means of spiritual renewal and a way to become closer to god. For example, Muslims observe Ramadan, a month of sunrise to sunset fasts focused on reevaluating life and to practise self-discipline, faithfulness, and empathy. The Buddha's realised one of the central tenets of Buddhist practice—moderation —when he broke his near-death fast.

Fasting for medical reasons has a varied and at times controversial history. Renaissance doctor Paracelsus, one the the three founders of Western medicine, called fasting "the physician within". Grecian philosophers Plato, Socrates, Aristotle and Hippocrates also praised the benefits of fasting.

Linda Hazzard was an infamous figure in 20th century fasting. Hazzard, the aptly named quack doctor, was convicted for manslaughter after one of her patients starved to death on a



prescribed fast in 1912. While Hazzard had no formal medical training, she opened a "sanitarium" in Washington where she administered fasts lasting days to months where her patients survived on minuscule amounts of tomato soup, asparagus juice and orange juice.

Hazzard believed that the root of all disease lay in our desire for food and consuming too much of it. More than 40 patients died in her care. Hazzard even practiced in New Zealand for some years before she was charged with practising medicine under the title 'doctor', when she was not medically registered. A Whanganui newspaper picked up on her dodgy credentials before she was charged €5 plus court costs (equal to about \$600 today), and was probably told to piss off back to America. Hazzard died in 1938 during one of her own fasts.

Despite this medical scepticism, maybe Paracelsus, Linda Hazzard, the world's religious, and the naturopath hippies were onto something. Maybe there is something beneficial about

The Buddha's realised one of the central tenets of Buddhist practice—moderation—when he broke his near-death fast

fasting. The renewed interest in fasting over the last two decades would suggest so. The juice fast, intermittent fasting, and the 5:2 diet have all become extremely popular in the Western World for weight loss, digestive cleansing, or mental revitalisation. I decided I would do a Supersize Me-esque investigation and see what the hype around fasting is all about. I didn't eat for a couple of days and kept a record of the ordeal.

On the morning I began my fast I woke up at 9am with butterflies in my stomach. At 1.30 the flatties cooked curry and took the piss out of me. By 5pm I felt spacey, lightheaded, and a little vacant. At 7pm I felt even weirder. My body felt drained. I sat down and could feel a pulse in my stomach. Drying myself after the shower took a fair bit of effort. I was starting to feel detached, though I wasn't thinking about food much. By 10pm my brain was working slower; I kept starting things and forgetting what I was doing. I felt exhausted. I found a nectarine tea

and freaked out when I drank it. It felt amazing in my stomach. I went to bed.

The next morning my first waking thought was 'woah I feel completely normal'. A walk to the shower was enough to tell me I wasn't.

My body felt weak. I started to think about planning meals and how much I think about what I'm going to eat next. The thought of eating makes me feel slightly queasy. By 1pm my limbs were becoming tired while my body was starting to feel ghostlike. I got an espresso from a cafe and got dizzy looking at the food. My stomach felt the size of a peanut. At 4pm I was tripping over words. I had a meeting at uni with my supervisor, and spent half a minute trying to remember the word 'diverse'. I got home, relieved, at 7pm. I felt wasted, light and happy. I skateboarded. At this point I thought I would be a staggering zombie, decrepit and messed up.

I broke my fast with some milk and a piece of toast. It was fucking amazing. I moaned and moaned and did it all so slow. I had a shower and got out feeling like I had taken a bunch of class A drugs. I was alert, wide eyed, and energised. I ate some wraps for dinner. It was the best meal I've eaten all year. I played around with the food in my mouth getting semi orgasmic about everything. I couldn't stay quiet or sit still. Even if that fast doesn't have any immediate benefits, it all seems worth it for how fucking enjoyable that meal was.

On the most basic level, fasting aligns us with our evolutionary history and primal existence. For the 200,000 years that our species have existed on earth, our food source at times has been abundant and at times scarce. Our bodies are adapted to pack on fat and muscle when food is around and to lose it when intake dwindles. We're genetically geared to survive periods without eating.

There is limited evidence to suggest the popular belief that fasting 'cleanses' or 'purges' the body of 'toxins'. These kinds of words, though medically ambiguous, are prevalent in the popular discourse surrounding fasting in health magazines and dieting websites. They come from the idea that fasting allows our bodies to clean itself. But the organs in our bodies are not dirty sponges that need rinsing out. They are self-regulating.

The prevailing medical opinion is that the benefits of fasting have not yet been conclusively proven. Further study may tell

us more about the health effects of fasting, although medical research is often focused on curing disease and alignments, rather than preventing them.

There is at least some information pointing to various benefits of fasting. The most compelling research on fasting is carried out by Mark Mattson, head of the National Institute on Ageing. Mattson is the most cited neuroscientist in scholarly journals worldwide. Mattson's research suggests that by intermittently fasting twice a week, we could significantly lower the risk of developing Parkinson's and Alzheimer's disease. Mattson explains that the brain actually benefits from being stressed. When we are hungry or exercising, our brains are primally engaged – the activities mirror those carried out in the wild. Consequently our brains create new cells. As neurons grow, the brain increases its resistance to protein plaques – abnormal clusters of protein fragments which are linked with Alzheimer's and Parkinson's.

Another physiological process associated with depriving our bodies of food is ketosis. Ketosis is a metabolic process which sees our bodies switch our main fuel source from glucose (from broken down carbohydrates) to ketone bodies. When we fast, depriving ourselves of carbohydrates, our bodies become dependant on stored glycogen in the liver as energy. When these stores run out, we begin to break down fatty acids in our body fat, creating ketones. These ketones are released into the bloodstream and used as an energy source by our body's organs.

Ketosis is a complex, adaptive process. It is controversial as a weight loss process in dieting. Many people claim to feel clear headed and focused during ketosis. Emerging evidence has suggested that controlled ketosis could be used therapeutically to treat a range of neurological disorders including bipolar disorder, headaches, sleep disorders and brain cancer. Ketosis's potential ability to treat such a wide range of diseases lies in the physiological and biochemical processes that occur when ketones are used by the brain as an energy source. While the initial results of studies are impressive, larger clinical studies need to be carried out before we can start ditching drugs for diet as a means to treat neurological disorders.

The potential benefits of short term fasting are a little less understood. Many people claim to feel revitalised, refreshed and renewed after fasting. I didn't feel all that different in the days after my fast. And anyways, after really giving my body a good scare it was hard to tell anyway. Avoiding Parkinson's and Alz-

heimer's isn't really on my agenda, nor is chemotherapy. So was it worth it?

Of course it was. My fast was an adventure, a totally bizarre departure from normality. In this privileged life, most of us ha-

My hands shook slightly and my head spun with intermittent dizziness

ven't intentionally gone a day without eating. The next meal dictates a massive proportion of our waking lives. Not eating for a couple of days is the best way to learn about these tireless mental contemplations.

Leaving food for a few days allows you to come back to it with a revived understanding and appreciation for it. My fast prompted me to think about the origins of our food and its production. It taught me about the various physical sensations of hunger – how much we feel we need to eat and the connection between body and mind. Now, I'm trying to eat when I feel hungry, rather than relying on clockwork habits.

My motivation to fast wasn't spiritual or for any health reasons, but simply curiosity. Every time I set out to do it, I would come up with some petty excuse not to. Eventually it took a sleepy midnight idea and an email to Critic pitching this story to actually lock it in. While I didn't meet God or finish the fast as a revitalised new man, it was definitely a worthwhile and intriguing experience. So although my tale of hunger and feeling like a ghost doesn't sell the experience too well, I hope my reflections do. Try it, fast.



Old-Timey Food Tips

— *from a 1920s health book* —

Lucy Hunter gives advice from old-timey doctors Profs Wood and Ruddock on how to detect poison, avoid biliousness, and how to plump up.

In the age of the internet, food can be scary. On one side, we have the cheeseburger lasagnes and all-bacon burgers of Epic Meal Time, on the other side we have the macrobiotic diet of Gwyneth Paltrow and the "chemical" fearmongering of the Food Babe. Don't you yearn for a simpler time, when food was food and people used common sense to decide what to eat?

Well.

I was given Vitalogy, or Encyclopedia of Health and Home, by Professors Geo. P. Wood, M.D., and E. H. Ruddock, M.D., PH. D. Vitalogy was published in 1923 and bought from a chemist in Timaru (the receipt is still inside). What I discovered is that westerners were just as silly about food a hundred years ago as we are now.



This Is an Unwholesome Grape and Should Not Be Eaten Under Any Circumstances. See page 768.

Choosing food

Most people in New Zealand have escaped the daily battle of finding enough food to eat that has been a sole focus of survival for most people, for most of history. We have the luxury of choosing what we eat. But it can be difficult! Do we cut out gluten, go paleo, kaleo, vegan, squeegee, or ignore it all and eat cheese on toast and ice cream? Our grandparents should have been spared this stress, but, thanks to Profs Wood and Ruddock, they were not.

"No wonder mankind is afflicted with 150 diseases," read Vitalogy, "for their stomachs are made the dumping ground for so much that is injurious. So long as people persist in the idiotic course of having all sorts of food on their table, except the most healthful food – cooked or uncooked fruit – they may expect to be the victims of the multitude of diseases that afflict mankind."

Grapes seem to have been treated with some suspicion. Vitalogy reposts "The British Government Reports tell how

a regiment of soldiers swallowed the grapes, skins and all, and kept well, while the officers, who discarded the skins and seeds, grew sick. When the officers were ordered to eat the entire grape, all kept well." There are pictures of grapes, both which look ripe and delicious, but one is marked "the whole–

They look identical to me, but apparently unwholesome grapes can be spotted "if at the point of attachment to the stems they have becomes loose"

some grape" and the other "This is an unwholesome grape and should not be eaten under any circumstances." They look identical to me, but apparently unwholesome grapes can be spotted "if at the point of attachment to the stems they have becomes loose and, particularly, if there is a slight discoloration apparent on the grape at this point, or if it has become at all soft."

