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MENSTRUATION
ISSUE



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LETTERS

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EMAIL CRITIC@CRITIC.CO.NZ — LETTER OF THE WEEK WINS A \$30 VOUCHER FROM UNIVERSITY BOOKSHOP

LETTER OF THE WEEK

Dear Critic,
I owe you a thank you.

A couple of years ago I was dealing with some pretty rapid and dramatic mood swings. The highs were high and the lows were fucking deeply low. It was scary, and I was worried, because I felt like I had bipolar, or something else, but what? This wasn't a normal, nor sustainable way to live. At the time of your menstrual issue in 2018, I was in the mental preparations of getting myself to student health. But one article changed my perspective completely, and has stuck with me ever since. It was on PMDD (Premenstrual Dysphoric Disorder) and it brought a tear to my eye, because finally I knew that this was the reason for my bloody rollercoaster. I still made that appointment, but instead I went in and said "doctor, you probably hate when people self-diagnose, but I am pretty certain I have PMDD". After a brief history, she agreed.

PMDD is hard. There is no easy fix for PMDD, and is stigmatised a lot. It can be damaging to relationships, work etc., because it pulls you into a pit of depression one week, and the next you can be expelled into elation. But through it all, I have a deep and genuine gratitude for that Critic article I read

Thank you for bringing me sanity.
K

Kia ora,

I wanted to write about the cost of food around the Uni for students. I am an older woman and I am doing some papers at Uni and have been truly shocked at the prices and poor quality of food being sold in the Uni to set nothing of the food trucks outside of it. I work close to South Dunedin and so quite often buy food there, so I was shocked when I was buying the same type of food at the Uni but paying more. Right now, consumer NZ has a petition for people to sign concerning the cost of food in NZ, so this seems like a good time to ask the same question about the cost of food students are paying in and around the Uni. I am working, so I can afford to buy food, but it seems so unfair to me that people/businesses are making money from students like this. Anyway, thank you for taking the time to read this letter, for all I know you may have already covered this. It just makes me so mad that students are being taken advantage of like this.

Thanks again,
Chris

Dear Critic,

I read the news today, oh boy – 4000 holes in the Uni campus grounds. And though the holes were rather small, they had to count them all. Now they know how many holes it takes to fill the clocktower lawn.

Sgt. Pepper

Kia ora,

As a recent graduate, I would like to comment on how ableist the graduation ceremonies that just took place were.

I was in attendance with my nan, mum, dad and a close friend. Of the four, three have significant mobility issues, and were both not able to take part in the parade, and had to find their own way to the ceremony. I appreciate that the university cannot cater for every guest in attendance. However, I think that there is an opportunity for mobility transport to be provided, potentially from the OBS Graduation Brunch to the town hall. I think that this would address equity and mobility issues affecting those with physical disabilities and seniors.

Best
J

Dear Editor,

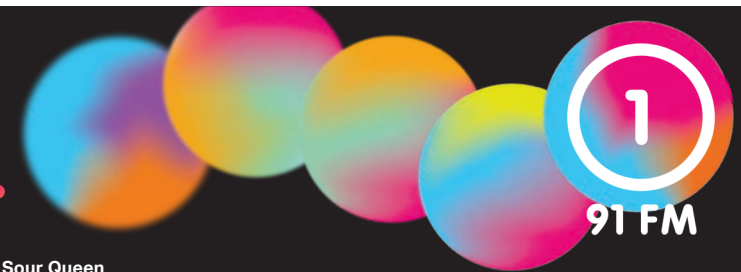
In Issue 10, 2022, staff writer Lotto Ramsay wrote a column titled "Goth for hire", in which the relative absence of goths is lamented.

Goths are the harbingers of recession. 2008, 1990, 1981 - all the way back to the fifth century and the collapse of the Roman empire. They are a symptom, not a cause, of prolonged periods of socioeconomic distress.

Desiring their increase is, I submit, not wise.

Yours sincerely,
Former Student,
Grant McKenna

RAD TIMES GIG GUIDE



THURSDAY 26 MAY

Sometime Winner - 'Unleashed' Album Release
UBAR
9PM / \$10

Sour Queen
INCH BAR
8PM / KOHA ENTRY

FRIDAY 27 MAY

Human Confusion w/ The Allophones
INCH BAR
8:30PM / KOHA ENTRY

Man Ray - 'Sought For Fun' EP Release w/ Porpoise and The Beatniks
DIVE
8PM
Tickets from undertheradar.co.nz

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Dunedin Youth Orchestra - Music for Royal Occasions
HANOVER HALL
4PM / \$10 / \$5 CONCESSION / ALL AGES

Julian Temple
THE DUCK
7PM / \$10

Michael Gordon Quartet feat. Bill Martin, Andy Lynch, and Carl Woodward
DOG WITH TWO TAILS
8PM
Tickets from eventfinda.co.nz

Coverpalooza feat. Ollie Crooks, Samarah, Ricky Cheriton, Be.See, Paul Allen & Darryl Baser, Blisspoint, Nick Tipa, Midnight Caffeine, B&TC (Two Piece), and Maddy PC
DOG WITH TWO TAILS
6PM
Tickets from undertheradar.co.nz

For more gigs happening around Dunedin, check out r1.co.nz/gig-guide

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Guest Editorial: My Mum Talks About Abortion Rights

By Fox Meyer

Abortion rights in the USA are in jeopardy, so I called someone who I knew could talk about this from a place of experience: my mum. The rest of this editorial is a transcript of that call.

I've experienced all of the reproductive possibilities of what happens when you have a vagina and have sex with someone who has a penis: I've had a natural birth, I've had an abortion, I've had a c-section, and I've had a pregnancy that came to term but I had to give away. So I feel like I know what I'm talking about.

I had an abortion almost immediately after having your brother, and it was the easiest decision I've ever had to make. And I've never for one second of one minute of one day ever regretted it, or even thought about it, anyway, because our family just couldn't have supported it. But when I was in my first year of Uni, I had an unwanted pregnancy. I also had an extremely Catholic family, so I carried it to term, and had to give the baby away. Personally, I feel like my decision to give up your half brother was morally wrong, and I've struggled with that for the rest of life. And I would never, ever impose that decision upon somebody else, because it was horrible. But that's what the Supreme Court is doing; repealing Roe v. Wade would force women to choose between not being able to give a child the life it deserves or giving it away. They don't have the right to do that - but they do have the power.

This is about control. This is about asserting a certain group of peoples' religious beliefs and dogma onto everyone else in the country. 80% of our populace agrees with upholding Roe - they may not all agree on the right to an

abortion at any time, but they believe that it should be legal at least up to a certain point. This is an example of a minority having power over the majority, in very fucked up ways. It's depressing, it's horrifying, and it's so, so stupid.

Religion has no place in the Supreme Court. I really want to believe in the Supreme Court that RBG was a part of, and that she had so much respect for, even when she didn't agree with her constituents. I really want to believe that one of the three new Catholic judges could be swayed, but the whole point is that the Supreme Court should be impartial and immune to public opinion. But I'm not sure they're actually impartial in the first place - they're fundamentalists. I think that the fundamentalists believe that conception is the beginning of human life, and there's also a very fucked up belief that a woman's fundamental purpose is to reproduce, and that that's more important than a woman's independent rights as a human being.

So you should care about this, even in New Zealand, because the world we live in gets smaller every day. I remember when I was a kid, people used to say "why should we care about what happens in California? It's so far away from New Orleans." And now it's like it's next door. Even that shooter that we had in Buffalo, he cited the New Zealand terrorist. So this stuff travels, it's contagious, whether it's good or bad. The bad tends to be more contagious, though. So just keep talking about it, prevent stuff like abortion and unwanted pregnancies from becoming taboo. Because if we're not talking about it, it's a whole lot easier for them to take it away.



Image: Gayatri Malhotra on Unsplash

Students React to Potential Abortion Ban in the USA

"If it can happen there, it can happen anywhere"

By Zak Rudin & Keegan Wells

Chief Reporter // Staff Writer

A leaked United States Supreme Court draft majority opinion has revealed plans to overrule Roe v Wade, a 1973 Supreme Court decision which upholds the right to an abortion as a constitutional right. The decision, if followed through on, is expected to have wide-reaching implications for other human rights like marriage equality, LGBTQ+ rights and access to contraception. We talked to some students to gauge their thoughts on this.

In 2020, Aotearoa's Parliament voted 68 to 51 to decriminalise abortions. Even Opposition Leader Christopher Luxon, of the National Party, regards the issue as settled, saying it will not be reopened even if there is a change in government. However, overturning Roe v Wade may re-galvanise Kiwi opposition to abortions, presumably leading to future political uncertainty. Luke described the prospective ruling as creating "dangerous international precedent," adding that, "if it can happen there, it can happen here." Another student, Milia, told Critic Te Arohi that "the United States [has] quite a big influence on the rest of the world ... If those viewpoints were to move to NZ it would be very harmful and dangerous for New Zealand women."

Jules, an American international student, said that while the US political atmosphere seems very distant to what goes on in NZ, "People should care... New Zealand and America have pretty close ties. I don't necessarily think it happening in the US will really make anything happen here. But there's a lot of people who move from the US to here and they can have really closed minds, which can get around," said Jules.

The ruling is not final until it is published, likely within the next two months. If published, the ruling would make abortions illegal on a federal level, leaving it to individual states to have the final say in deciding its legality. At least 26 states are likely to ban abortions, forcing women to travel hundreds of kilometres to a "blue state" where abortions remain legal. This disproportionately affects people of colour and people from lower socio-economic backgrounds, where long-distance travel is not a practical reality.

The three recently-appointed Catholic judges all testified in their appointments that they would not overturn Roe, and now appear to be planning on exactly that. The Supreme Court is meant to be immune to public opinion. Drafts like this circulate internally all the time, and judges do sometimes change their minds during that

process. However, with their names on the record leaning one way or another, what could have been a genuine change of heart could now be seen as the Court caving to public opinion, and judges may feel pressured to stick with their initial decision as a result.

Banning abortions doesn't stop abortions from happening. Rather, it bans safe abortions. Currently, around a quarter of American women are expected to get an abortion at some point in their life. The ban is only estimated to cause the number of abortions to drop by 13% – but most of those would then need to be done illicitly. Although it is not clear if the ruling would lead to a partial or absolute ban on abortions, an absolute ban would mean that abortions are not available to women even in the case of rape and incest. It's worth noting that the vast majority of Americans support upholding Roe.

While the ruling on Roe v Wade directly affects Americans, it indirectly affects all of us to some degree. Luke described nationalism as a "big problem" as it causes people to focus on events exclusively based on "arbitrary borders". Indeed, the focus should be on international solidarity and unity in moments of crisis, whether or not the crisis is in our own backyard.



New Vice-Chancellor Hanging by a Thread

David Murdoch abseils down the stadium

By Fox Meyer
Editor // critic@critic.co.nz

Vice Chancellor David Murdoch strapped in for a 35m abseil down the Forsyth Barr Stadium on 17 May. The 'Toss the Boss' event was hosted by the Malcam Trust to fundraise for their youth development mahi in Dunedin.

David was one of dozens of local bosses taking the plunge, and his time slot was early: 8am. This was presumably because, as an alternative to caffeine, David prefers to start his days with a hit of adrenaline. He was stoked to be a part of the event, saying that: "The fact this is something I enjoy, along with the fact it was for such a worthy cause, meant this wasn't a difficult decision at all."

For anyone looking to spook the new VC, heights may not be your best bet. David said that he wasn't particularly bothered by heights, "so long as I'm securely attached to something, of course!" He's abseiled and parachuted before, so he said he was "looking forward to this". He even took the time on his descent to admire the architecture of the stadium, which is exactly what we would expect an erudite professional like David to do. "Seeing the stadium from that angle was quite the privilege also – it's impressive from the grandstand, but it's even more so from above," he said.

The Malcam Trust "supports ākongā who don't know what they want to do and are not ready to know what their skills and aptitude suits best in life," doing so by providing opportunities for growth and mentorship. Funds raised by David's stunt will go towards facilitating these programmes across the Dunedin and Clutha regions. David said that "The Trust does extremely valuable work and has very similar beliefs and aims to the University – we both work to empower young people and believe that they can make a difference." Critic reckons that next time, David should up the ante by abseiling down Richardson.



Cowards Steal from Charitable Beekeeper

Drunken students not likely the culprit

By Fox Meyer
Editor // critic@critic.co.nz

Someone has stolen an entire hive of bees – queen included – from the Peace Garden Albany street sometime in the last month. A three-box hive is worth about \$500 at the moment, so it's a significant loss to the man who voluntarily keeps the bees and gives away the honey for free.