Each food item is treated with equal trepidation. Grapes with loose stems are not the only thing to be feared. The book contains near-identical photos of foodstuffs, such as apples and potatoes, with warnings that one is wholesome, the other "the kind of apples that are very unwholesome and should always go into the garbage heap". A United States Pure Food Investigating Committee's Report reads: "The germs of disease and death are in many articles of our food". It seems food choices could be as worrying in the '20s as they can be today.

Superfoods

Chia, quinoa, kale, acai, blueberries, salmon, yogurt, broccoli ..."superfoods" come in and out of fashion. However, I don't think any modern exaggeration of a food's health benefits can compete with the Vitalogy love of apples: "The apple, the food of the Gods, the mainstay of life in Eden, the most luscious, the most precious, most health-giving food on earth." Apples were said to have "a marvelous power of awakening to healthful activity all those secretions of the body that tend to cleanse the entire system." Secretions – guh-ross! But I don't think even the most rabid of food-bloggers would claim garlic or cranberries to be the actual food that God eats.



The Kind of apples that are healthful and may be eaten (raw or cooked) with perfect safety. Page 768.



The kind of apples that are very unwholesome and should always go into the garbage heap.

“the kind of apples that are very unwholesome and should always go into the garbage heap”

Fish, once a superfood, is now declared too polluted with mercury to be eaten safely. This is not our first fish-related scare. Leviticus 11, 9-12 says some fish are fine to eat, but others “shall be even an abomination unto you; ye shall not eat of their flesh, but ye shall have their carcasses in abomination.” A chapter of Vitalogy is titled “FISH. WHY FISH IS SOMETIMES INJURIOUS AND DANGEROUS - WHEN FISH IS WHOLESOME - HOW TO TELL WHETHER FISH IS GOOD OR BAD - DIFFERENT WAYS OF COOKING FISH.” Fish is called the “most nourishing and healthful” as well as one of the most “appetizing flesh foods.” But fish came with potential danger. Decayed flesh was believed, if “taken to the stomach,” to act as a slow poison that was “the cause of a great dysentery and other troubles.” This “wholly unsuspected poison” could take effect months after the guilty fish was eaten. As a side note, “Freezing does not kill fish. If carefully and gradually thawed out they will swim away as if nothing had occurred, and they may be kept a long time in this frozen state.” Ahem. I suppose not many people had freezers to try this out, so it went untested?

Weight loss, weight gain, and bloating

Our main obsession with food in the Western world is surely weightloss. Our abundant sources of nutrition and calories, a triumph of the modern world, are now a major cause of grief as we gaze on the scooped-out flesh of diminutive fashion models.

Vitalogy has a different take on body image. If you wish to become fat or plump, Vitalogy recommends, along with starchy food and plenty of rest, that a person eat oysters, though not with vinegar or pepper. “Activity of the mind or body prevents fattening,” so try not to move or think too much. Eat plenty of fresh, ripe fruit, potatoes, meat, or fried mush, bread and butter, cocoa, and soup. There are certain Brahmins or priests of Asia who are very corpulent. Condiments, spices, and stimulants should not be taken. “To sum it up, then: to become plump one must use plenty of water, starchy food, oysters, fats, vegetables, sweets, and take plenty of rest.” I can’t find any tips for weight loss in the book.

By the way, don’t you just hate biliousness? People who are in the habit of taking cathartics or emetics, when the period arrives for their usual “cleaning out” are generally sure to be troubled with biliousness. You know what I mean?

Nowadays we tend to call it bloating, but biliousness has troubled people with its “langour, dull headaches, sleepiness,

and other symptoms of uneasiness" for a long time. The remedy is to drink the juice of two small lemons (or one large one) twice a day. If that doesn't work, try one-half tablespoon of saleratus in a tumblerful of cider every morning and evening.

Additives

We hear a lot these days about additives in our food and how they could be harming us. Believe it or not, our great grand-parents had it much worse.

The chemicals used to preserve our food and drink had, according to Wood and Ruddock, become "a serious menace to health". There were thousands of "invalids" whose chances of recovery and life "depend on their getting the purest drugs and food, and there can be no doubt that some of these are are killed every day by the poisons in milk, butter, and meat, put there by farmers, grocers, and butchers to save trouble or avoid the risk of goods spoiling in their hands". Sound familiar, Food Babe?

Salicylic acid was used to preserve foods in the '20s. While their extract was somewhat effective, it also caused digestive problems such as gastric irritation, bleeding, diarrhea, and even death when consumed in high doses. Salt and zinc were put in canned peas to give them "A pretty green colour" which could result in "a sleepless night, colic, headache, loss of a day's work, and general misery" which can go on "indefinitely, rendering life a burden, without any suspicion in the victim of the real cause." Coal-tar extract was used in confectionary, ice cream, soda water "and to many persons they are poisonous." A Western hotel in 1926 lost hundreds of guests who left one by one as they became sick for a mysterious reason. They blamed the water and ice, but the mystery sickness was eventually traced back "by careful experiment" to a cheap coal-tar flavouring extracts.

The Vitalogy authors hoped, however, that "the era of chemical food may be postponed indefinitely." Much of the food for sale at the time had been adulterated with substances added that "can be made to resemble it in appearance and flavor," but which were often "injurious to health."

Poultices

Doctors don't seem to use poultices much anymore, and it is a shame. We could debate their efficacy, but they sound fun and tasty. A poultice is a soft, moist mass of cloth, bread, meal, herbs, etc., applied hot or cold as a medicament to the body.

Vitalogy is big on poultices. For example:

What could make dying from a snake bite worse? Profs Wood and Ruddock have the answer. Onions, pounded to a paste and applied raw to the wound, followed by fresh applications "as soon as a disagreeable odour

Doctors don't seem to use poultices much anymore, and it is a shame. We could debate their efficacy, but they sound fun and tasty

occurs." In dangerous and critical cases the whole person should be enveloped in onion poultice, then bathed in tepid water and recovered "as the unpleasant odour is produced." Though the profs claim that "patients in the very agonies of death" have been cured by this, many must have died miserable, cold, stinky, with streaming onion eyes.

Cramp in the stomach could be treated orally with hot peppermint tea and "as much common soda added to it as would cover a nickel," but also with a poultice on the outside of the body. Precisely a mustard poultice on the stomach left until considerable redness is produced. Boils can be treated with an egg white combined with "from one half to one-teaspoonful of powdered Spanish Flies," though later the profs say the ingredients of the poultice don't matter "for the reason that it is the heat and the moisture that cause it to ripen."

Professors Wood and Ruddock were clued up on some health advice, but many ideas in Vitalogy seem pretty weird to modern readers. So if modern food talk is getting you down, be thankful that it isn't laced with coal tar and salicylic acid, that you aren't freezing fish alive in the belief they will come back to life or smearing your dying friend with pulverised onions, or stuffing yourself with enough oysters and trying not to expend energy thinking in an effort to plump up ■

Pet news

by LAURA STARLING

INTRODUCING THE HIGHLY anticipated and brand new news column, Pet News!

As this is the very first entry into what I hope to be a long history of pet profiles, I will be acquainting you all with my lovely young fur-baby, Athena.

Originally hailing from a farm located north of Christchurch in Loburn, this baby is definitely not an aloof farm cat. She is chatty, friendly, cuddly and in no way shy. She demands constant attention from both new-comers and her owners alike through incessant meowing, loud purring, and the classic stretch'n'smooch. She is technically an outdoor cat, but spends her nights inside sprinting up and down the hall chasing moths in a fashion that is much too loud for a creature that weighs only 2kgs. Moths are the only creatures she has managed to catch and kill. While she is allowed outside, the poor little thing is scared to leave the property. When the gate is open

as human residents bring in groceries from the car, she pokes her head out, shakes excitedly, then sprints back to the house.

Athena was named after both the greek goddess, and the video game character from the Borderlands franchise. This was a compromise on behalf of the father of the cat. When he was asked for an interview on the cat the only responses were the likes of "Laura, why are you doing this?" and "please no". Not to worry, Athena still has a very attentive mother (obviously).

While there is no scientific evidence for this fact, I am sure that she has healing properties. One night while suffering through a migraine, Athena proceeded to climb on my head, massage it with her paws, curl up and fall asleep. I too, fell asleep like this, and awoke with pain no more. Magic.

If you would like to see your friendly creature featured in Critic, email petnews@critic.co.nz. We will



Athena: named after both the greek goddess, and the video game character from the Borderlands franchise

come to your house, pet your pet, take a photo, and write up a profile. C'mon, do it! The only payment I

require for immortalising your little buddy is snuggles with the aforementioned animal.

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SOMETHING CAME UP

That's shitty

by ISA ALCHEMIST

POO, SHIT, FAECES, CRAP, STOOLS, BOWEL motions. Something most of us do daily, yet we discuss it very rarely. "Good shit today?" Not much of a greeting, is it? I wish we did. I wish it were more out in the open (no double entendre here).

Increasing numbers of us live our daily lives in pain and anxiety because we can't shit regularly. My grandfather had a saying "If you don't eat, you don't shit, and if you don't shit, you die!" He would say it at least once a day, loudly and firmly while looking me straight in the eye. It made me regard the daily shit, which we tend to take for granted, as something of an occasion. Proof that I would live another day.

Constipation is a fairly common visitor to us all. An injury or consistent pain often means a course of panadeine, or codeine, which causes reduced bowel motility and an inability to "pass stools". After a few days, the bowel becomes distended causing stomach pain, and gas. There is some truth in the old joke "a fart is the scream of a trapped shit". And then we sit on the loo "straining at stools" or trying to wish a week's worth down the bowl. For some of us, we push so hard a vein pops and there is more pain, blood,

and a haemorrhoid dangling out of our bum.

Is there a cure? We all have different bowel motility, and as we age this motility or elasticity reduces. The common medical directive is "increase fibre and fluids", (not a coil of glass wire sitting in a bottle of wine, my first mental image). For some of us it is that simple. Alcohol and coffee are both mild diuretics, which means they can promote fluid loss. Exercise also helps (of course). Greatly increasing the amount of water we drink daily, and adding in cereal, fruit, and vegetables, softens and expands the poo so it travels down the colon more easily. These items are not always on the flat menu. You can buy "stool softeners", and fibre. The latter comes as brown granules (why can't they be coloured?), so they can be swallowed a teaspoonful at a time with water in the privacy of your room, or sprinkled on your food. Probably wouldn't work with a Big Mac, and I don't recommend it with pizza. I believe it goes well with a soft serve from the Rob Roy.

The next step is more fraught. We can be prescribed or buy a medicine with a "peristaltic" effect, where the muscles in the bowel are jolted into a bit of action. This is usually taken at night

for an effect in the morning, so that you don't get a surprise during the day. It's useful, but a matter of trial and error. Get the dose right, and the reward is a lovely, soft painless poo in the morning. Too much and we get stomach cramps followed by a messy, smelly shit that at best (if the flat/hostel loo is available) coats the whole toilet bowl.

Irritable bowel syndrome (IBS) is a term used for a condition when poos may alternate between sloppy, too hard, are infrequent, and cause pain, bloating, and farts on a daily basis – a nightmare for communal living. IBS is a relatively recent condition (or maybe is just recognised more these days). It affects about 20 percent of us, and is a condition often found in younger people. Stress, diet, and changes in living conditions are recognised as the common triggers (a nice description of student life). The treatment is not straightforward. Probiotics and diet supplements can help. As can exercise (again), and anything that helps us cope with a stressful environment. More powerful medications are available on prescription. On a positive note we age out of it!

Go forth and be regular.



Mandy Ma

Graduate of Otago Pharmacy School, speaks Cantonese, and has been with the pharmacy for four years



Greg Andrews

Graduate of Otago Pharmacy School, had a previous life as a programmer



Debbie Young

Graduate of Otago Pharmacy School, owner of the pharmacy which she opened in 1996



Sarah-Jane McGill

Graduate of the Otago Pharmacy School



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DEAR ETHEL

Friend worry

Dear Ethel,

My friend came to me upset the other day because she had an argument with her partner. My friend is transgender and she told me when her partner doesn't get his way he hides her hormones and doesn't like her going to LGBT+ groups on campus. She says that she loves him but feels hurt when he behaves this way. This behaviour seems controlling and I want to help my friend but I don't know what to say or how to help?

From Concerned

Dear Concerned,

Firstly, your friend must really trust you for her to come to you for support. You sound like a great friend to have. Controlling and abusive behaviour can come in many different forms. Denying access to vital medications and making it difficult to see friends is unacceptable behaviour in any relationship.

You can let your friend know you are concerned about her, and listen to what she has to say.

Some ways you can help your friend include: offering her a safe place to stay should she need to leave her home quickly; offering to help locate queer, trans, and takatāpui friendly support services; offering to make contact with and go with her to a support service;

and offering to help create a safety plan.

Remember there are many reasons why people stay in a relationship with a controlling or abusive person. Your friend's reasons may not be known to you so it's important to avoid judging her.

There is a great online resource that focuses on queer, trans and takatāpui relationships at www.youmeus.co.nz. This resource has information as well other services you, your friend, or your friend's partner can access.

And remember that queer, trans and takatāpui students, as well as friends, whānua and allies can visit Queer Support at OUSA Student Support for information and support.

All the Best
Ethel



SCIENCE, BITCHES

Shorts and t-shirt at 45° south?

By SAM FRASER-BAXTER

GOOD GRIEF WINTER HAS FINALLY ARRIVED! WITH Dunedin's temperatures falling it actually feels like winter. The freshers are undoubtedly freaking out as they've finally understood what 'cold' really means this far south. Dunedin's Autumn, which felt more like an extended Summer was uncharacteristically mild. Just two weeks ago I cycled home from a mates at 10pm wearing shorts and a t-shirt. While the winds were north-west (bringing warm, dry air from the Otago and Canterbury Plains), I laughed the whole way home thinking 'summer clothes in May woohoo'... and then later... 'aw fuck, nah actually this can't be good'. At 45° South, the climate should be well and truly arctic by now.

As a fifth year, near ancient, post-grad battler, I can hardly remember first semester being so warm. By now you've probably hazarded a guess at what's this column is about. Yah huh, global warming (sorry two weeks in a row for this column). But arriving home on that warm night left me feeling uneasy. Even my mum in balmy Auckland was feeling uncomfortable, even guilty.

While it is easy to attribute these kinds of warm weather events to global warming, we have to be skeptical. Climate science is complex and as scientists we can't just join the dots. Global warming refers to long term variations in the earth's climate. That means decades or centuries. If we saw these warming events year after year - climatic trends, then yes we could point the finger at global warming.

You've got to admit, at this point here in little old New Zealand, in the middle of nowhere global warming doesn't seem that bad. Ignorance is bliss. If you can manage to ignore the international meetings, agreements and pacts, the environmental catastrophes every other day and even the protests here in Dunedin, global warming would be epic. But we're not all that stupid and hopefully not that cynical. So what to do? Go vegan, go vegetarian, go pescaterian, go flexetarian, eat less meat. Just do your best. Your diet is a good place to start.

Matters of debate

This column is written by the Otago University Debating Society, which meets for social debating every Tuesday at 6pm in the Commerce Building



DIVESTMENT IS A GOOD TOOL TO
CREATE CHANGE

+AFFIRMATIVE by **BY OLD MAJOR**

The ANZ group is the largest lender to fossil fuel projects in the Pacific region. Recently, Australians have been closing their accounts as a protest against the bank's funding of these industries. On the 12th of May there were protests here in Dunedin, with people peacefully sitting across the entrances of the two ANZ branches on George St. The Dunedin protesters want ANZ to divest from fossil fuels.

So what is divestment you might be wondering? Divestment is just the opposite of investment. In the same way that you can invest money in a company, you can also withdraw your money from that company. In other words: divestment is the withdrawal of investments.

Divestment has been perhaps most famously used as a tool to pressure the South African government to end Apartheid. Many Universities in the US divested, withdrawing their funds from companies that did business in South Africa. A number of states, cities and national governments followed suit. The divestment campaign had a large impact on the South African economy, and is credited with helping to end Apartheid.

So why should people demand that ANZ divest from fossil fuels? This is a really easy point to make. By lending money to companies in the fossil fuel industry, ANZ facilitates their actions. The use of fossil fuels emits large amounts of carbon dioxide into the atmosphere, which is accelerating climate change.

Needless to say, global warming is bad: glaciers are disappearing, the polar ice caps are melting, sea levels will rise, many animals will die as their habitats are destroyed and weather patterns will become more extreme. Rising sea levels and changing weather is also likely to impact the production of food, leading to food shortages in some areas. Access to fresh water may also become an increasingly pressing issue. So on the whole, climate change looks a bit shit.

We can't wait around and just hope that things will improve. We've caused this and we need to take actions to address it. One of the simplest things that we can do is reduce our reliance on fossil fuels. As individuals we can make choices. One of those choices is to demand that big companies stop investing in fossil fuels. If they instead used their money to fund research into green energy we would all be better off.

–NEGATIVE by **SQUEALER THE PIG**

Consider the following quote from Margaret Thatcher—a great leader of the British people—on sanctions and divestment in the case of Apartheid South Africa: "[sanctions and divestment] only work by bringing about poverty and starvation and anyone who inherited South Africa would inherit a wrecked economy and the prospects for all people there would be infinitely worse than they will be if we save that economy and come, as I believe we shall, to a negotiated settlement."

Thatcher was right. Divestment only hurts people. The whole point of it is to cause financial pressure. The idea is that if you divest enough the group from whom you are divesting will be pressured into submitting to your demands. In the case of South Africa this meant impoverishing the businesses operating in the country in the hope that the government would succumb.

The problem with this is that businesses aren't some vague entity. They're made up of people; people who work for them, and who get goods and services from them. Many people work for fossil fuel companies, but perhaps more importantly, many of us depend on fossil fuels in our daily lives. Cars are a prime example...

Moreover, when you demand that a company, such as ANZ divest from fossil fuels, you're demanding that other people adhere to your beliefs. If you want to oppose fossil fuels, that's fine. Don't drive and don't personally bank with ANZ. But you shouldn't demand that other people change their behaviour to suit you. Many people might be perfectly happy that their bank is choosing to invest in an industry that they rely on in their day to day lives.

If we want to move to greener technologies we need money. You can't suddenly create a rechargeable car battery that can last a long time from a single charge without investing large amounts of money to do so. Rather than divesting from these companies we should engage with them, and encourage them to invest in green technologies. #bettertogether.

To recap: if you don't like something, then that's fine. You can personally boycott that company. Boycotting still has negative economic effects, but that's the whole point right? You're trying to pressure them into doing what you want. But at least a boycott is your own decision. When you demand that someone else divest you're making a decision for everyone. You have no right to do that.



CULL'S COLUMN

DAVID CULL

COUNCIL RECENTLY RECEIVED A REPORT ABOUT THE 2016 Orientation period. It included feedback from the University of Otago, the Otago University Students Association (OUSA), Otago Polytechnic Students Association and Dunedin Police.

The report's conclusion? That, overall, Orientation 2016 went very well with a good range of fun, safe events and less antisocial behaviour, damage and litter in the North Dunedin area compared to previous years.