Reverend Richard Dawson spoke to Critic Te Arohi about his beekeeper's culprit. "It's a real tragedy", he said "because unless [the thieves] are quite experienced beekeepers, these bees will die virtually overnight." Richard said that his bees would normally be hibernating, but with the recent warm weather late in the season, they've been active. And with no flowers to produce honey from, they need to be fed to stay alive.

On Friday the 13th of May, an unfortunately inauspicious date, Richard went to feed his bees, and discovered an entire hive had been raxxed by an unknown culprit. This

would not have been an easy task, and Richard doubted that it was due to drunken student antics. "It's not your guys' fault", he said, "I really think it was someone who knew what was going on, someone who knew what they were doing."

Richard said that in order to make off with the hive, you'd have to know a few critical steps to prevent yourself from "getting stung quite severely". We won't describe those steps here because we don't want to facilitate hive theft, which is a dastardly crime. It is not, however, unheard of. Richard explained that "since the manuka price went up, stealing hives has been a major crime that people get into. And people have had whole apiaries stolen, that's 20-30 hives."

The hives can be re-sold for a hefty profit, but it's easy to spot stolen work if you know what you're looking for. Richard reckoned he'd be able to pick out his stolen

hive in a heartbeat, because he made it by hand, himself. He said you could look through the Otago hive market because there's only about 10 listed at a time, but beyond that, it gets a bit hopeless. And since the interval between Richard's bee check-ups was a month before last Friday, the thieves could've stolen, listed, and sold the hive at any point in that window of time.

If that's the case, Richard may be out of luck. But if not, and someone has decided it would be a good idea to rax a beehive and somehow made it out without getting covered in stings, Richard pleaded the student community to keep an eye out for anything suspicious – like an entire beehive where there didn't used to be one, or a mate that's suddenly flush with manuka honey. If you see something, let us know.



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Filipino Students Concerned After Marcos Jr Wins Election in the Philippines

Another six years, another dictator

By Zak Rudin

Chief Reporter // zak@critic.co.nz

Note: the views expressed in this article do not represent the opinion of the whole Filipino community

On May 9, the Philippines elected Ferdinand "Bongbong" Marcos Jr, the son of previous president Ferdinand Marcos, as their new President. Sara Duterte, daughter of outgoing president Rodrigo Duterte, is set to become the Vice-President. With both winning candidates coming from powerful, controversial political dynasties, critics have expressed concern about what this means for Filipino democracy. Critic Te Arohi spoke with two members of the Otago Filipino Students Association (OFSA) to gauge their reactions to the election result.

For the past six years the Philippines has been under the administration of Rodrigo Duterte. He is most notorious internationally for his so-called "war on drugs". Human rights groups estimate 12,000-30,000 have been killed, with police and vigilante civilians called to shoot suspected drug dealers and users on the streets. Journalists and human rights groups reporting on these incidents have also been subject to attacks. Prior to Duterte's administration, Ferdinand Marcos, father of Bongbong, held the presidency between 1965 to 1986, ruling as a dictator from 1971 until he was overthrown through the People

Power Revolution. His American-backed regime was rebranded by Bongbong as a "golden era" of economic progress, whilst overlooking the endemic corruption, arbitrary arrests, detentions, tortures and extrajudicial killings of around 70,000 people. The Marcoses currently hold a Guinness World Record for the "greatest robbery of a Government," with an estimated US\$5-10 billion looted during their time in power.

Angelo, a member of OFSA, described the election as "disheartening," and illustrative of a "breakdown of democracy". He told Critic Te Arohi that he was critical about Bongbong wanting to distance himself from his father's repressive era of martial law, despite the fact that his entire campaign was based on the fact that he was the son of Ferdinand Marcos. Angelo said he personally had a "general sense of foreboding dread for Filipinos." In fact, Angelo's family, who voted against Marcos, have been making plans to migrate out of the country. Despite this, Angelo said there was no choice but to be hopeful. "Of course we want to see him [Bongbong] do good, but right now we're just waiting to see if he will do anything worthwhile."

Elena, another member of OFSA, told Critic Te Arohi that the Filipino community in Otago has been largely "quite quiet about it [the election results]". Elena suspected

this was because this election campaign has been particularly controversial and "toxic", leading many to avoid talking about politics for fear of creating "a rift in the community". In spite of this, similarly to Angelo, Elena said that she's "hopeful," adding, "We all want what's best for our country."

The election in the Philippines ultimately came down to a popularity contest, in which the reputation of Bongbong's father, along with high levels of online misinformation and ongoing historical revisionism won him the election. Behind this, Angelo pointed to a failure of education in the Philippines, which does not address the era of martial law, as being a "conscious malevolent choice for the Marcoses to get back into power". Angelo further highlighted that, for many in the Philippines, the focus is on day to day survival. As a result, many "gravitate towards strong-armed leaders" in the hope they would relieve them from poverty.

Angelo said that "as Otago University students, we have the privilege of being removed from what's happening in the Philippines." Ultimately, both Angelo and Elena hope that the new president, for all their misgivings, will be able to bring unity and solidarity.



Mandatory Masks Removed, Mask Usage Declines

It's not mandatory, but still do it. Pretty please?

By Zak Rudin & Keegan Wells

Chief Reporter // Staff Writer

Even though it doesn't feel like it, Covid-19 is still spreading amongst the student community – now joined by an old friend of ours, the flu. In-person lectures have resumed and the Government's mask mandate has now been dropped. Meanwhile, the official advice from the University, issued by Vice-Chancellor and infectious diseases expert Professor David Murdoch, is that mask wearing in class is still "strongly recommended". Critic Te Arohi investigated to see how much that strong recommendation has been taken on board.

A spokesperson from the University said that while they "do not have definitive numbers... it would seem the majority of students are wearing masks while in lectures, tutorials and labs." However, this optimistic view seems to differ from what

a number of students told us. Connor, a first year health sci, said that "most people don't [wear masks]. [Only] 20 or so people wear them unless the lecturers ask us to put them on."

Jake, another first year, told Critic Te Arohi that "the people who are sick wear masks," in order "to be considerate." He noticed, however, that "this morning in my lecture I didn't see anyone wearing a mask. I think loads of people got Covid [previously] so they care less." While a large number of students have caught Covid, there is still a large proportion of students who have not. Also, it's worth pointing out that you can get Covid more than once.

Some students have continued to comply with mask wearing, despite it not being mandatory. Mykilah, a 3rd year student,

said that: "95% of people in my classes [of 20 people] wear masks." She reasoned that "I have flatmates that go out a lot, [so] I don't want to risk other people in my classes to possibly be exposed." One postgrad student pointed out an interesting split; they said that in a lecture a week or so back, "40% of attendees were wearing masks, but they were all female." This observation was echoed by several other students.

Despite the Uni officially backing mask-wearing, how strongly this is enforced is largely up to individual departments. From our brief investigation, it appears that law has one of the lowest numbers of masks in lectures while medicine has one of the highest, women seem more likely to mask up, and small class sizes seem to promote mask use.

SHIFT HAPPENS

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Flu Vaccine Shortage Resolved

Student Health being real pricks... in your arm

By Sean Gourley

Staff Writer // sean@critic.co.nz

Student Health has now replenished their stocks of flu vaccines. This comes after supply shortages caused roughly thirty students to be turned away from a vaccination clinic set up in the Dental School.

Head of Health Services Manager Margaret Perley said the shortage was due to a series of unfortunate events coming together at just the wrong time. According to her: "Our vaccine delivery is dependent on several factors - not least being an intact cold chain delivery system. On this particular day we had to hold a batch of vaccines to check the cold chain... We had no other reserve of vaccine due to national delivery unpredictability - most likely due to personnel affected by Covid-19 isolation or illness."

Despite the premature interruption, the temporary clinic, set up in the foyer of the Dental School building, still managed to vaccinate over 100 students. There were four nurses working hard to administer vaccines at the clinic. Jess, a student who was turned away from the clinic, was not too worried about the ordeal. She said that: "I just booked in an appointment at Student Health the next day... They turned us away as soon as we turned up so we weren't waiting around for ages or anything."

With this year's flu season expected to be particularly bad, experts say getting vaccinated is more important than ever. In issue 7, public health expert Dr. Lucy Telfar-Barnard told Critic Te Arohi that Aotearoa's Covid-crushing measures also crushed the flu along with it, giving our population low immunity as we head into this year's flu season. "The things we did to get rid of Covid got rid of the flu as well,

which is great. But now here we are, not having had it for two years, and now we have to be prepared for it."

Despite the eggheads' concerns, Student Health has also not seen an increase in flu vaccinations over other years. Perley said that: "So far, about 2500 students have taken the opportunity to have a free flu vaccine through the University. This is about the same as pre-Covid years."

There are multiple ways to access the flu vaccine, said Perley, and all are free for Otago Uni students. "Bookable clinics are held every day at Student Health, drop in clinics have and will continue to be held in colleges, Uniflats and the Māori Centre, and three large clinics, staffed by Student Health and Public Health South, have been held at the Dental School." Perley is confident that stocks of flu vaccine will not run out again.

Dough-No!

Mama's Donuts Caravan Topped by Wind

By Fox Meyer

Editor // critic@critic.co.nz

It's been a rough few weeks for Mama's Donuts. After struggling with staff shortages due to Covid, the icing on their donut came when their donut-slinging caravan was blown off the road en route to Milton.

Rachel from Mama's Donuts told Critic Te Arohi that her son was driving down with her to bring their treats to Milton when things went south. "It was quite a windy day," she said. "I actually asked him 'Do you think this thing could blow over?', and then nek minnit..." The policemen who responded told Rachel that this particular stretch of highway was notorious for toppling travellers. Her son was behind the wheel at the time, which she said she was grateful for because "he's a very good driver and knew what to do." She was

extraordinarily thankful that nobody was hurt, and that "everyone stopped to help clean up."

Still, it was a gutting loss. While the caravan is being repaired, Mama's has had to find other ways to sell donuts. While they do delivery orders and have a shop on Vogel Street, it's just not the same. The guys at the repair shop "think it'll be a few weeks", said Rachel, "so I'll have to be annoying and ring them every day to see where they're at." Whatever gets the donuts back on the road again.

If students want to support the shop, they can place delivery orders or come to their store in person. Mama's Donuts will also be attending OUSA's food truck festival, and Rachel is looking into the possibility of

using their ute as a backup shop on wheels while their OG caravan is getting fixed.

Despite the tragedy, there were two saving graces. Firstly, Mama's Donuts was so short staffed due to Covid that Rachel worried about being able to run the caravan in the first place, which was resolved when the caravan blew off the road. And secondly, that no donuts were hurt on that fateful trip to Milton. "We had ten trays of donuts in the boot," said Rachel. "Thank goodness [they weren't in the caravan], because otherwise they would have been all over the road!" And even if the seagulls might've loved that, some hungry Miltonites may have not.

You can get your fried dough fix from Mama's Donuts on Vogel Street, or at mamasdonuts.co.nz.

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Uni Makes Big Economy Go Boom Boom

And that's without cash cows, uh sorry, international students

By Keegan Wells

Staff Writer // keegan@critic.co.nz

Otago Uni's 2021 Economic Impact Report found that they contributed a whopping \$1.79 billion to the New Zealand economy last year. In other news, the new Budget plan means that everyone earning under \$70,000 a year is getting a free \$350, which you can then give straight back to the Uni. How exciting!

The Uni has campuses all over Aotearoa, with 19,603 full-time students and 4,044 full-time staff employed in Dunedin, Christchurch, Wellington, Auckland, and Invercargill. Only the Uni's Supreme Commander (Vice-Chancellor David Murdoch) really knows what they do in Invers, but the 20 full-time sleeper agents/employees down there still pumped \$5 million into a very grateful local economy.

While \$5 million seems like a decent amount of cash, this is a drop in the bucket compared to the \$1.13 billion injected into the Dunedin's economy by the Uni's staff and students. The Uni's Director of Strategy, Analytics, and Reporting, David Thomson said this "equates to 17 percent of Dunedin's Gross Regional Product". Additionally, the Uni accounts for 9% of the city's workforce. David recognized the city's relationship with the Uni as "mutually beneficial, as practically every sector of Dunedin's economy is positively impacted by the presence of the University. But equally, there are literally hundreds of businesses and organisations within the city that play their part in meeting the needs of the University, our staff, and our students." Keep that in mind when you get your dusty meal from Huzur Kebab; you would be nothing without them, and they would be nothing without you.