This year's Orientation events, particularly those held by OUSA, went exceptionally well. OUSA has taken a collaborative approach to organising their events which has continued to improve the safety systems that are in place. This resulted in a series of events which proved popular with students and were successful in providing a fun and safe place for them to have a good time.

Council staff have been working hard on proactive steps around litter, noise control and alcohol. This included more regular litter patrols and cleaning, supplemented by the University holding a number of 'skip days' for students to dispose of excess rubbish. DCC's Customer Services Agency received no complaints about litter in the student area during the Orientation period. We did receive more noise complaints this year. However the use of Excessive Noise Directions was a good deterrent as the complaints were dealt with more effectively at the first visit by noise control staff. So there was actually a decrease in the number of repeated noise complaints and fewer stereos seized.

So much of the credit for a successful Orientation period must go to you, the students.

Unfortunately, the Castle Street balcony collapse – which occurred at a private event not organised by students or OUSA – overshadowed what was otherwise an extremely positive start to the year. My thoughts are very much with those injured and their families. In order to help prevent something like this from happening again, the Council is working with the University of Otago and OUSA to review the circumstances around that event, with a view to establishing guidelines for future events not organised by the Students' Associations.

The overall goal must be to ensure that students, and the wider community, have a safe and enjoyable time during Orientation and throughout the year – that's in the best interests of all of us.

Dave Cull

Mayor of Dunedin



Internal assessment vs examinations

DAVID CLARK

IF CONTINUAL ASSESSMENT IS THE ANSWER, I THINK WE ARE ASKING THE wrong question.

Our society has an obsession with constant assessment. Unfortunately weighing a pig more often will do nothing to fatten it. If we are wanting great leaders, if we are wanting fundamental science done, and the creation of entrepreneurial society, I think we should ask ourselves as a society whether we're going about it the right way.

I can remember as a student when news broke that 15 percent of our university courses would be internally assessed. That rapidly increased to 30 percent, based on assignments, tests and a requirement to attend tutorials. In future only 70 percent of the course mark would be determined by the final examination. It marked a massive change to those accustomed to the prior system where a 100 percent exam determined success. So the system changed a generation ago, but it is not clear to me that the new system is better.

The Finnish school system has reliably produced the world's highest international scores for maths and literacy. Their pursuit of a more equal society means that no child lives in poverty. The Government actively supports underachievers, and recognises the importance of having highly qualified pre-school staff (starting at age six) and primary school staff thereafter. They value play. They do very little assessment. And yet there is an entire industry of education specialists determined to understand and reproduce Finland's success.

When I attended University in Germany in the late 90s, students registered for final exams only after completing a minimum number of assignments over several years – that counted simply as a pass or fail. Few registered immediately after they reached this minimum. Most studied for a further year or 18 months to prepare for the final exams, where it was common to fail the first time around. It was not unusual for an undergraduate to finally pass that comprehensive set of exams after five years of study.

One of the unfortunate by-products of continual assessment is that students can feel their time constrained. There seems little opportunity for genuine reflection, travel and debate outside of strict course requirements.

On the other side of the debate, schools in Singapore and Shanghai are now achieving success in the international literacy and numeracy tables, through a strict diet of regimented learning. A question mark remains over the problem solving, critical thinking and creative capacity of these students. Are they better off than their Finnish counterparts?

I wonder, when we measure the ability to retain information short term, as required in many office jobs, whether we are not creating a system honed for the development of middle managers. This in itself is not bad – but perhaps not the best way to prepare leaders of the future. If the University is about developing critical thinking, and building citizenship, including strengthening the critic and conscience role in society, then continual assessment may not be the best preparation.



Slip, slop, strap

Dear S,

My partner wants us to try using a strap-on (we're both females) and I've never done it before, so I'm not sure how they work or anything. Is it comfortable? I heard there are ones that you can use without straps as well but I'm completely confused.

Help?

- Ellen

Hey ladies,

So glad you two are exploring your sexuality in new and exciting ways - after all, what are our uni years but a giant cesspit of sexual experimentation anyway?! Luckily for you, the '90s are over and there are far more superior strap-on options available to the discerning lesbian or pegger.

You can buy cheaper sets which will have a strap permanently affixed to a dong/dildo, which many people will buy and then regret, as they are often made from terrible material and don't sit right - so try to avoid getting this kind of setup if possible. A popular option is what's known as a "strapless strap-on", which kind of looks like a tick sign - it has a shorter part which you would insert, and is supposed to nestle in against the clitoris and g-spot, providing stimulation for you (as well as whoever you're rogering with the larger part, of course). In my experience, this is kind of an annoying toy because

you generally will have to hold it at the base of the shaft to ensure that it moves the way you want it to - but some people swear by these, so it really is up to the individual! Part of the fun of the whole sex toy game is that you get to try heaps of different stuff until you find your favourite things!

What I would probably recommend though, is to get a universal harness - which is a strap-on harness that is designed to fit really comfortably and isn't flimsy, allowing you to use different flat-based dongs in it. This is ideal because you don't necessarily want to be stuck using the same size or shape of dildo all the time.

The best thing about all of these toys come in vibrating form too, so regardless of what you choose you're both bound to have a really amazing time! Use plenty of lube because synthetic materials can be drying, and most importantly relax and enjoy yourselves!

xx-S



THE WEEKLY DOUBT

Exorcism

By WEE DOUBT

IS THERE A BLACK COVERING OF SEXUAL THOUGHTS IN YOUR environment? If there is, somebody close to you may be possessed by a demon.

Demonic possession is the spiritual possession of an individual by a malevolent being, commonly known as a demon.

From the website mysticfiles.com I learned the "warning signs" of demonic possession. These include: a person who has changes in sleeping patterns, self harming, someone swearing a lot, a sudden aversion to religious objects and places (as, for example, our news editor Joe Higham has), a person becoming abusive or violent for no obvious reason, excessive masturbation or increased sexual desire, a sudden change in dietary habits (for example, Joe Higham's sudden switch to a vegan diet), and an affable person who suddenly becomes extremely quiet (Joe Higham is, by the way, both affable and quiet). The person may have nightmares or night terrors, or go for long periods of time without blinking. I tried to watch Joe's blinking habits at work but he kept sneakily hiding behind his computer screen. He may have been hiding his eyeballs becoming completely black "as if infected like a shark's eye."

"Unusual movements" can also be a sign of demonic possession. They may seem to glide rather than walk, or their bodies may twist in seemingly impossible ways (for example, their head may turn 180 degrees to be facing backwards). Levitation is also a potential sign that "points strongly to demonic possession". I would have thought levitation would be described with stronger words than "unusual movement," seeing it is defying the laws of physics.

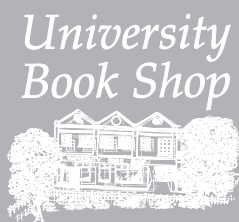
I asked Joe if he had ever done of these things, and he said "have never done any of those no! I wish I had but I don't think I have!" But is it a ruse to keep me off the scent?

Unfortunately many of the "signs" of possession are identical to those of mental illness. Many of them can be applied to anybody, if you try hard enough to make them fit. If a possessed person is tied up and screaming for help, how are you to know if it is the person talking, or the demon trying to trick you into letting it free?

According to the Huffington Post over one half of young Americans 18-29 years old now believe in demonic possession. An October 2012 Public Policy Polling survey also showed this belief isn't declining among the American population generally; it's growing.



Do I have tinnitus?



LETTER OF THE WEEK

The letter of the week wins a

\$30 BOOK VOUCHER

from the University Book Shop

When the hell are the construction works on campus going to be finished?

-Im sick of this god damn ringing in my ears.

Simple observation

When you stop somewhere and have a conversation, don't have it in the middle of the walkway. Also don't walk in front of cars on the road and act like no one is there and for gods sakes don't also stare at your phone when walking across the road.

Thanks,
Driver of a large vehicle.

My pet cow thanks you Joe

Dear Joe Higham,
I just wanted to say that I was pleased to see your enthusiastic announcement of veganism in *Critic* over the last few weeks. I look forward to any future mentions of this development in your life. I know when I open *Critic*, I am really just looking for updates on the News Editor's life.

Also, I would like to see the entire team at *Critic* make similar life changes regarding their meat and dairy consumption. Perhaps you can educate them with your superior knowledge?

Joe's No 1 Fan

You've got our precious millions. Now get along...

OUSA: Do we care?

The answer is obviously no. But that doesn't mean they shouldn't be doing their jobs. The Executive is responsible for millions of dollars provided by students, and that reason alone makes their job important enough for some fleeting attention in a crisis. Now I have no qualms with how they're spending our money, but I don't see how they can be doing their jobs when they're bickering worse than the 2002 United Future caucus. Word is the Pres won't speak to Vice-Pres and vice versa. Surprising? Probably not. But these are the people who brought you "Real Change for OUSA"—if they don't make a real change, real soon, we might need to rethink who we let play at politics.

Yours truly,
A Donald Trump supporter

New glass bins!

Congrats to the exec for trying to do something about the glass on campus problem.

-Glass in my feet,

Critic done good

Dear Amber Allott,
Thank you for your informative, interesting feature this week. I am glad to see this kind of content in *Critic*, as I think it really could help some people, and make the world a better, and ultimately safer, place.

Keep up the good writing!
-Anonymous

Love is Blind... & rude apparently...

Dear *Critic*,
This week's Love is Blind was a sore disappointment! Why on earth would you attend a date with all your friends present? How ridiculous. I especially detest when people stare at their phones instead of talking during dates. What a child. Poor guy deserves a few more free drinks!

Please let the column next week be much more love, and much less stupid.

-From someone who only reads the love is blind column.



Subway on campus? Hold the Fogle...

Can something please be done about the food on campus? How much better would it be if the University or OUSA decided to outsource to such places as Pita Pit, Subway, one of the many sushi parlors in town or some sort of cafe that doesn't offer up overpriced microwaved sausage rolls?

-Hungry student.

Need I burn rubber tyres?

If global warming is such an issue why is it so god damn cold this week? I personally wouldn't mind an extra couple of degrees to the middle of May. Maybe I should intensify my burning of fossil fuels?

-Student with no heat pump.

OUSA done good

Having never paid much attention to politics, let alone uni politics, I was surprised to find myself voting in the referendum last week. I thought the questions (the ones I could understand) were good. I think the work OUSA is doing for students like better student housing, keeping Hyde St, and the bottle buy collection for money is awesome. I'll actually be paying attention this year as this is the most I've seen out of any student OUSA group ever.

Cheers OUSA!

-satisfied scarfie

What does Lucy look like? Wish I could thank her in person but...

Dear Lucy Hunter,

I found your feature on prosopagnosia enlightening. My partner has had many similar experiences, and upon reading your feature, he is looking more into the possibility he too lives with this condition. He has no sense of direction, and will forget some faces, commenting that they're just generic, boring faces with nothing distinctive to remember.

Thanks,

Newly educated

Bee in your bonnet? Tell us about it.

No seriously, write us at:

CRITIC@CRITIC.CO.NZ

Go on...

NOTICES!

HOW MANY EYES DOES A BEE HAVE?

A 'Crash' is the collective noun for which animal?

Who is New Zealand's longest serving Prime minister?

Do you know the answers to these questions?

Do you love quizzes? Always have a fact at the ready?

Try out for the next season of University Challenge!

Preliminary trials are this Thursday 26th 5-7pm and Tuesday 31st

4.30-6.30pm in the OUSA Clubs and Societies Building just ask at

reception. Drop in anytime during then or email:

allfr496@student.otago.ac.nz for more details.

REPO! THE GENETIC OPERA

Director: Darren Lynn Bousman

RATING: A



by **LAURA STARLING**

It's the year 2056, and the future is super goth. An epidemic of organ failure has caused the deaths of many. A new company, GeneCo, offers organ transplants on a payment plan. Those who make their payments live on and live rich. However, those who miss their payments fall victim to gory organ

repossessions by Geneco's Repo men.

Comic book style panels explain the state of the world, and as the plot rolls forward, the comic strips return to give much needed exposition and backstory of the multiple characters. The thick, dramatic lines and minimal use of colour sets

the tone well.

Shilo Wallace (Alexa Vega), a 17-year-old girl with a blood disease, is locked in her house by her loving but overprotective father, Nathan Wallace (Anthony Stewart Head). She frequently sneaks out to visit her mother's grave. It is on one of these visits she encounters Rotti Largo (Paul Sorvino), the CEO of GeneCo. He tells her he wants her to be a star in his upcoming opera. Rotti Largo is dying and views his three children, Luigi (Bill Moseley) – an angry, violent psychopath, Pavi (Nivek Ogre) – a hedonistic fetishist who literally steals people's faces to wear and Amber Sweet (Paris Hilton) – a surgery and drug addict, as unsuitable to take over his empire. Rotti is seeking an alternative heir. It becomes apparent that Rotti and Nathan have some history involving Shilo's

mother, many secrets are revealed and drama quickly ensues.

Technically this film is an opera, as the characters sing continuously. Most of the singing is on point, with impressive singers like Sarah Brightman, Anthony Stewart Head and Paul Sorvino involved. Almost all of the songs are great, although the song seventeen is the worst; not even a cameo from Joan Jett can save it.

The film's narrator, Grave Robber, is played by Terrance Zdunich, the writer, lyricist and artist for the film, and damn, he can also sing. Repo! The Genetic Opera was born to be a cult classic and has gained a massive cult following since its 2008 release. This is an enjoyable, quirky film, and I would argue it's right up there with the likes of The Rocky Horror Picture Show.

THE MAN WHO KNEW INFINITY

Director: Mathew Brown

RATING: B

by **TOM LORD**

I can't remember if I'd ever been the youngest person in the movie theatre until I went along to The Man Who Knew Infinity – and I don't just mean by a few years, I mean that the next youngest person was probably in their mid-50s. When the lights came on at the end I saw that at least a couple of people had nodded off, although I'm not sure if that was because of their age or the film itself.

Directed by Mathew Brown, The Man Who Knew Infinity is a biographical drama of the real-life Indian mathematician Srinivasa Ramanujan (played by Dev Patel), who, despite an impoverished upbringing in Madras, earns admittance to Trinity College at

Cambridge University just before the outbreak of the First World War. During his five years at Cambridge, under the guidance of Professor G. H. Hardy (played by Jeremy Irons) Ramanujan would become a pioneer of mathematical theories, many of which are still ground-breaking today.

Despite my limited mathematical ability (level three stats was a long time ago), the film did a reasonable job of explaining some of the theories and formulae that these guys were coming up with. A major source of tension in the film was Ramanujan's intuitive approach to mathematics, contrasted with Hardy's rigorous, proof-oriented beliefs. This plays

out in a clash of personalities, the spiritual dimension of Ramanujan's work distinctly in opposition with Hardy's rational beliefs and atheist views. Dev Patel and Jeremy Irons work together well and there are some genuinely touching moments between them. Toby Jones injects some humour into the film as co-medic Hardy's fellow academic John Littlewood, which helps to give the film momentum.

However, the film lacked the punch that other biopics manage. While exploring racial and cultural tensions in early 20th century England, there were many other aspects of the film that could have been developed further, such as the backdrop of World War One and



Ramanujan's personal relationships. Suited more to an older audience or one with a particular interest in maths, it's unlikely to leave you feeling overly fulfilled but worth a watch all the same.

FLORENCE FOSTER JENKINS

Director: *Stephen Frears*

RATING: A

by **NITA SULLIVAN**

In the middle of a very stressful week, and nearing the end of a pretty hectic semester, seeing a heart-warming film about a rich woman who couldn't sing turned out to be exactly what I needed.

Florence Foster Jenkins creatively depicts the life of Madam Florence (played by an again magnificent Meryl Streep), an eccentric and joyful woman who, with the help of her caring husband (Hugh Grant) and talented pianist (The Big Bang Theory's Simon Helberg), manages to fulfil a childhood dream and sing in a jam-packed Carnegie Hall. The film is wonderfully subtle and explores some fairly complex ideas primarily through its three acting leads. Streep is perfect, combining some truly comic scenes of

her singing (and being generally delusional about her own vocal abilities) with the depiction of a woman who has a genuine love for music and art. Grant plays the surprisingly complex character of Florence's husband, and delivers on multiple levels. Alongside them, Helberg more than holds his own as the initially giggly pianist, who develops a true appreciation for Florence and her many flaws.

Director Stephen Frears does a fantastic job immersing the audience into the 1940s New York aesthetic, and while majority of the film is set indoors, the glimpses onto the streets allow for wonderful shots of people, vehicles and buildings that really reinforce the historical setting.



While the cynics in the film (and perhaps outside of it also) label Madam Florence as a deluded and self-indulgent madwoman, as the viewer you find yourself sympathising and even rooting for her success. The film does a great job of balancing both the comedy and drama, without focussing too

heavily on either. And while I'm sure no one's really in the mood for lofty discussions about dreams, love, and pride this close to exams, Florence Foster Jenkins would be perfect for some mid-week procrastination or even weekend escapism.

MAVIS!

Director: *Jessica Edwards*

RATING: A



by **NITA SULLIVAN**

A heart-warming documentary that spans the life of Soul, RnB, and Gospel singer Mavis Staples, Mavis! entertains and informs on many levels. You don't have to be a history or music buff to appreciate and

enjoy all that Mavis Staples has accomplished during her lengthy career and life.

The documentary tracks back to the singer's childhood in Chicago, where Mavis would front the family

band as they sang gospel songs in a number of local churches, making note of her infectious personality and huge voice even then. It's pretty clear that Roebuck 'Pops' Staples has an enormous influence on Mavis and the rest of the family, bringing his (then) eclectic mixture of blues and soul to their gospel tunes. This is an aspect that a number of other musicians (Bob Dylan and Bonnie Raitt to name a few) identify as a key ingredient, alongside Mavis's voice, to the Staples Family's success.

Mavis! combines a mixture of clips, interviews and videos to thoughtfully characterise Mavis and the rest of her family. While starting with gospel, they soon garner widespread acclaim, and travel the country singing in churches. From there, the family

dips their toes into more mainstream music genres, and the documentary articulates well the challenge they face balancing their religious roots with their new and widespread popularity.

Adding to all this is the interesting historical context, as 'Pops' was a vocal supporter and friend of Martin Luther King Jr, and the band wrote a number of songs addressing the issues related to that time.

While Mavis! weaves and exhibits its multiple elements of the songstress' long and successful career, Mavis herself shines through. She displays a humbleness and appreciation of others, which makes her instantly likeable to both music lovers and novices, and makes for a really enjoyable 90 minutes of film.



WHY DO WE NEED.. -Automated vehicles?



by **ANTHONY MARRIS**

Automated vehicles, colloquially known as self-driving cars, are arguably the greatest technological innovation to date that will have the largest impact on the broadest range of people. Pop culture icons like KITT (Knight Rider) have laid the groundwork for an easy transition, and those with misgivings are shown road traffic accident statistics in an attempt to be swayed to support their adoption. While the current incarnations are not close to adequate, a Morgan Stanley Blue Paper (2013) suggests that onwards of 2025 automated vehicles will become commonplace.

Household names in technology like Google and Tesla are working with major car manufacturers towards having road worthy, safe, viable units on the road within the next 15 years. During the 1980s, two major projects (Navlab, Eureka Prometheus) were a turning point. Navlab was based out of the Robotics Institute at the School of Computer Science at Carnegie Mellon University in the US. Eureka Prometheus was a European initiative including France, Italy, and Germany. These projects have led to technology in place today like cruise control, collision avoidance and up-to-date data gathering about road users that we take for granted.