David said that "There are many other social and cultural benefits resulting from the presence of the University such as knowledge transfers, human capital, and social capital enhancement." While David did not specify what "social capital enhancement" actually means, Critic Te Arohi can only infer he was referencing the priceless nature of "the student experience", i.e. vomiting your 2-minute noodles into an overturned wheelie bin at 1:30am on a Tuesday morning.

The loss of international students was a burden on the Uni's budget, but was somewhat offset by not having to spend much on international travel. The cash cows are expected to return in semester two.

Hekate Opens Doors

New period health clinic aims to reduce stigma, validate struggles

By Fox Meyer

Editor // critic@critic.co.nz

A period health clinic on Albany Street has recently rebranded. Despite the flashy new look, they've promised they'll continue to offer services to menstruators from all backgrounds.

Hekate presents itself as "New Zealand's leading private, nurse-led health clinic with a team of Registered Nurses, Clinical Nutritionists and Medical Herbalists, who support people with period problems, polycystic ovary syndrome and endometriosis." They used to be called Flourish Health Emporium.

Vigneshwar Muthukumar is working at the clinic on placement as a part of his MAppSc. He said that, even from a male perspective, reducing the stigma around talking about periods is incredibly important. Vigneshwar told us that: "Society tells you that it's perfectly fine to have painful periods, which it really isn't."

"A lot of students here might have health complications that have to do with their reproductive system," he said.

And because of overt messaging within society that menstruation is "meant" to be painful, as well as a continuing taboo around talking about periods, "they might not know that it's serious." He said that Hekate "is designed to help you have better periods... we have years of experience with the medical system, period health, and supporting people that have not found answers easily."

Vigneshwar told us that "periods should be an inconvenience at worst, and feel like mild cramping in your back or pelvic area for the first day or so of menstruation. Any discomfort should improve with pain relief and it should never interfere with your daily life... But there comes a point where it's so debilitating you can't even move, [and] sometimes you're told that that's just part of the process." He was insistent that this didn't have to be the case. "If you're vomiting from pain during or in-between your period, unable to leave your bed, bleeding very heavily, missing study, or ending up in the Emergency Department, this is never normal."

According to him: "Even GPs can overlook the seriousness of period pain at times, and a lot of people experiencing this can struggle to get a diagnosis for the problem, and can feel like they're imagining it." Referrals through to gynaecology are often declined in Dunedin, said Vigneshwar, and sometimes people are never referred by their GP because the waiting list is "too long". He said Hekate works closely with your GP and they can refer to private specialist services to get around this issue.

The clinic focuses on "education and empowerment" to help people feel more in control of their periods. This point of difference means Hekate has "had a lot of GPs and health practitioners refer their patients [to us]," he says. It's a space that he wants to see students take advantage of, because help is available, and everyone deserves better periods.

Hekate's doors "are open to anyone and everyone" who menstruates, said Vigneshwar, and are located on Albany Street, just down from Rob Roy.

Music * 11.07 - 17.07 * Events

Red Bull Presents: **RE:ORI 2022**

RE:ORI JULY 2022

11.07 - 17.07

FIRST RELEASE

Dillon Francis

Muroki • Stace Cadet

There's a Tuesday • Sweet Mix Kids • Zeisha

Aunty El • 3Iron • TwoMinds

Toga Party (Back for 2 Nights!) • OneFest Foodtruck Festival • Clubs Day

OTAGOORI.CO.NZ

Music * 11.07 - 17.07 * Events

Red Bull, The Edge 91.8, ousa

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VOLUNTEER

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INTERNATIONAL STUDENTS' REPRESENTATIVE

Sean Teow

Kia Ora and Warm International Greetings!

I'm Sean, a Malaysian student who's been studying here since 2019 and I love Dunedin's diverse culture. An important part of that culture is our international taura (students). These students who have made great journies overseas come from all walks of life, and I am humbled to be able to support them in any capacity I can.

As the International Students Representative, I focus on issues our international taura face while they study here. I am also the Co-President of the Otago International Students Association (OISA) and my team are full of passionate and hardworking people who come from all around the world. With the months I have worked with them I can confidently say they truly care about the wellbeing of our international community. We hear you and we extend our love to ALL of you!

So don't hesitate to contact us about any issues (racism, flattening issues, academic issues, homesickness, etc). The deets: oisanz2021@gmail.com or international@ousa.org.nz, you can DM us on Fb too :)

I also support our cultural clubs, they've had it tough this year because of the ever uncertain situation with covid. It's not all doom and gloom though, physical events are back up and I'd encourage everyone to support our hardworking cultural club leaders by going to their events! I can promise they're all welcoming, have REALLY good food, and would love to share about their culture.

Much love, work hard, celebrate hard, and ace the papers!

Sean T

International Students Representative

ousa EXECUTIVE

Public support brings back ODT WATCH

Rare 'Smeagol' slug found in reserve

BREAKING: ODT interviews a first-year.

Loose ball up for grabs . . .

WHERE?

Fox comes back to take lead

This is fake news. I'm struggling.

Breakfast supports cancer

What they DON'T want you to know.

Consent 'very temporary'

Oh God oh fuck oh no...

Science activity fruit-full

This is some Professor Plum type shit, isn't it?

No need to shield children

The United States when abortion is repealed.

Nuggets unleash

Ronald McDonald used: obesity charm!

The Tyre Extinguishers: SUV hating vigilante climate activists

ODT genuinely being the voice of the South, I guess.

The motorsport baron, his wife, his racetracks and his money

I literally cannot think of a more unappealing fanfic.



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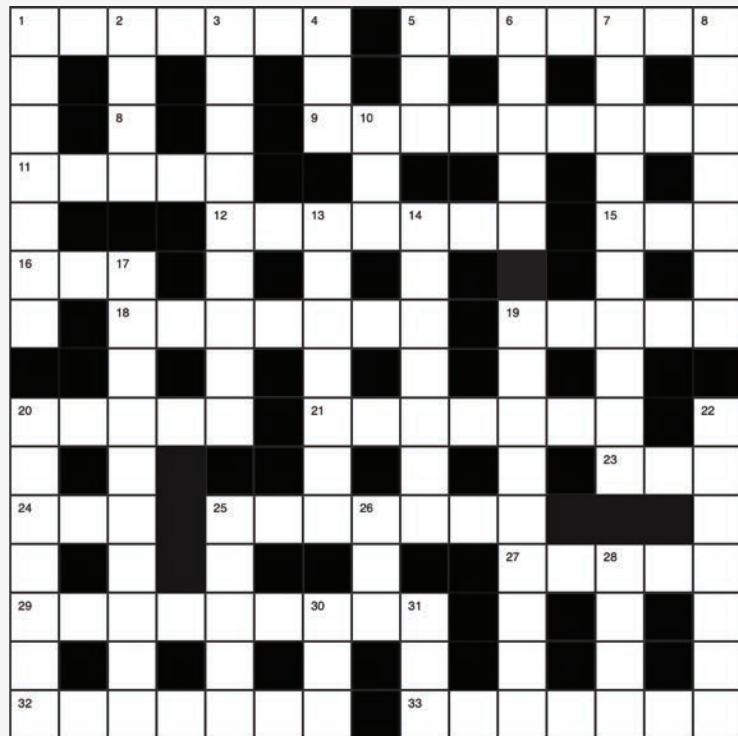
Email: Karen.Nicolson@silverfern farms.co.nz

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PUZZLES

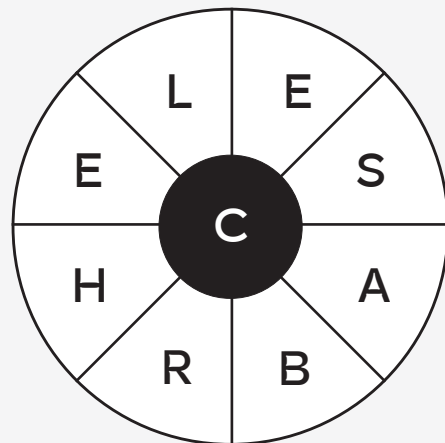
Mazagran BROUGHT TO YOU BY MAZAGRAN
 ESPRESSO BAR KEEPING CRITIC CAFFEINATED
 36 MORAY PLACE, DUNEDIN

CROSSWORD



- ACROSS:**
- Prohibited (7)
 - Cast a spell over (7)
 - '75 Bruce Springsteen album (4,2,3)
 - Verse in 5,7,5 (5)
 - The saviour (7)
 - Aunty ___ (3)
 - "Straight Outta Compton" group (3)
 - Portmanteau for a love-hate relationship (7)
 - Cowboy gear (5)
 - 5K and 10K(5)
 - Neither here nor there (2,5)
 - Monthly mood swings abbr: (3)
 - Student restaurant requirement abbr: (3)
 - Budget shortage (7)
 - 1957 Sputnik occupant (5)
 - Color changer (9)
 - Like some legal work (3,4)
 - Flow in abundance (6)
- DOWN:**
- Bite symptom (7)
 - Norse god of mischief (4)
 - Masturbation vegetables (9)
 - Sports betting agency (3)
 - Watering hole (3)
 - Hypnotist's prop (5)
 - Macklemore hit with the same the first 32 words (6,4)
 - Sci-fi smuggler (3,4)
 - Approves abbr: (3)
 - Bob Marley shot him in 1973 (7)
 - Picturesque (7)
 - Enthusiast (10)
 - Immeasurable (9)
 - 1987 film about a mechanical crime-fighter (7)
 - Julian ___, WikiLeaks founder (7)
 - Dora and ___ (5)
 - Wedding words (1,2)
 - Tiny amount (4)
 - Angst-filled genre (3)
 - One found standing around in a game abbr: (3)

WORD WHEEL



Make as many words as you can using the central letter and without repeating any letters.
 6-15 good / 16-20 great

WORD LADDER

Change one word into another by only changing one letter at a time. The shortest solution should fit between the rungs of the word ladder.

WANT
NEED

WEEK 11 CROSSWORD ANSWERS

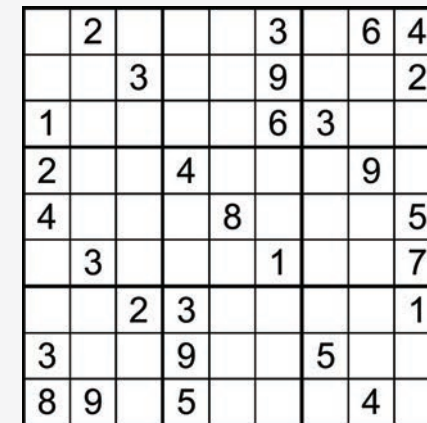
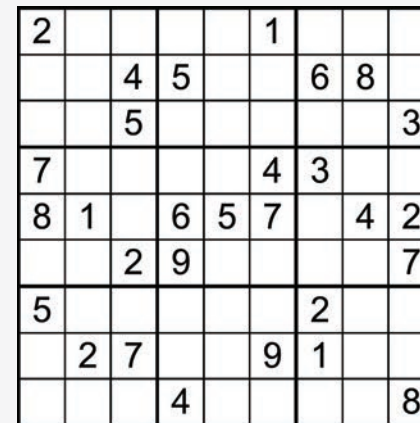
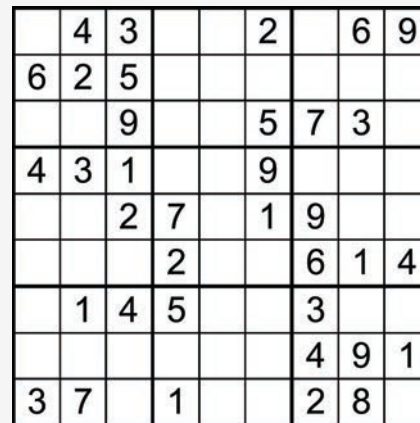
ACROSS: 1. SWIFT 3. ALCOHOLIC 8. ADELE 9. LATTE 10. TOCCATA 11. NALGENE 13. ORKNEYS 15. AGLET 17. YUKON 19. CURLING 21. KINSHIP 22. CHORIZO 23. MIAMI 24. BENE 25. ARTISANAL 26. APPLE

DOWN: 1. SANCTUARY 2. THETALKINGHEADS 3.ARENA 4. COLONISER 5. HOTELCALIFORNIA 6. LIE 7. CURSE 8. ACCIO 12. NYE 14. EXCEPTION 16. TRILOBITE 18. UTI 20. GUIDE 21. KESHA 22. CABAL 23. MET