Automated vehicles are essentially smartphones on wheels. One long term goal is to implement a Siri/Cortana like system. Face cameras would be able to detect the driver's alertness level and take action to prevent an accident. Radar and ultrasound allow the cars to self-park, and be aware of their surroundings. Many of the cars will have built in wifi to allow

the driver to remain connected, as well as using the system to converse with passing cars to make decisions based on relative speed, congestion, and weather.

Automated cars offer so many perks. Author Chris Miller's fatalistic short story "Swarm" paints a picture of a world filled with self-driving cars utilising swarm behaviour to get passengers from A to B. The benefits are greater energy efficiency, and reducing parking problems when shopping. Enos, a transportation non-profit published a report that claims if the automated vehicles made up 10 percent of the vehicles on the road, there would be 211,000 less road accidents a year in America, and a potential saving of 5.5 billion USD.

One benefit of automated vehicles widely used is in long haul trucking, and even local public services like taxis, buses, and trains would improve as driver fatigue would be eliminated. If driverless cars became the norm, legislation and policy would have to be completely rewritten. Who would be liable for accidents caused on the road? The driver, the software maker, the coder, the parent company, a hacker?

Globally, legislation is being written and debated approving the use of automated vehicles on public roads. According to the NZ Ministry of Transport, as long as you follow the road rules and have insurance, NZ roads are yours to play with. Regarding specific legislation, the MOT Intelligent Transport Systems (ITS) Technology Action Plan notes that NZ will monitor overseas trends and follow suit. Logically I can see the benefit (sort of) of using an automated vehicle

for places with long stretches of road and minimal deviation, but NZ roads seemed to be designed using water and gravity.

To conclude, automated vehicles will be common occurrence in our lifetime, barring World War Beta. The technology exists, it simply (sic)

Automated vehicles are essentially smartphones on wheels. Personally I would rather see buses, trains and aeroplanes than the full adoption of automated vehicles

needs refinement. Personally I would rather see the creation and widespread use of submarines in the same manner we use buses, trains and aeroplanes than the full adoption of autonomous vehicles. The comprehensive Blue Paper notes that when automated vehicles become mainstream, there will be a captive and unstimulated audience waiting to consume whatever is fed to them. Sadly, at some point, Western society will get to a place where we will never have to think for ourselves.

TL; DR – Automated vehicles are at least 15 years away. Newton's third law applies.

PAPER GIRLS

AUTHOR: BY BRIAN K VAUGHAN, ARTIST: CLIFF CHIANG, COLOURIST: MATT WILSON, LETTERER: JARED K FLETCHER

by LAURA STARLING

OPENING THIS GRAPHIC NOVEL IS AN EERIE, creepy dream sequence, depicting some kind of angel of death. The protagonist wakes up and we are introduced to Erin, a 12-year-old girl who has just started a job doing the paper round in her neighbourhood. In the early hours of the morning post-Halloween, she sets out on her bike to deliver her round. Unfortunately, she is interrupted by a gaggle of teen boys who attempt to intimidate and threaten her. However, a group of fellow bike-riding, paper-delivering, totally-badass 12-year-old girls show up to defend her. The group decide to ride together for the morning, for safety's sake. There's a cute moment where Erin recognises the group's natural leader, a pink haired girl with a cigarette hanging out the corner of her mouth, and calls her the "Amelia Earhart" of girls like them – she paved the way for girls in her neighbourhood to get paper round jobs. This all seems fairly low key, but from here on out the graphic novel escalates quickly into a compelling mystery. Three hooded men, speaking an unknown language, appear to be following the girls. After the aforementioned creepy dream, this seems quite ominous. The situation continues to spiral out of control, as all parents, family and adults begin to vanish, and creatures (Demons? Aliens? We don't know!) begin to descend upon the neighbourhood. It appears that our group of 12-year-olds are going to have to resolve the problem.

Things tend to get pretty weird pretty fast when Brian K Vaughan is writing – and not a bad kind of weird; the perfect kind of weird. Vaughan is the mastermind behind other graphic novels such as *Saga*, *Y: The Last Man* and *Runaways*. He commonly writes character based bizarre fantasy. He's a brilliant author that builds fascinating worlds and complex characters with believable motives and quirks.

I loved *Paper Girls*. I loved it from start to finish, and I read it all in one sitting, unable to put it

down (although this is no real feat – graphic novels are relatively fast to read). I have no complaints, other than I have to wait a year before I get the next one. The craziness of the plot is totally acceptable, it's confusing, but you're confused along with the four leading girls.

The situation continues to spiral out of control... Demons? Aliens? We don't know!

It's quickly apparent that the comic is set in the 80's based on the outfits, objects, setting and dialogue, without it having to be stated directly. The pacing is ideal, not too much action for too long, and nothing seems to happen too abruptly, which is an issue I find I have with comics a lot of the time.

It's so refreshing to read something by an author who knows how to write female characters. More often than not, in comics especially, women are left on the side lines. Vaughan never allows this to happen, in any of his work. It's awesome to read about a group of young girls, typically the helpless victims, make decisions for themselves and take no shit.

If, say, you don't like reading – this book is still worth picking up just to look at the art alone. The artist Cliff Chiang, colourist Matt Wilson and letterer Jared K Fletcher have worked together to create something stunning to behold. They have brilliantly brought to life the characters written by Vaughan. The expressions and posture of characters, the colour and style is on point. Even the lettering used for different characters gives a sense of personality and voice. The cover is beautiful, simple and perfect.

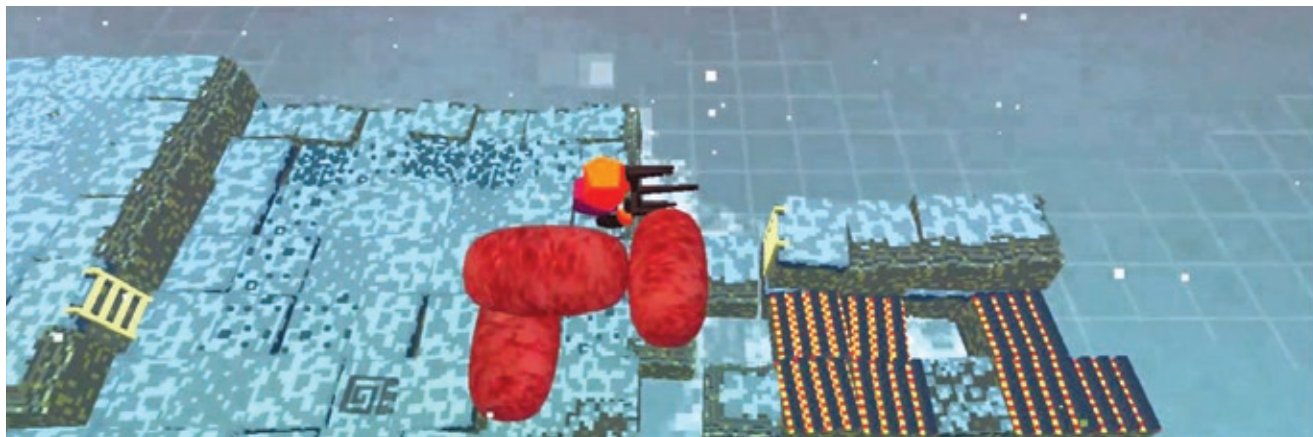
I loved everything about this book. It was amazing to read. I can't wait for the next one!



STEPHEN'S SAUSAGE ROLL

Board Game | Developed and Published by Increpare Games

RATING: B+



by **CAMPBELL CALVERLEY**

Think of the most difficult puzzle game that you have ever played and multiply it by a thousand. Then take away all instructions, add a lot of frustration and headache-induced pain, and you will get a game that is still only half as infuriatingly difficult as Stephen's Sausage Roll.

This game is the second commercial release by designer Stephen Lovell. He first came to prominence in 2011 with his quaint puzzle game *English Country Tune*, a very pleasant piece of minimalism about growing organic molecules that was easy to get into but very difficult to master. The main difference between that game and Stephen's Sausage Roll is that it told you how to play it. Here there is no such kindness. Once you hit start – after looking through the ridiculous sing-song main menu that seems to make fun of you with how childish it is – the confusion begins immediately. Stephen's Sausage Roll is hard. And I mean REALLY hard.

You are a tiny man on an island holding a massive sausage fork, surrounded by large pink blobs. You move around in a weird way, you swing your fork around wildly, and there are white shadows of yourself everywhere. That is all the help you get; there is nothing telling you how to move around, how to solve puzzles, what the puzzles are or even how to activate them. Once you figure out how to get to the actual

puzzle part of the puzzle game, you still need to figure out what the goal is, and then the game's absurdity is exposed: this is a puzzle game about cooking sausages.

Stephen's Sausage Roll has been called "the Dark Souls of puzzle games", and it's not difficult to see why. This is a game that seems to take a mirthful joy in perplexing its players. Almost every single puzzle seems impossible when you first attempt it; then, slowly but surely, you make a few mistakes, you get better at the game, and you learn how the game's mechanics can be utilised to solve puzzles. You can only play the game for short bursts at a time – otherwise, you will be stuck in a constant loop of determination, self-doubt and ragequitting. Other game mechanics are introduced in later puzzles, but again, the game does not tell you about them. You have to figure them out yourself. It was with infuriation rather than epiphany that I discovered that, yes, you can climb up ladders—but only sideways.

Believe it or not, there is something to be praised in this level of difficulty. Games as obfuscated as this can only be approached with patience, a clear head, and regular breaks to make sure you don't go mad. Because you have to learn the mechanics yourself, you have to go through an extended process of trial and error, testing what works and what doesn't, and de-

puzzles. Compare it to learning to swim by being thrown into the deep end – you may drown, but if you manage to keep a clear head and teach yourself the basics, then you may become skilled enough to swim to safety, and feel more developed (and traumatised) for having had the experience. But this only goes so far. Once I reached the second island of puzzles in Stephen's Sausage Roll, I plainly didn't want to continue playing. It's just too damn hard. The game is already exclusive by restricting its audience to the hardcore puzzle game crowd—the kinds of people who managed to complete *Myst* without a walkthrough—and THEN restricting it to those who have the patience to break down its walls of difficulty.

I recommend this game hesitantly. It is clever, challenging and genuinely well-made, but at the same time it is so annoying, so mocking, and so lacking in reward and a sense of direction that one wonders what the bloody point of playing it is. But if you have the patience and mental fortitude to tackle a game like this, then I wholeheartedly applaud your efforts (while hoping that you're also putting your intelligence into something more productive). It can be very satisfying to finally, FINALLY complete a puzzle after so many hours of frustration. And all from doing something as banal as cooking sausages.

42


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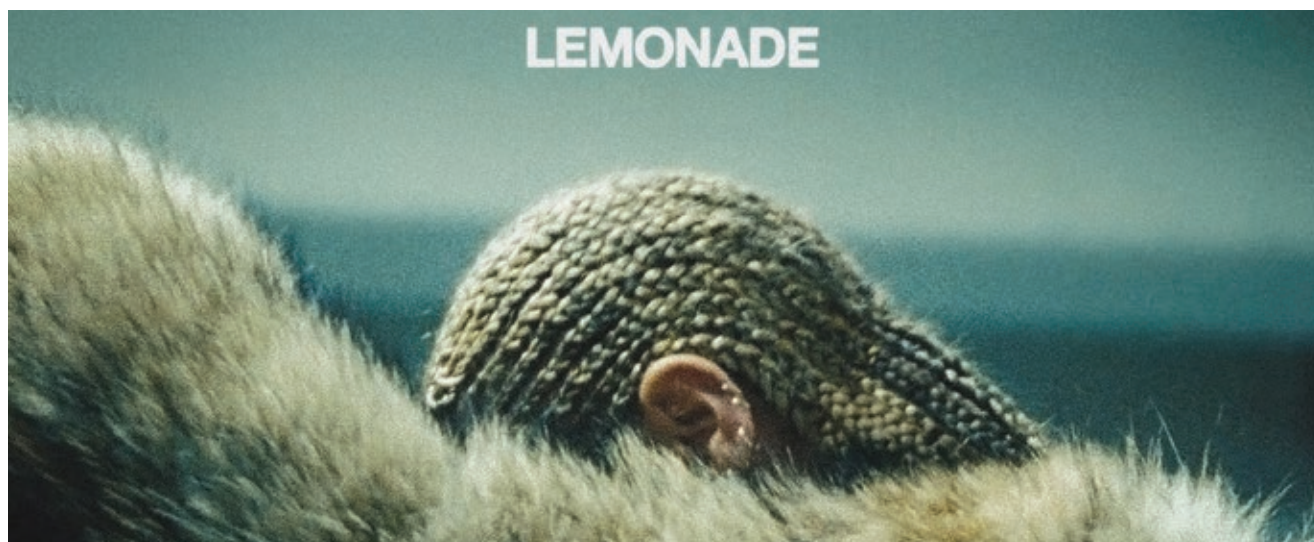
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LEMONADE

—BEYONCÉ



by JESSICA THOMPSON

Beyoncé dropped *Lemonade* on the 23rd of April, 2016. It is her sixth album, first released on Tidal with an incredible hour long film. I think it's safe to say I'm not the only person who signed up for the thirty day free trial just to hear Queen B's sweet, sweet beats, unsubscribing quickly after a few days to buy the album on iTunes (or download the leaked version hastily from Youtube the next day —naughty naughty).

I think I have played one other artist's song once during the past few weeks of having this album. It is so fresh and varied that over-playing is impossible.

Yoncé has used her years of experience, knowledge, mistakes, and training to produce a true work of art. When examining the evolution of Beyoncé from *Crazy in Love*, *B'Day*, *4*, *Sasha Fierce*, to her last visual album in 2013, it is easy to see her development in achieving a more defined sound, heavily packed with meaning.

The album opens with a simple, humble track titled "Pray You Catch Me". It's not in-your-face or showy. It's a smooth introduction to the

absolute shit-storm of wonder about to hit. It is followed by "Hold Up", a reggae, feel-good jam that is probably my favorite track, even though it hurts to pick a favorite. This song just makes me so happy and the video is brilliant. "Don't Hurt Yourself" is pure brimstone and fire. Accompanied by Jack White, Bey bites your ears off and suddenly I am overcome by an urge to fight someone. This track is reminiscent of that heart warming White Stripes sound and is followed by the kitschy, catchy "Sorry". Middle fingers up. Boy Bye. Enough said.

"6 Inch" follows. It has a sort of Partition vibe going on, featuring The Weeknd and Rihanna. After this the album gets more experimental with an upbeat country song called "Daddy Lessons", the spacey, angelic ballad "Love Drought", and the saddest sad song "Sandcastles", it's super duper sad but much too short. Later there is "Forward" with James Blake, and "Freedom", a victorious gospel jam featuring Kendrick Lamar. The record closes with "All Night", a beautiful, slow

moving love song that makes you want to grab a stranger and hold them close, no questions asked. If I have to say something critical or even (God forbid) negative I could mention that it took "Love Drought" and "Sorry" a few more listens than the other tracks before they really sunk in, but due to the variation on this record, this is understandable. You can't take everything in all at once.

I highly recommend watching the visuals before listening to the full album. The film spells the story out a little clearer in terms of Beyoncé's relationships and her support for Black Lives Matter and anti-racist movements, which are a dominant theme. There is a lot of symbolism and Bey's voice murmurs the poetry of Warsan Shire as if it were her own.

An impressive cast of women are involved, (Serena Williams, Amandla Stenberg), and Beyoncé insists that strong, empowered women make better societies. The mothers of Trayvon Martin and Michael Brown also make an appearance, representing two young

victims of police brutality in America. Beyoncé's representation of all these people as well as her samples of Malcolm X speaking all link together to make space for grief, relentless strength and political statements. This culminates in the final song: "Formation".

This album made me cry, laugh and cry more. Beyoncé says what she wants to say and is smart about it, engaging a worldwide conversation about race, gender, class, feminism and more. If you have issues with unusual transition then you may not like this album very much but overall I believe it runs smoothly and tells a story. *Lemonade* slides easily from deeply personal to politically vocal.

THE OBLITERATION ROOM —YAYOI KUSAMA

Dunedin Public Art Gallery
7TH MAY – 7TH AUGUST



by **MONIQUE HODGKINSON**

Fresh and sparkling at the DPAG this week is Yayoi Kusama's *The Obliteration Room*, or polka dot madness, as I prefer to think of it. This exhibition takes the form of a domestic interior – a house complete with living room, study, kitchen, and Kmart-worthy chic décor. The only difference between this gallery space and your typical studio apartment is that on opening day everything was completely white, as though flooded with fifty tins of whitewash. Here is where the polka dots come in.

Approaching the gallery space on the second day of the exhibition, I was asked by a friendly gallery host if I would care for a sheet of bright and colourful polka dot stickers. Forever a five-year-old, how could I refuse? The idea of *The Obliteration Room* is to cover the space and its contents in stickers, transforming the once-white room into an 'obliterated' space of colour and dottiness. Already the room was covered with masses of polka dots like oversized confetti.

A novelty for viewers, but the same old story for Yayoi Kusama, whose work throughout her career has revolved around these captivating, brightly coloured dots. A Japanese artist, Kusama's work rose to prominence in the '50s and '60s. She is a treasured artist both in Japan

and globally, receiving the title of Person of Cultural Merits in 2009 and exhibiting in major cities worldwide. To have her work featured in Dunedin is incredible, to say the least.

While the vast majority of art exhibitions are there to be looked at and contemplated, Kusama's work demands participation, interactivity, and collaboration. This is an artwork which you must walk through and explore, opening the refrigerator door, laughing at the tiny alligator heads hidden inside the teacups. The brightly coloured stickers can be placed anywhere—on the walls in random arrangements or smiley faces; or on the objects themselves, turning white bananas into curves of colour, or replacing the blank TV screen with circles of red, blue, and yellow.

Children thrive in exhibitions like this. While visiting, one little dude screamed "This is the best exhibition EVER!" while his sister sped around, locating all the obscure nooks and crannies where polka dot stickers could be placed—"They even go in the FRIDGE, Mum!" And this enthusiasm is infectious. You can't help but smile in this exhibition – it would be like watching the Wiggles while frowning, or refusing to join in on the biggest colouring book Dunedin has to offer.



Yayoi Kusama *The obliteration room* 2002–present. Collaboration between Yayoi Kusama and Queensland Art Gallery. Commissioned by Queensland Art Gallery. Gift of the artist through the Queensland Art Gallery Foundation 2012. Collection Queensland Art Gallery, Australia. Photograph: Iain Frengley



DADDY JONG'S JAEYUK BOKKUM

by **KIRSTEN GARCIA**

I was a sous chef in a kitchen where I learned this recipe. This is courtesy of my Korean friend, known as Daddy Jong. I was a bit stuck on what to write for the *Critic* this week, and he offered to make this dish from his homeland. According to people who have lived with him in the past, "It's the one thing he CAN cook". I could tell this meal had some deep meaning for him as he was knuckled down like a pro and got very engaged in the prep of it all. When he didn't think it tasted right, he even conferred with

his mother in Korea on how to fix it. Nevertheless I felt honoured to be learning this from him, there were some new ingredients for me, like the Korean hot pepper paste. My mouth was watering at the sight of this meal, but my nose was running from the heat by the end of it. If you want something HOT (and yummy) to warm you up for the upcoming cold winter nights, this should do the trick.