WORD LADDER SOLUTION: FILE-FIRE-WIRE-WORE-WORD

SUDOKU

sudokuoftheday.com



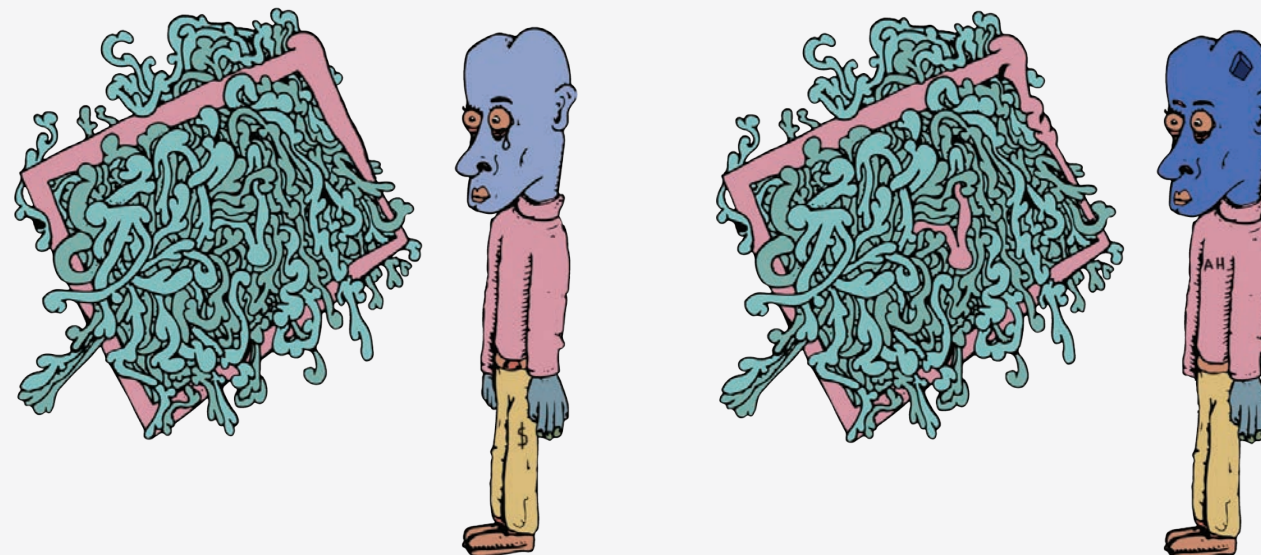
WORDFIND



- AUNTYFLO
 BLEEDING
 BLOOD
 CLOTTING
 CRAMPS
 CUP
 CYCLE
 EGG
 FERTILITY
- HORMONES
 MENSES
 MENSTRUATION
 MOON
 PAD
 PERIOD
 PMS
 TAMPON
 UTERUS

SPOT THE DIFFERENCE

There are 10 differences between these images.



COULD YOU TAKE DUNEDIN'S WILDLIFE IN BATTLE?

BY ELLIOT WEIR & FIONA JORDAN



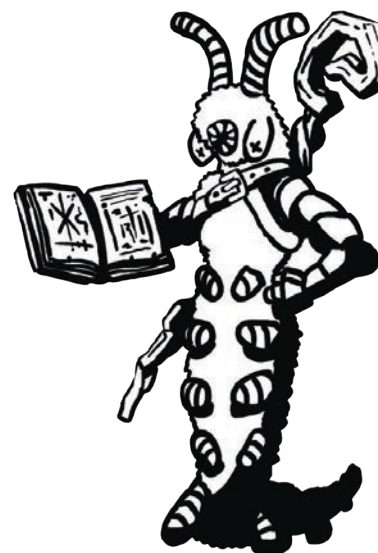
Many of Dunedin's wild critters can be found throughout your adventures at Otago. Some can be your allies, some will be your enemies, but all deserve your respect: both as opponents and as original residents of Ōtepoti. It's dangerous to go alone, weary traveller. Take this guide to help you in the great outdoors.



Rāpoka & whakahao (Sea Lions)

The Otago Peninsula is home to one of the only breeding colonies of NZ sea lions outside of subantarctic islands. These barbarians are three times the size of the more common fur seals (kekeno), the rāpoka (females) weighing up to 160kg and the heaviest whakahao (males) weighing nearly half a tonne. Often disguised as unassuming rocks on beaches, these sleeping giants aren't usually bothered but will not hesitate to lash out if you fuck with them. Beware: they are capable of running at 20km/hr.

SPECIAL MOVE: Mega chomp – *a bite as strong as four dobermans*
CLASS: Barbarian
ATTACK: 79
DEFENCE: 88
COULD YOU TAKE IT ON IN A FIGHT? Hell no.



Ngāokeoke (velvet worms)

Ngāokeoke are cryptic and we don't know much about them, other than the fact that they're freaky little guys that can be found in places like Caversham or Woodhaugh gardens. They haven't changed much in the last 500 million years and they creep up on their prey before squirting out a sticky fluid that traps whatever unfortunate soul happens to crawl by.

SPECIAL MOVE: Ambush – *with quick hardening slime*
CLASS: Wizard
ATTACK: 86
DEFENCE: 50
COULD YOU TAKE IT ON IN A FIGHT? If they were larger, they'd be absolute tanks. Fortunately, they are tiny. Smaller players will suffer a slow, sticky death.



The giant millipedes in the Butterfly Garden

While technically from East Africa, these sneaky critters and all 256 of their legs can be found in the tropical butterfly garden at Otago Museum. A defence-heavy animal, they can curl into a spiral and be protected by their hard exoskeleton and an irritating liquid they can secrete from their pores. The other trick up their sleeve is a symbiotic relationship: millipedes have an animal companion in the form of mites that live on their bodies. In exchange for protection, these mites clean the millipede's exoskeleton (aka shine their armour).

SPECIAL MOVE: The ol' razzle dazzle (a defensive curl) – *with toxic sweat*
CLASS: Ranger
ATTACK: 55
DEFENCE: 85
COULD YOU TAKE IT ON IN A FIGHT? If you can get through the exoskeleton before losing stamina.



Black Mould

Thriving on the cold, dark, damp conditions of student housing, black mould causes a whole bunch of lung conditions like asthma. You can defeat black mould in combat with thorough cleaning, but as a stamina-heavy fungi black mould is likely to keep coming back for more unless we receive better housing conditions.

SPECIAL MOVE: Prolonged exposure – *silent but deadly*
CLASS: Monk
ATTACK: 94
DEFENCE: 30
COULD YOU TAKE IT ON IN A FIGHT? Not unless you were born a bit richer.



Tarāpunga (Red-Billed Gulls)

Tarāpunga are ubiquitous across the country, everywhere from beaches to North Dunedin fish and chip shops. It is a hardy bird that specialises in stealing other animals' catches. While it doesn't have many special moves, it is an aggressive scavenger with excellent group tactics and any item of value (mostly food) will be long gone before you even realise what's happening.

SPECIAL MOVE: Pack attack – *with aerial retreat*
CLASS: Rogue
ATTACK: 75
DEFENCE: 63
COULD YOU TAKE IT ON IN A FIGHT? Not unless you're that guy from Tiktok (iykyk).



Te pūngāwerewere pango noho ki te māwhaiwhai anaroa (Tunnelweb Spider)

The black tunnelweb spider is the closest relative NZ has to tarantulas, and is often found in Dunedin flats and gardens. Big, agile, and good at hiding in their large tunnel traps, these spiders have a painful bite, but aren't particularly dangerous to humans. Might be a different story in battle though, as you have to address them by name before engaging in combat, and that can take up to ten minutes. They are usually not of concern, as their primary goal is to fulfil their holy duty of cleansing this world of insect pests.

SPECIAL MOVE: Ambush – *and spidey senses*
CLASS: Paladin
ATTACK: 71
DEFENCE: 65
COULD YOU TAKE IT ON IN A FIGHT? A pretty even match, it'd be a coin toss.



Pāngurunguru (Giant Petrel)

These gnarly creatures are commonly found following fishing boats into the Otago Harbour. They are incredibly aggressive predators, but are sometimes given the unassuming nickname of 'stinkers', because they smell like death. Their prehistoric-looking faces should be enough to scare most people off in combat, but if that's not enough they will often kill and eat other birds out at sea, including local kororā (little blue penguin) by battering them to death or drowning them. This ritual fulfils the demonic pact through which pāngurunguru source their power. The bigger the sacrifice, the larger the reward, so there is definitely a target on your back.

SPECIAL MOVE: Intimidate – *with added snarl*
CLASS: Warlock
ATTACK: 89
DEFENCE: 70
COULD YOU TAKE IT ON IN A FIGHT? No chance.



Boomers on George Street

Like goblins when they emerge from caves, the George Street boomer clan is a writhing sea of twisted backs, beady eyes, and incomprehensible gibberish. Be wary of group attacks, acid spit, and long-range projectiles in the form of glass bottles. Higher-level enemies will also be able to call on other local powers, known as "councilmen", to fight their battles for them.

SPECIAL MOVE: Bad Yelp Review – *NOW IN ALL CAPITALS*
CLASS: Fighter
ATTACK: 60
DEFENCE: 25
COULD YOU TAKE IT ON IN A FIGHT? Absolutely you could, but you'll start to tire after enemy #4 or #5.



Transmasculine Periods: Men bleed monthly, too

By Lotto Ramsay

CW: Discussions of bottom dysphoria, period dysphoria, and medical transphobia

The landscape in which we consider periods is slowly changing. The taboo that has surrounded menstruation for centuries is lifting. More period care products are widely available, commercials show red blood, and we can even say the word “period” without being side-eyed. The conversation is even opening to include all people who experience periods, with inclusive language reflecting that, like the switch towards terms such as “period care” and “people who menstruate”.

But much more can be done. There’s a lack of dialogue on how trans men and masculine-aligned nonbinary people experience periods, and even fewer resources that cater to them specifically. We deserve trans-friendly period care.

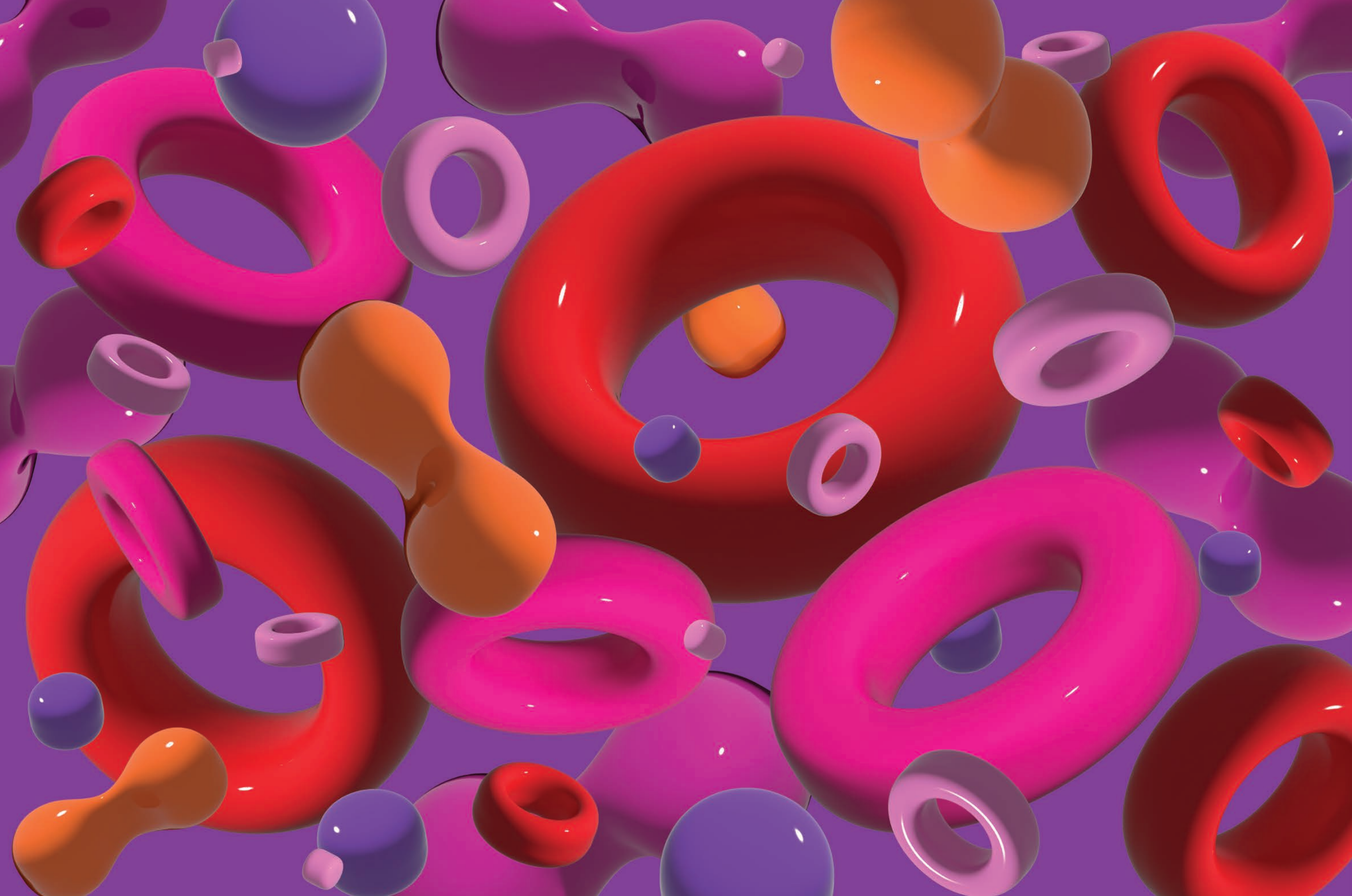
Nick is a trans man who has been on testosterone for four years. Talking about periods makes him “pretty uncomfortable”, and experiencing them is even worse. When it comes up in conversation, “it always feels awkward if there’s a group of people talking about periods and I’m edging in. They accept it, but if I tell someone I’ve got my period they’re caught off guard.” Testosterone therapy can suppress the menstrual cycle, but not all trans people choose to take hormones, and for others it is inaccessible due to a variety of barriers in the medical system. Even for those that do take testosterone, like Nick, periods can persist or return sporadically.