Serves 4-6 people

Ingredients

- 3 onions
- 4 potatoes
- 2 teaspoons minced garlic
- $\frac{1}{2}$ teaspoon crushed ginger
- 700g of pork, sliced with bone
- $\frac{1}{4}$ of a cabbage, shredded
- 3 tablespoons Gochujang hot pepper paste
- 2 tablespoons light soy sauce
- 2 tablespoons sugar
- Pinch of salt & pepper
- Oil for the wok
- Red pepper powder (optional)

Cut the onions in half, and then half again, then slice them. Do the same with the potatoes.

Heat a large wok on medium heat, coating the bottom with oil. Place the onions, potatoes and shredded cabbage in the wok to cook for about 10 minutes. Stir occasionally to rotate them.

Meanwhile, cut the pork into cubes, separating it from the bone.

Put the meat (and bones) in the wok when the potatoes, cabbage and onions start to look cooked.

While the meat is cooking, make the paste. In a small bowl mix together the sugar and soy sauce. Add the minced garlic, ginger, and hot pepper paste. Mix again. Put in the wok and stir. Add a sprinkle of hot pepper powder too if desired.

Add a half cup of water to the wok, and let it simmer to reduce (12 mins).

Once the sauce is reduced, and the meat and potatoes are cooked, take off the heat.

Serve with rice.





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Each week, we lure two singletons to Dog With Two Tails, ply them with food and alcohol, then wait for their reports to arrive in our inbox. If this sounds like you, email critic@critic.co.nz. But be warned —if you dine on the free food and dash without sending us a writeup, a Critic writer will write one under your name. And that won't end well for you.



hers SHIRAZ

AFTER BEING NOMINATED BY MY FLAT MATES AND RECEIVING A SURPRISE invite on a blind date I was thrown in the deep end, but the appeal of free food and alcohol ultimately drew me in.

I was subjected to what was essentially a makeover by my flat mates and downed the better part of a bottle of wine before heading out. I was looking pretty hot, makeup on point and cleavage out, I'm not sure if it was the alcohol, but the nerves were slowly dispersing. Naturally on arrival I ordered a whiskey and dry before being directed to my date.

To my surprise he was tall dark and handsome, had great chat and was actually pretty intelligent. Nice change from the usual fuck boy. We got on like a house on fire and I actually got pretty comfortable, turns out this blind date thing isn't so bad. We continued to drink our way through the bar tab, and when we were both sufficiently drunk he asked me to dance.

There was a cute jazz band playing, or maybe it wasn't jazz, anyway it sounded good and he took the lead. We were admired by the other patrons and I was definitely impressed by his moves.

Things started to heat up a little from there. I noticed his hands wandering over me as we danced, and I couldn't help but stare into his beautiful blue eyes. We finished the rest of our drinks and then headed out. It was really nice of him to pay for our taxi back to mine.

Thanks for the great night Critic!

his NOT A FUCK BOY

AFTER RECEIVING A MESSAGE AT 6:30 ON THURSDAY, I REALISED THE situation must be dire so responded to the late call up with a shrug and a positive attitude. An hour and 10 minutes later, after a shower and a bottle of freshly picked Shiraz, I found myself wandering toward the Octy hoping for a hottie.

Despite turning up about 10 minutes late it appears I had won the race, shooting a quick look round no one was sitting by themselves. Weaving through a small crowd of people to get to the bar, my first impressions were we had lucked out and had stumbled into some sort of retiree convention. However after quick chat with the bartender I realised they were in fact the resident jazz band, and in fact as old as jazz itself.

Most of the tables were full so I parked up in the window seat just as the date arrived. With a quick peck on the cheek and a wee how's your father my nerves started to settle. While she grabbed a drink at the bar, the jazz band kicked into action with a classic that had me tapping my toes like Michael J Fox.

The food was nice, mostly chip and dip type stuff and the majority of the bar tab went on craft beer and whiskey, reasonably hard case. The chat was good and revolved mostly about dinosaur bones, but there were a few jokes exchanged providing for a lightening of the mood. A dance floor soon appeared but it looked quite full, so we both decided it deserved a wide berth.

We finished the bar tab off with another round of whiskeys and decided to go for another in the Octagon. On arrival there it was pretty dead so I gave her my number and with the promise of a txt we parted ways



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President's Column

Laura has delegated the President's Column to the Fun Committee this week, it was either write this or participate in a "Runningman" challenge, lol, so yeah.

Our job is to make fun stuff happen and make boring shit → fun shit ☺

Sometimes we all get a bit caught up in trying to be serious and acting our age. The fun committee thinks there is always an opportunity where you can be ridiculous, immature and follow all the twelvie trends.

That means being at least somewhat basic, using the Snapchat filters to excess, pointless hashtags and drinking mochas from Dispensary.

In all honesty though, this job is pretty serious to us all and requires some serious work, but we love what we do and we love whom we do it for.

There is often a lot going on at uni, assignments are flooding in like the line to \$3 dollar lunch, exams are looming hand-in hand with another harsh dunner's winter and your flatmate is on your case for the mess left after you frothed too hard last weekend. With all of these pressures it is important to remember to make some time to have some fun during this intense time. As Mary Poppins always says, "In every job that must be done there is an element of fun, you find the fun and snap! The job's a game." There is no use in slogging away in the library if you can't find some way

of enjoying it! Catch up with friends, make a tinder match, hit up the elliptical at Unipol (undecided how fun this is for everyone) or whatever it is that can make your mundane, lively.

It makes it easier to dedicate so much time to your study if in that time you collaborate, laugh and succeed alongside your mates.

And if you are having a difficult time making this semester work in your favour, our wonderful Student Support team located on Ethel Benjamin Place, just behind the Clubs and Socs Centre are ready to lend a helping hand.

#instadaily #timazhard #doubletap #swiperight
#keepingupwithousa #FaceSwappies

Look after one another,

Alexia - Selfie Scholar

Bayden "make Hamilton great again" **Harris**

Sean - Official Meme Officer

#SquadGoals

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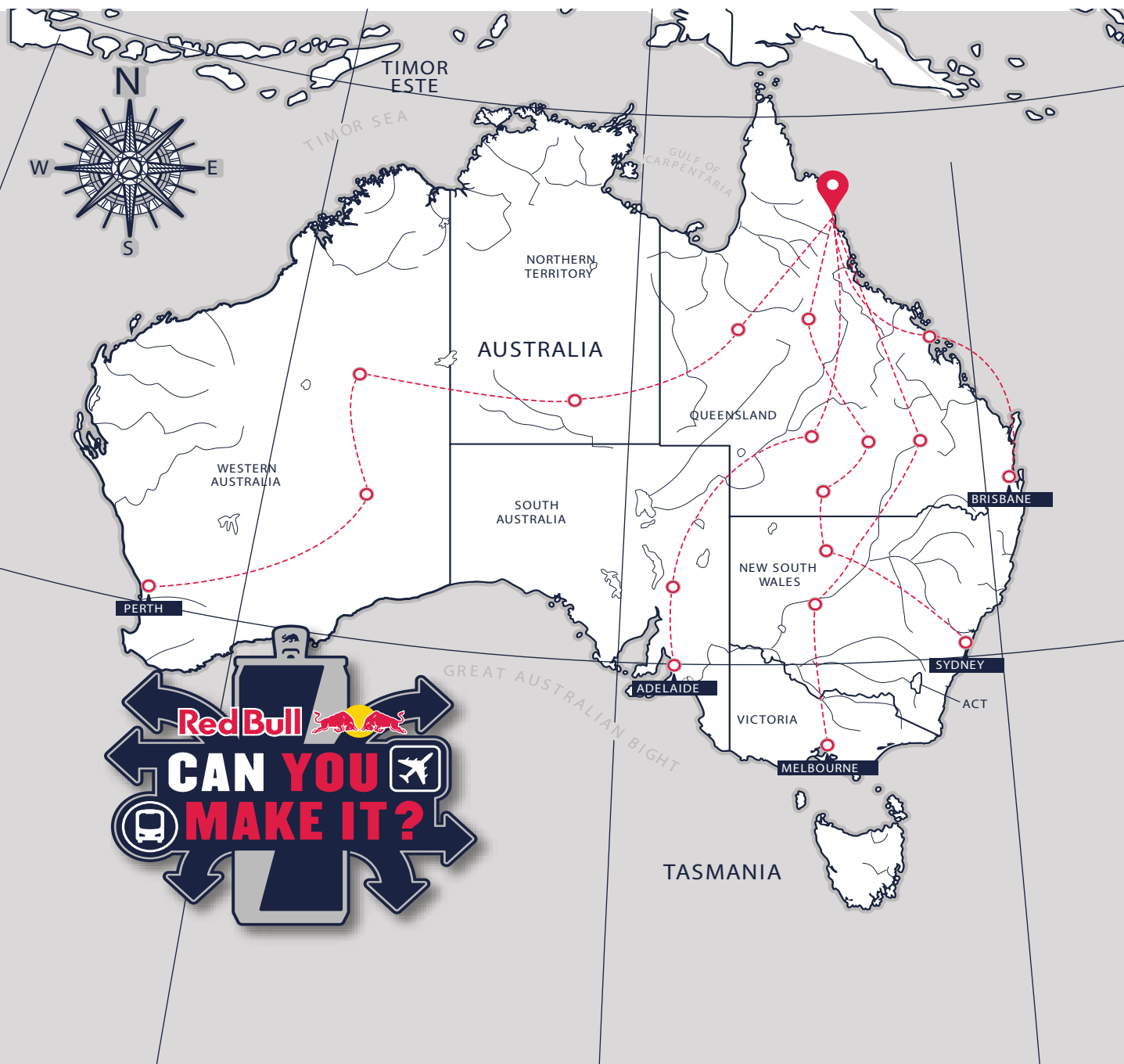
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