Critic Te Arohi worked with UniQ to speak with four transmasculine students about their relationship with menstruation, and the ways in which they can balance it with their identities. Though it can be an extremely difficult topic and all respondents experienced some degree of gender dysphoria regarding periods, their desire to help fill in the gap for other trans folks prevailed. None of the trans individuals we spoke to had previously accessed resources on trans menstrual care. “Aside from some brands and

general lingo moving to be a bit more gender neutral, I feel like there isn’t much [in Aotearoa] specifically aimed at helping trans men to be recognised in the period discussion,” said Jamie, one of the men we interviewed. Nick agreed, saying “when [inclusivity] is pointed out, it’s just that ‘guys and enbies [nonbinary people] have periods as well’ and then that’s it. People know about it but then... nothing,” he said.

“I feel like just some recognition or resources to help and give tips and advice on how to manage menstruation as a trans person would be awesome,” echoed Jamie. Periods can be painful and disruptive to anyone who experiences them. When gender dysphoria is also involved, however, the burden multiplies. “It really sucks,” said Jamie, candidly. “[Menstruating as a trans man] makes me feel more isolated from cis men, and is just a monthly reminder that my body isn’t what it ‘should’ be.” Jamie told us that “making people aware that people other than women get periods would really help – it doesn’t necessarily have to be a ‘masculine’ thing, just not exclusively a feminine thing.”

It’s a fact that men like Jamie and Nick can experience periods, yet those that do often have to deal with it completely alone due to a combination of stigma and dysphoria. “Periods are overwhelmingly feminised,” Nick explained. Nick usually experiences intermittent cramping and spotting in place of regular periods, but when he recently switched to a different form of testosterone he had his “first full period in a while”. He wasn’t made aware that this could happen. “It was a surprise... it was awful,” he said. “My GP personally is pretty good with trans healthcare but quite a few don’t have any experience. Beyond my GP I haven’t had anything, especially in NZ. It’s quite unfortunate. A bit isolating.” Nick expressed that he feels as though trans men are being left behind, but he’s optimistic. “I hope we get there soon.”



Tobin is a transmasculine person who has been taking testosterone for three months now. "There's the normal stuff that everyone hates like cramps and ruining your favourite pyjama pants, but [having a period] also makes me dysphoric so it's like doubly gross," said Tobin, "I am hoping that being on T will stop my periods." Tobin shares similar sentiments with Nick regarding trans healthcare, too. "I think that NZ is slightly behind say, the US, because I have exactly zero faith that if I go to a doctor about something period related that they will gender me correctly, or even just treat me with respect," said Tobin. "I have even had to correct [trans specialists] on my T dosage frequency because they weren't following guidelines."

Trans men seeking to medically stop having periods have the same options as cisgender women, but this can come with a whole new host of problems. Hormonal contraceptives that lighten or stop menstruation are oestrogen- or progesterone-based, which can be a source of discomfort for some trans people. Jamie told us "I've had lots of people ask why I don't go on birth control or get an IUD to stop having periods at all, but I felt really uncomfortable with the idea of those treatments putting even more oestrogen into my body." Though cisgender males also naturally produce small amounts of oestrogen and progesterone, not all transmascs are comfortable with the hormones, on top of the various reasons in which cisgender women turn down hormonal contraceptives. "It sounds kinda wack, but it makes me so dysphoric just thinking about that," Jamie said. For trans men that do take hormonal contraceptives, lower hormone options such as the "mini-pill" (progesterone-only oral contraceptive) or hormonal IUDs (the Mirena and Jaydess release small amounts of levonorgestrel) are more popular options, though they are less known about and less likely to be recommended by GPs.

"I've had lots of people ask why I don't go on birth control or get an IUD to stop having periods at all, but I felt really uncomfortable with the idea of those treatments putting even more oestrogen into my body."

While contraception can be accessed through a trusted GP, transmasculine people seeking care for gynaecological or reproductive issues may have to go through 'Women's Health' clinics or similarly branded OBGYN wards, which can feel exclusionary. Nick recalled, "I had to go through a gynaecologist and I was like, mentally checking out... it was a hell of an experience." He's reluctant to go again, especially without support.

Elio is a genderqueer, masculine-aligned person, and xe has endometriosis that requires treatment in

gynaecological wards. Endometriosis is when the lining of the uterus (the endometrium) grows outside of the uterus, such as on surrounding muscles and organs, causing heavy periods and severe pain. An estimated 10% of people with uteruses have it, yet it is still largely misunderstood. For Elio, this means more balancing medical care with their dysphoria, as endometriosis is managed through contraception as well as surgery. "My gyno is kinda just giving up on me because I don't want to have any hormonal [endometriosis] treatment," xe said. Instead, to manage both their dysphoria and their periods, "I'd been considering a hysterectomy (removal of the uterus) for a long time, but the doctors don't want to do it," as doctors were concerned about their fertility, a subject that makes Elio extremely uncomfortable. Elio also wants their endometrium surgically removed, as "I'm thinking about that for dysphoria," but "there's a real lapse in healthcare for nonbinary people specifically."

For transmascs that do get periods, whether they choose to or not, shopping for period products can be a distressing experience for people in an already dysphoric time. Though supermarkets are slowly moving away from labelling the period care aisle as "feminine hygiene products", tampons and pads still come in overwhelmingly pink packaging, and seem to solely depict cisgender women. "Period products are very feminine," Jamie told us, "it makes me feel silly for having to buy them – you end up feeling quite stuck between genders."

Some period brands have more neutral packaging, but standing in an overwhelmingly pink aisle can be dysphoric. "As a whole, period stuff is very feminine and I hate it," Tobin said, "honestly, I would love just plain packaging." Period boxers are popular among transmascs overseas, but "they're difficult to find here. [New Zealand] doesn't have them," Elio told us. Nick said "online resources would be good" to help transmascs find gender-affirming period products in NZ, but currently there's "nothing". Though Nick's a self-described "feminine guy" and doesn't mind pink, he's empathetic about how stigmatising it can be for transmascs and others. "I feel like kinda degendering periods would be helpful for more masculine women too. Everyone, honestly. Half the population has periods at some point."

Disposing of those period products presents another issue. "I'd also like to see more [sanitary] bins in men's bathrooms," said Nick. "Generally, if you go into the disabled men's bathroom on campus there are bins, but not in the smaller cubicles," he continued. Critic reported on this last year, as the Uni added more sanitary bins to campus but left out the individual men's cubicles. Not all able-bodied trans men are comfortable using the disabled cubicle when another could need it more, or it could draw unwanted attention. Elio is also concerned about "how few non-gendered bathrooms there are on campus". The accessible bathrooms usually double as gender neutral ones, again catering to two separate groups. "Sometimes I do use the disabled bathroom, even though some people would criticise me," Elio said, "because I don't 'look' disabled. It's another anxiety-inducing thing."

Property Services Division Director Dean Macaulay said that "there are currently 781 sanitary units across our main University campus (which does not include those in colleges). The sanitary units are in female toilets, all access toilets, and in accessible toilets that are inside male toilet areas." Also, Campus Development Division Director Tanya Syddall said that "our University's independent accessibility consultant has advised us that all access toilets are for everyone – people with disabilities, able bodied people, and people of all genders." And finally, the University created a Gender Neutral Toilet Strategy and Plan, which has three phases. They're going to roll out new signage, create an all-gender facility inside each existing building (as a minimum) and when that's done, finish by increasing the number of facilities in each building "so people need to go only one floor at most to reach an all-gender facility".

"Even though people are being more open about periods, trans and nonbinary people are still left out," Elio said, "it's hard cos we're still tryna figure it out ourselves anyway." Periods are slowly being destigmatised, but they need to be degendered too. "The 'girlbossification' of destigmatising periods is unrealistic and not great for cis women either. We're still very far away," Elio said, "reproductive issues need to be talked about in a trans frame" and xe stressed the need for more trans research and more trans resources. People other than women have periods, and need to be part of the period conversation. Despite this, our interviewees had a lot of wisdom to pass on to other transmascs dealing with periods. "You're not alone," Jamie said, "and you're not the only one going through this."

Period tips for transmascs, by transmascs:

TERMINOLOGY:

"Period" was preferred by our respondents, but if it makes you uncomfortable feel free to call it whatever you need. "I kinda will talk about it like, graphically. I'll just say I'm currently bleeding out. It's gore," said one respondent. Another told us, "I just say stomach cramps, because that's the main issue for me." Some guys use some creative euphemisms instead, such as lycanthropy, "moon sickness", organ failure, shark week or even man-stration. You get to control the language around it.

MANAGING PHYSICALLY:

Responses varied widely, from "I use tampons - out of sight, out of mind," to "Pads, because I do not fuck with tampons." For both tampons and pads, budget brands tend to have more neutral packaging, as do organic eco-friendly ones. The brands Libra, Oi and U by Kotex were mentioned. Reusable cloth pads circumvent packaging altogether, and can be DIYed or purchased. It can be difficult to fit pads with wings into some men's underwear, but briefs can work, or with cloth pads alterations can be made. Menstrual cups are another option if you're comfortable with inserted products, as they need to be changed far less than tampons or pads and so are low maintenance. Period boxers for men are hard to find in NZ, but period underwear in boy-short cuts is more readily available. NZ brand Awwa stocks period boxer briefs, and even Kmart has a period shorts option.

MANAGING MENTALLY:

Lastly, Critic asked our respondents if they had any tips on coping with period dysphoria.

"I just generally blank it out, distract myself with other things. It comes and goes."

"Some people I know talk about periods graphically or as almost a separate entity. If you need to think about it as a separate person that's okay."

"I don't have a huge amount of tips as I struggle too, but I try to be a bit more gentle with myself during that time, especially with studying."

"I think using a method like tampons or cups helps keep it out of your mind, and trying to reframe it in your mind that this is primarily a function of your body."

"Oestrogen is actually at its lowest point in your hormone cycle during your period, so thinking about that helps at least."

"Sometimes I think of it as just another gross bodily function. My organs are deep cleaning themselves. Gross. It's easier."

"You're not alone and you're not the only one going through this."



MENOPAUSE: What to Expect When You're Not Expecting

A Uterus User's Guide to the Big Storm Comin'

By Ruby Werry

Menopause: the last great frontier of female biology. Well, once we get past basic female anatomy, how medicine interacts with female bodies, and not to mention general knowledge of where the clit is. Menopause is sort of like the health equivalent of sidewalk petition canvassers: everyone's avoiding eye contact, they're practically invisible to passers-by, and nobody wants to talk about it.

Hamilton Girls High graduate Emma shared with Critic Te Arohi her menopausal education. "None. Are you kidding? My sex ed was all about puberty but they didn't even go in-depth with that. The main message was 'don't get pregnant'. So we mostly spent time on contraceptives, and you know what? Girls still got pregnant." Education on menopause is not much better elsewhere. Mandy from James Hargest College doesn't look at hers with much appreciation either. "There was not even a single mention on menopause," she said. If you've just been suddenly hit by the realisation that your knowledge of menopause couldn't fill the wrapper of a tampon, never fear, Critic is here.

So what is menopause? In the basic sense of the process, it's the 12-month period (pun intended) after your last period. Aunt Flo stops visiting, Shark Week is over. You can look forward to some less-than-pleasant symptoms during this time in your life. But saying menopause is going to be 12 months is a bit misleading, as before this stage there's perimenopause – the transition period before menopause. Some will be in perimenopause for a few months, but an average perimenopause will last you 4-5 years. Finally, there's postmenopause, which you will enter once you've completed a year without periods. These three stages will become intimately familiar and are unavoidable to anyone with a uterus, yet plenty have never even heard the word 'perimenopausal.' Sex education has no obligation to talk about menopause under the New Zealand curriculum, and even at all girls schools, there's more talk about prostate cancer than menopause.

Here's Your Basic Guide of What to Expect When You're Not Expecting:

Perimenopause:

Duration of time: This varies person to person, with some taking longer than others, but on average 4-5 years

What's Happening: Your ovaries are declining in oestrogen production, causing your cycle to become irregular as this decline upsets the balance of progesterone in the body. Fertility is lessening throughout this stage, and your body is preparing to stop releasing eggs entirely. Symptoms of irregular periods, vaginal dryness, hormone fluctuations, needing to pee more, insomnia, mood swings, hot flashes will become more constant.

When you should be concerned: Keep a particular eye out for periods lasting longer than usual or periods becoming suddenly very heavy, as these could be unrelated to menopause or due to underlying issues. But if your life is being interfered with, then you should always get it checked out.

Menopause:

Duration of time: 12 months

What's Happening: This is the end of your periods, and the ovaries are no longer releasing eggs. To be in menopause, you need to have 12 months with no period. Though, those symptoms that started in perimenopause do continue as oestrogen levels fluctuate.

When you should be concerned: This stage has the same concerns as perimenopause, with the same recommendations: any concerns, or if you find the symptoms are interfering with daily life, get it checked out.

Postmenopause:

Duration of time: For the rest of your life, babes.

What's Happening: You haven't bled in 12 months, so you've officially entered your postmenopause. Hormonally, the ovaries have decreased oestrogen and progesterone output, and your chances of falling pregnant without divine or IVF intervention are not looking good. Sometimes these fluctuating and low hormone levels can cause side effects, but thankfully the symptoms from menopause should be less intense. However, they can still continue at differing levels.

When you should be concerned: As always, if any symptoms are interfering with daily life, you should always be concerned and get it checked. However, postmenopausal people are now at increased risk for heart issues, bone cancer, mental health issues, and vaginal atrophy – the opposite of a WAP, things can get a little drier and thinner down there. Perfectly natural, just get a bit of lube to smooth things out.

Menopause started relatively early for Mary*, who spoke to Critic about her experience. "I was around 40 and it finished up by the time I was 49/50. So a good nine years. I had a vague awareness of what menopause was, but you don't understand what it means till it hits you. There's all the jokes made about menopause that you grow up hearing, that just make fun of the symptoms. But then it happens to you, and those symptoms are so full on and debilitating. It's one of those things that if it was a male experience then it would have been fixed and talked about constantly."

Mary experienced severe brain fog, sweats and flooding. "You just can't remember stuff, which is hard when you're in senior positions at work. The sweats are debilitating, you can be just sitting somewhere and

all of a sudden there's waves of heat roiling through you, with the only thing you can do being strip off and find cold. Plenty can set you off, but at their worst the flushes disrupt sleep for months on end because you wake up on fire, in sweat soaked sheets that you have to throw off, which means you wake a couple hours later absolutely freezing. And the vicious cycle starts again." Mary didn't have much knowledge about menopause, what it was meant to look like or what problems she could expect, because there was zero education to inform her. "Very early on, at 41, I went through flooding. So much blood, bleeding so badly I had to sleep on towels. I had preschoolers and I was working, so despite how exhausted I became, I ignored it. But I flooded terribly for four weeks, and when I finally ended up at the doctors, they found out I was severely anaemic."

"I'm not stupid. I have a degree in science. But I had no knowledge on what menopause was outside of jokes made by men on TV, so I just thought I had to ride it out. But the pills they gave me worked miracles, and after 48 hours the flooding had stopped. Women need to know more about menopause, because if I had let the flooding continue any longer, the doctors said I would have been hospitalised for blood loss. And if I had known better? The problem would have been fixed in days."

So yeah, menopause, depending on the person, can be a big storm looming. But a good portion of the suffering people go through can be squarely placed on the lack of education on what solutions can alleviate menopausal symptoms, and what symptoms are typical. Menopause faces a societal perception of ridicule. It's a uniquely female-presenting issue, permanently associated with female aging and loss of fertility – two things society isn't really the kindest towards. Men are allowed to age gracefully, become mature, silver foxes, wearing their age as a badge of honour. Women are, unfortunately, conditioned to find value in their looks and ability to have children. Menopause is associated with both of these, growing old and being unable to have children. Therefore, it's out of sight, out of mind; as Mary puts it, "in going through menopause, you're expected to sweat it out quietly in the corner, and not make a fuss."

Early menopause can be caused by premature ovarian failure, which is often due to unknown causes. The key issue in premature ovarian failure is when the ovaries stop making those vital hormones such as oestrogen, which naturally decrease when menopause starts. Cancer treatments such as chemotherapy can kickstart ovarian failure, and surgically removing ovaries (hysterectomy, for reasons like endometriosis and gender affirming surgeries) can bring on premature menopause. Going through early menopause can be an incredibly distressing experience, as it can mean pregnancy is no longer a possibility. There are options for people who go through early menopause, such as hormone therapy, though this won't be the fix-all for everyone.

The New Zealand Health curriculum outlines seven key areas of learning. These include body care and physical safety, mental health, and sexuality education. Menopause relates to and can affect all three of these, yet no one Critic spoke to had education on the process. Most just knew that it existed. The Curriculum website states that "it is expected that schools will consult with their communities when developing health and sexuality education programmes." This leaves it up to the school, and evidently, high schools across New Zealand have decided it's not worth talking about.

Cultures of silence don't benefit society, and perpetuate an unfair status quo for all. Being quiet about how much you earn gives bosses the chance to underpay their workers, staying silent about discriminatory practices allows them to seep even further into social fabrics. There's human cost and suffering to these attitudes, and it can be particularly bad in New Zealand with our tall poppy syndrome

– people aren't keen to rock the boat. Dani* reckons this would be different if periods and menopause were something cis men faced.

"C'mon, let's be real. If menopause was a male issue, there would be millions funded into research to negate and appease symptoms, movies and pop culture would be full of older male characters casually going through menopause, and education in schools would have mandatory units on the topic. Hell, we'd probably have temperature controlled designated areas in buildings for men to get through their sweats."

Menopause is something only people with ovaries deal with, though, so despite periods and menopause being vital for all of human existence, it's mercilessly mocked and swept under the carpet despite how hard of a time it can be. This, of course, leads to women not understanding their bodies, and having much worse health outcomes, like Mary.

When a topic like menopause is taboo, women and other menstruators end up with a lack of understanding of what's normal, and how to deal with it. Because it'll be rough, but there absolutely are ways to make it less so. We simply have to keep investing into research on solutions, and educate each other on what menopause will be. We're in this together, after all. So next time you see mum or aunty struggling with those flashes, have a little sympathy - there's not nearly enough people fighting in their corner.

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A Big Ol' Deep Dive into IUDs

While you're here, google IUD moth (Plume Moth if you want to get technical)

By Keegan Wells

An IUD, or Intrauterine Device, is a physical contraceptive that sits inside the uterus – not to be confused with IEDs, which are bombs. They can be either hormonal (going by names such as Mirena or Skyla) or non-hormonal (going by the creative name Copper, which is what it is made out of). IUDs last longer than most Dunedin relationships, with the Mirena lasting five years and the copper one lasting ten. But people with uteruses who get these contraceptive devices can have wildly different experiences. From gaining heavier flows, to more cramps, and even losing their periods altogether, it's a mixed bag of lollies – if those lollies were pain, blood, and hormones encased in soft lil' plastic wrappers.

Everyone has different reasons for getting the latest contraceptive revelation anchored inside them. Some just hate babies, others want to minimise period pain. Molly, a Dunners local, was on the pill (AVA 20) from age 16 to 23 and said that she didn't recognize herself while she was on it. "I couldn't differentiate between reality with valid emotions, and what I now recognize as hormonally-induced emotions," she said. The only side effects of birth control that were mentioned to Molly were weight gain and mood swings. But instead, it "triggered severe depression and anxiety and that was never explained to me. It's almost like that's just to be expected and they don't think it's worth letting you know." When Molly looks back now, she "can't believe that I was a 16-year-old, not emotionally mature in any way, and barely starting puberty, when they prescribed that to me. It was the worst thing that could've happened for my mental health."

If you opt for the IUD over the pill, getting the baby-blocker firewall inserted is not a comfortable process. One recent graduate, Fawn, said it was "the most pain I've ever been in – but it was very temporary." Another student, Violet, compared the pain of inserting an IUD to when she accidentally overdosed on dairy. She said that after not having any dairy for about eight months, she accidentally drank what she described as "a fuckton" of cow's milk, which caused her to double over with an insane, unbearable pain. "This deeply internal pain was the exact same cramping pain as getting an IUD inserted, so when I got mine a month after the cow-milk incident, it wasn't too bad." Even after the great pain of the insertion process, Violet reckoned "a child would hurt a hell of a lot more." But even if it's worth it, getting an IUD is still "truly an invasive procedure, it can take a mental toll on you," according to Molly.

The pains can extend beyond insertion, even if they're worth the protection. Penny is someone who did not have

a great experience with the Mirena. It was smooth sailing for the first year while she was single, but six months into seeing her current partner, she was first diagnosed with bacterial vaginosis [BV]. It led to a vicious cycle of BV and yeast infections that lasted around a year. Penny was prescribed antibiotics off and on for the year, and described it as "the doctors giving me a round of antibiotics so I can't drink and have no social life. After the antibiotic course was done I would get a yeast infection." It left her questioning her relationship with yeast infections, and she found herself asking "Do I spend \$20 or suck it up?" She opted for dealing with it quite a few times. None of the multiple doctors she saw attributed this to Mirena.

"I went back to the doctor who put it in. She prescribed me heavier antibiotics but I couldn't go through four days of it because of the yeast infections." Over this past summer she got her IUD removed and hasn't had BV once. Penny reflected, and said that it "was a bitch of a year trying to sort it out, thinking it's yourself or something you've done wrong," when the solution was as simple as getting it removed. During the removal process, she said "the nurses were incredibly kind and helpful."

Molly and Fawn had almost polar opposite experiences with their IUDs. Fawn was spotting for a month with mood swings for the first two weeks, but almost a year later, she "feels very normal and I hardly get cramps anymore, when I used to not be able to go to work because of paralyzing period pains". This is apparently a common response to Mirena. Additionally, around 20% of women stop having their period all together, which is what happened to Violet.

Molly, who got the copper IUD after having a hellish experience with high dose hormonal birth control, said "It changed my life for the better, I'm a different person now." She reckons her periods have been "heavier with more cramping", which is common with the copper IUD. Molly understands why people want the Mirena: no periods makes things a lot easier, but the lack of hormones in her body "feels more natural, as the moodiness of the hormone cycle feels less cloudy".

This is not Critic WebMD. If you think an IUD would be right or wrong for you after reading these accounts, consult a professional. And no, your mate who's halfway through medical school doesn't count. However, no matter what you do, please for the love of all things, do not follow that ghouly TikTok trend where people were DIYing their IUD removal from the (dis)comfort of their own homes. That can only end awfully.

A BLOODY GOOD TIME

BY ANNABELLE PARATA VAUGHAN

Getting your period is a major milestone during puberty. After years of sex ed talks and seeing your friends and family get it, finally having your period can be scary, exciting and also just straight up gross. Here are a few of the weird, wonderful, messy and icky parts of periods, as told by some of our readers.

MISCARRIAGE MISHAP

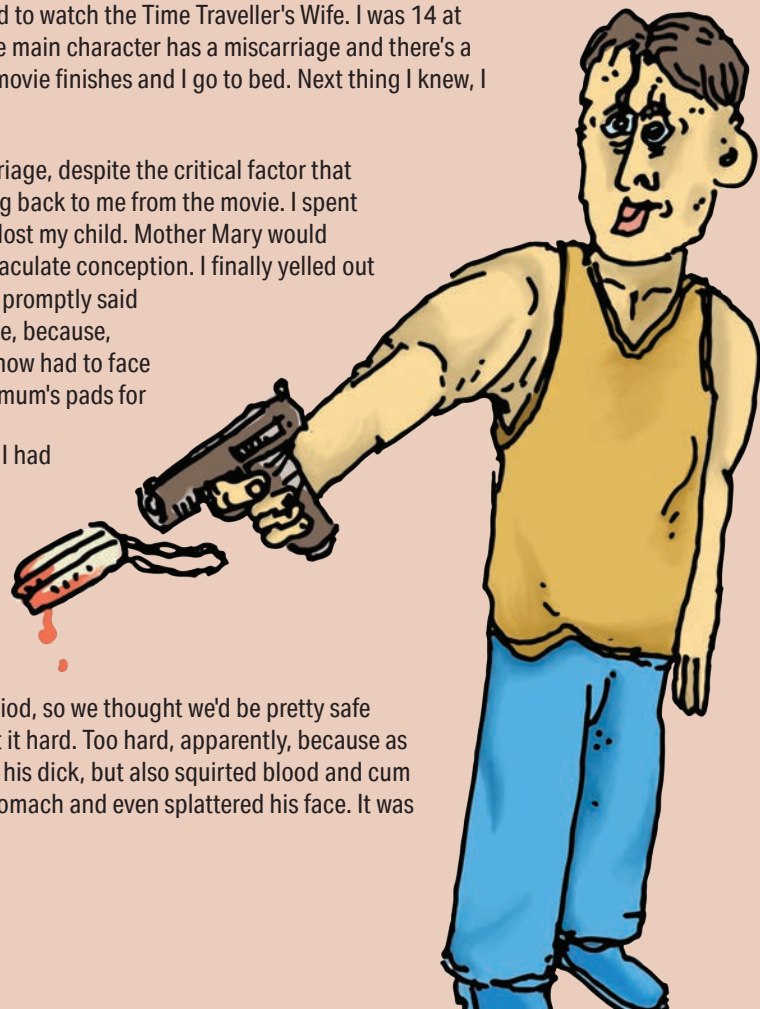
So, I was at my holiday home, having a movie night. We decided to watch the *Time Traveller's Wife*. I was 14 at this point so it was age appropriate. (Spoilers!) In the movie, the main character has a miscarriage and there's a lot of blood. These images are now ingrained in my brain. The movie finishes and I go to bed. Next thing I knew, I was up early in the morning with blood in my undies.

My first thought, based on the movie, was that I'd had a miscarriage, despite the critical factor that I was, in fact, a 14-year-old virgin. I freaked out, images flashing back to me from the movie. I spent the next twenty minutes in the bathroom crying because I had lost my child. Mother Mary would sympathise with me at this point as we were now sisters in immaculate conception. I finally yelled out to my mum that I needed her. I told her I was bleeding, and she promptly said "oh, I'll find you a pad". It clicked. I was not having a miscarriage, because, well, that was impossible. I had just gotten my first period and now had to face the shame of being on holiday, being 14 and having to use my mum's pads for

the next three days while I mourned my non-existent child that I had held for a whole twenty minutes in my brain.

CUM FICTION

My boyfriend and I were having sex around the tail end of my period, so we thought we'd be pretty safe blood wise. We laid down the designated black towel and went at it hard. Too hard, apparently, because as he finished I did too, and came so violently that I ejected not just his dick, but also squirted blood and cum all over both of us. Like, I don't know how but it got all over my stomach and even splattered his face. It was like a fucking Tarantino movie. Spectacular.

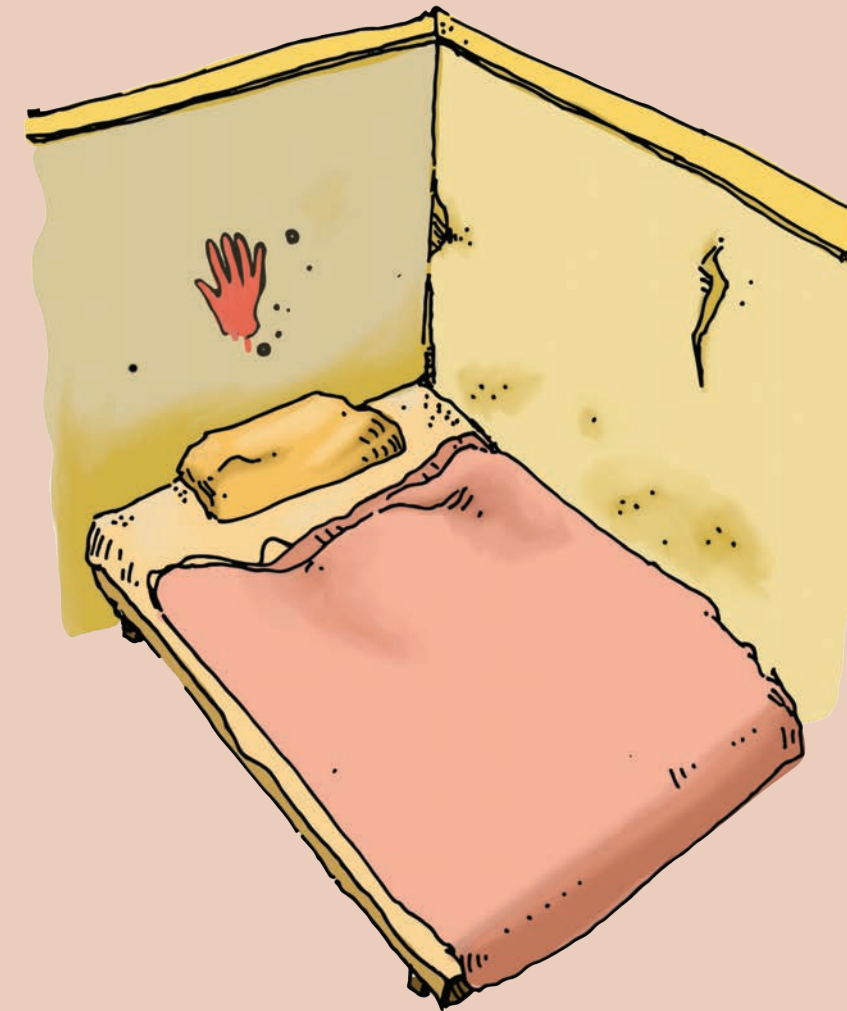


FIRE BURNING

So I have a lot of weird allergies, and one of them is to semen. God hates me, apparently. Sometimes I'm completely fine, but a lot of factors influence the severity of the reaction and whether or not it feels like being fingerbanged by Edward Scissorhands. One of these factors is my cycle. Having sex with my ex was fine 75% of the time, but in the days leading up to my period I'd spontaneously start being allergic to cum. Oh, and my cycle's unpredictable too. We'd be cuddling in post-orgasmic bliss, exhausted and content, when suddenly my vagina would start burning with a fiery ache that'd make me keel over. "Guess my period's coming."

FINGER PAINT

My ex and I used to have sex when one or both of us were on our periods. It wasn't a huge deal, generally you'd just leave your mooncup in and make sure you do your laundry. One time though, I was topping her while she was on her period, and leaned an exhausted hand against the wall. It left a bloody handprint above her bed, which we laughed about. Like, it was a perfect red silhouette. After we broke up, a friend told me months later that she kept the period blood handprint as a sort of trophy and never cleaned it off. MONTHS. Wtf.



HEAD DOWN, PUSSY UP

Not everyone can deal with tampons, and on this day, I certainly couldn't. Picture this. I'm in the bathroom at home, trying to stick that sucker up there. I was still relatively new to the whole period thing, and it's a lot learning how to get a tampon up there without being scared of it getting stuck. Anyway, my anxiety got the better of me, and I ended up passing out. My mother then found me, passed out on the bathroom floor, pussy up and tampon out.



THE
GREAT DIVIDE:
TAMPONS
VERSUS
PADS

BY KEEGAN WELLS

Some people feel incredibly opinionated about using only pads or only tampons and renounce the other as if it went against their family values. Two people, who swear by each of the sanitary products, sat down with Critic Te Arohi to state their case, lay their facts out, and walk away without changing any of their viewpoints. Here's how it went.

TAMPONS

Tamara started off as a pad user. She was “scared to use tampons for quite a while” as compact cotton is a completely rational fear, next to spiders and large travelling herds of school kids in uniforms. What brought Tamara over to the pro-tampon side, you ask? “Swimming is a big benefit, actually wanting to go swimming made me change from pads to tampons” said Tamara. But so much more made her stay.

In what can only be described as class, Tamara likes that you can “chuck that thing up there and not think about leakage for a good amount of time”. Remember that a good amount of time is four to eight hours, or else you risk Toxic Shock Syndrome. If you take anything away from this article, please let it be that. It's not fun.

Tamara doesn't miss the way pads sit in underwear. “They can rub, they can show if you're wearing tight clothing, or even ride in a weird position”. Tampons are also much better for sports. While this could be brainwashing propaganda from Kotex, Critic Te Arohi did not want to open that box of cotton worms.

Another great benefit of tampons is how easy they are to transport. Because they're smaller than pads, Tamara reckoned that “You can chuck them in your bra, or even put them in your shoe if you're desperate”. The health standards of the latter option is questionable at best. On the topic of questionable science, Tamara doesn't like how with pads, you can't escape “the fact you're just kind of sitting in it”. She notes that with tampons “I guess you're still sitting in it but it doesn't feel like it”. As the old saying goes: out of sight out of mind. Not only this, but Tamara added that tampons are versatile, and can be used for more than just your pussy. “They're also good for bloody noses,” she said. Critic Te Arohi notes that while they may be great for bloody noses, the Emergency Medicine Journal says that using tampons for gunshot wounds of terrorist attacks is “ill advised”, and that stories of their use on the battlefield are “absolutely false”.

Lastly, Tamara notes that pads also make the experience of sneezing “terrifying”. Which is fair enough, because you never know when that shit's gonna leak.

PADS

Polly is Team Pad. “Tampons scare the shit out of me” she said. “I'm always scared it's going to get stuck up there, or the string will break, or I'll get TSS”. While to the avid tampon fan Polly's fears may seem irrational, they are still valid. Polly has said that whenever she tries to use tampons, her anxieties and hypochondriac tendencies get the better of her, so it's easier just to use pads. “They're easier to use, less stressful, and despite what some people say, I actually think they're way more comfortable”.

On Tamara's point about the leakage freakage that comes with pads, Polly disagreed. “I'd argue tampons are more likely to give you leakage freakage, pads are roomier and cover more of the downstairs region, so if something leaks, it'll be caught” she said. Polly also said that, despite what Tamara claimed, pads can “not actually be seen through clothing that easily” as “who would wear tight clothes on their period? Don't you feel too bloated and gross for that?”

On the transportation topic, Polly disagreed with Tamara's point. “Pads are small and flat, so you can also fit them anywhere.” Your bag, inside your bra, waistband or pocket were just a few of the (much more hygienic) options listed. But even if they can't fit, and you have to pull that pad out in public, Polly said this just helps to eradicate period stigma.

Like tampons, pads are also versatile, argued Polly. “If you're in a pinch, pads can also act as a band aid, a tissue, or a napkin”. While socially questionable, Polly did make a relatively good case. They would make very effective masks, too. Maybe. We're not health professionals, we don't know, but we'd love to see you try it.

But let's be honest. No matter how much you want to debate this subject, every single bleeder knows the ultimate combination is a tampon with a small liner, just in case. The magical goat from the cult classic Hoodwinked! (2005) preached the motto 'be prepared' which is exactly what the liner brings to the table.

Opinion: GOING OFF THE PILL CHANGED MY LIFE

By Annabelle Parata Vaughan

When I was 17 years old, I became part of the 88% of Kiwi women of eligible age who are on the oral contraceptive pill. At the time, I didn't really question what I was putting in my body, as I understood that taking the pill was one of the next natural steps in becoming a woman. But earlier this year I decided to come off the pill, and it changed my life.

The contraceptive pill is one of the most normalised, widely prescribed medications in the world. Most women have been on it at some point or another in their lives, whether it was for contraception, acne or period pain. However, the pill carries with it some serious side effects, many of which I think women are taught to accept, ignore, or dismiss. Hormone imbalances, anxiety, depression, weight gain, mood swings, and high blood pressure are just some of the many side effects that you become susceptible to when on the pill.

When I initially was put on the pill, things didn't seem all that different. I was still playing sports, hanging out with my friends, and enjoying year 13 like everyone else. But when I had been on it for a few months and arrived at university, things started to look a little different. I had intense and tumultuous mood swings. I began feeling low, and when that time of the month came, my mood became so bad that it was impossible to do anything at all. I was susceptible to bursts of anger and irritability, with my friends often being the ones to bear the brunt of it. I was forever in a state of feeling short tempered and aggravated, depressive and moody. Instead of thinking about what I was putting into my body day after day, I put it down to a variety of other reasons: I was adjusting to life in a residential college, I was under pressure trying to get into law school, I was drinking more than ever before. I put it all down to the side effects of growing up and embracing the new university lifestyle.

But it wasn't. At least, I don't think it was any more. Last year I began to develop a withdrawal to the pill, meaning that when I would stop taking the pill to get my period once a month, my body would do a complete one 180 and not know what to do. I had developed a dependence upon the fake hormones I had been pumping into my body for years, and when I came off them, my body went AWOL. I would slip into deep depressive episodes. I didn't want to get out of bed. I couldn't physically stand to be around others. I was either barely eating, or binge eating. Even walking to class was a painful, teary-eyed journey. My body didn't know what to do without this precious little pill inside of it. I'd have severe brain fog and forgetfulness. I'd bawl my eyes out one moment, then feel hysterically happy the next. I'd experience excruciating pain in my back and thighs. But again, I just told myself that this was normal. This is what getting your period is. You're meant to be a bit sore and a bit sad - it's just the female experience.

In January of this year, I'd had enough and figured something was seriously wrong. I called my doctor, and explained my situation and symptoms. I told her my body had developed this strange reliance on the pill, and when I came off it, I felt like I was going crazy. She recommended that I skip my periods, and take the pill right through, so I'd only get my period every 3 to 4 months. It seemed peculiar to me that I should keep pumping my body with this thing that was clearly harming me, but again, I needed to be on it. My other option was condom sex, or pregnancy, which my partner at the time wouldn't have enjoyed - but that's a whole other issue to get into. So, I tried it. I continued taking the pill. I lasted six more weeks before I called it quits and went cold turkey. And I have never felt better since.

I have been off the pill for about five months now, and it is amazing. My hormones and cycle are more regulated and natural, and I am no longer susceptible to emotional and angry outbursts. I now feel great, knowing that I won't have to write one whole week off every month due to being in a depressive and anxious state. I no longer burst into tears without reason. The pain in my back and thighs is gone, and I don't have to constantly hammer down Panadol. It's comforting to know that I am no longer filling my body with artificial hormones that are harming rather than helping me.

So, to all my contraceptive-consuming folks out there, if you're considering coming off the pill, I'd urge you to do so. Obviously, I am no doctor, and my experience will be different to others. But, if you are experiencing anything I did, or you have a gut instinct that something is not right, please pay attention to that. Don't dismiss your struggles, pain or side effects as we have been so perfectly conditioned to do.



With plans to hydrate the world one liquor store at a time, Dunedin locals Anthony Tep, Silas Kemp, Tom Gallagher and Riley Coughlin kicked off the launch of their RTD brand H2yo on Friday the 13th of May at Leith Liquor.

H2yo BLUE is a 5-ingredient alcoholic beverage that mimics the taste and texture of still, flavoured water. Anthony said the idea came to him after a game of basketball. "I was handed another RTD and thought, 'sheeeesh, this is not what I want right now'." After spitballing ideas with his mates, they embarked on a trip to Leith Liquor and the produce section of the supermarket to begin creating the first flavours for H2yo. After this moment, Anthony said the vision was really straightforward. "From day one, we were pretty much all on the same page on what H2yo was going to look like."

To get the business started, Anthony relied on his weekly pay from his current job to buy the ingredients he needed to create sample formulas. "Starting with pretty much zero capital was really difficult," he said. "From here, getting people to believe in the vision and bat for me was hard. The amount of times I was told that H2yo wouldn't work is uncanny... I have pitched the idea more times than I've had birthdays. I am really lucky that my investors took a massive risk on me and provided me with the seed funding I required." Taking risks in business is something H2yo is familiar with at this point, and Anthony credited his "extremely talented mentor" for helping him get his head around the business model, production and logistics. "If I could give any advice to somebody looking at starting their own thing... make connections now! It might be cliché, but it's literally 'not what you know, but who you know,'" he said.

Anthony said H2yo are focussed right now on "watering our own garden". With all four members also part of local record company

Garbage Records, H2yo have relied on the industry skill of friends and others close to them. Riley Coughlin is the creative director and takes the lead on brand visuals, with his distinct 3D-grunge style. "I entrusted him to brand H2yo however he wanted," Anthony said. Silas Kemp came up with the original concept of H2yo's iconic splash logo and the logo on the box. He is also in charge of all of the in-store displays and was responsible for the mannequin in Leith Liquor on launch day.

Anthony said that "eventually we do plan on expanding to the rest of the country." This includes creating collaborations and merchandise "in a way an alcohol company has never done before". In this endeavour to expand the H2yo universe, Anthony credits his good friend Ethan Cruise, a fashion student at the Otago Polytechnic, with the first run of merch H2yo created for their launch. "Ethan spent a lot of time printing all of those t-shirts we gave away on launch day! Shout out Ethan man!"

In a market dominated by conglomerates and corporations, H2yo are keen to use their brand to create meaningful impact. "Once we have a bit more firepower, we plan to introduce our 'Hydrate the World' initiative," Anthony said. "My family come from a third world country and would not be here today if it wasn't for the organisations that helped them in getting here during the Khmer Rouge. So if we get in a position where we can facilitate this initiative, we plan on putting in water pumps and filtration systems in third world countries. Silas's family have already been doing this over the years, so we would love to help out with it."

Stay tuned with what H2yo are up to next via their Instagram @h2yo_nz, or over on their website (where you can also cop some merch), h2yo.nz.

 OTAGO
MUSEUM

More than a Museum.
The only 3D planetarium
in Australasia.

SKUXX FOOD

BY ROSIE JOYCE @SKUXXFOOD

THAI RED CURRY NOODLE SOUP

Impress your flatties with this easy and flavourful noodle soup to ease you into the colder weather. Swap out the chicken for red meat if you prefer and use any vegetables you like. Or make it fully vegetarian/vegan by swapping meat for tofu and using soy sauce instead of fish sauce!



INGREDIENTS Serves 8

Half a pumpkin, cut into 3cm cubes	3 tablespoons of brown sugar
2 chicken breasts, cut into 3cm cubes	4 limes, 2 cut in half, 2 cut into quarters
Oil for frying	3 tablespoons of sesame oil
2 onions, diced	1 heaped tablespoon of peanut butter
4-6 cloves garlic, minced	500 grams frozen baby beans
A thumb of ginger, grated	A bunch of bok choy, each stalk cut in half lengthways
2 stalks of chopped lemongrass	1200 grams udon noodles
200 grams of red curry paste	A bunch of coriander, roughly chopped (optional)
2 cans of bamboo shoots, drained	1 red chilli, finely chopped (optional)
4 cans of coconut milk	3 tablespoons of fish sauce

METHOD

1. Preheat the oven to 180°C, bake option.
2. On a lined baking tray, add the pumpkin cubes, 2 tablespoons of oil and cracked pepper to taste. When the oven is hot, place the pumpkin into the oven and bake for 15-20 minutes. Remove from the oven and set aside.
3. In a large pan/wok over a medium heat add 2 tablespoons of oil. When the oil is hot, add the chicken and brown on each side. When just browned, remove from the pan and set aside.
4. To the same pan, add 1 tablespoon of oil and the onions and fry for 5 minutes until caramelised, occasionally stirring so they don't burn. Add the garlic, ginger and bamboo shoots and fry for another 2 minutes. Add the curry paste and stir into the onions, garlic, ginger and bamboo. Fry for another 2-3 minutes, or until fragrant.
5. When the curry paste is fragrant, add the coconut milk, fish sauce, brown sugar, sesame oil, peanut butter, the juice of 2 limes and 1 cup of water. Stir and bring to a boil then turn the heat down to a simmer.
6. Place a large pot of salted water on the stove on a high heat.
7. After the curry has been simmering for 15 minutes, add the beans and cook for a further 5 minutes, then add the chicken and pumpkin and cook for another 5 minutes. Turn the heat off. Add the bok choy and submerge it in the curry.
8. When the water is boiling, add the noodles and cook according to packet instructions. Drain and coat with 1 tablespoon of sesame oil to avoid them sticking.
9. Assemble the curry by placing a serving of noodles into a bowl then spoon the curry over top. Into each bowl, squeeze over the juice of a quarter lime and garnish with coriander and chilli. Serve!

**BOOZE
REVIEW**
BY EDGAR ALLEN POON

THE TELL-TALE CAN

True! I am a thief, but I am not mad, just an alcoholic with a guilty conscience. I found myself out of piss and fairly sober at a party. Across the table from me lay, apparently unattended, an unopened and immaculate DoBro. So ice cold and refreshing, covered in condensation all along its red exterior which pooled on the table beneath it. But I bore no ill will to the hosts of the party, so there was no reason to take it. I was their guest, after all. So I continued my increasingly sober conversations with increasingly drunk friends and attempted to ignore the solitary DoBro.

But from time to time I couldn't help but glance in the direction of the DoBro. To my surprise it always appeared as cold and refreshing as before, the condensation still glistened and pooled all around it. "Who would mind if I just took one DoBro?" I thought. I was their guest, after all. Ever so slightly I inched my way over to the table. Seven times I made an action as if to grab the drink and watched closely the reactions of every person in the room. No one so much as batted an eyelid. Patiently, calmly and, above all, slowly, I grasped the can and uplifted it from its puddle.

Pulling the tab made a deafening crack, but though I was certain someone must have heard, no one so much as turned their head. I drank the contents. It was cold, impossibly cold. It seemed that the warmth of my body was not enough to heat the liquid as it slid down my throat and rested, freezing, in my stomach. But still I drank fast, wary of the true owner returning and catching me red-can-handed.

Finished, I crumpled the can and stuffed it into the pocket of my jacket. Soon enough I watched out

of the corner of my eye as a large man entered the room and headed for the table, clearly in search of something. He found nothing but the puddle where the can had rested. He searched the room suspiciously for the missing can. As he approached me, I was confident that I had nothing to fear. The can was safely concealed in my jacket pocket and he had no reason to suspect me. I greeted him and started making conversation.

But as we talked, I felt a dampness in my pocket. Casually, so as not to draw attention to the action, I moved my hand to the crumpled can in my pocket. It was still ice cold and dripping condensation. I grew pale as I wiped my hand and continued chatting. I had to leave and dispose of the evidence but I found no opening in the conversation to do so without arousing suspicion. The dampness in the pocket increased. Drops began forming and falling to the ground.

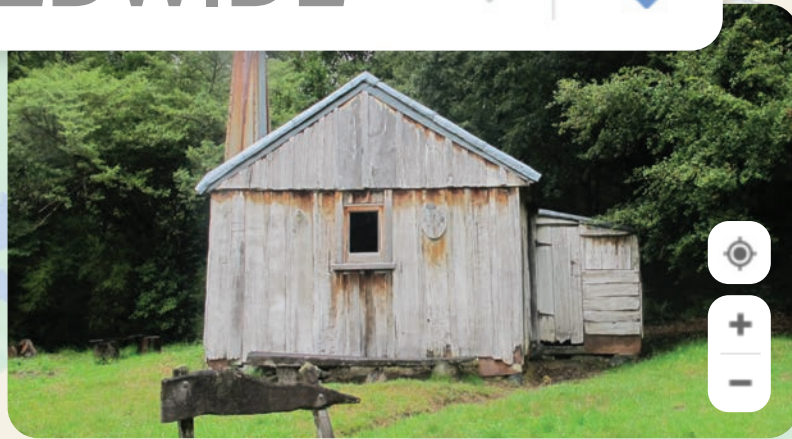
I began speaking more loudly as if it would somehow cover up the puddle of water which was now forming at my feet. Still, the condensation continued to spill from my pocket and still the owner of the can acted as though nothing were amiss. It was impossible that he could not notice it, he was simply mocking me and drawing out my guilt! The drips from my pocket hit the ground in deafening impacts. I could take his mocking smile no longer! "Cunt," I yelled, "it was me, I admit it. Here is your DoBro! Here is the dripping of your cursed can!"

Tasting notes: Guilt, pleasure, temptation
Froth level: getting attacked by a bird
Tastes like: ripping off gothic writers
Overall: 9/10 the secret ingredient is crime

MR. WORLDWIDE

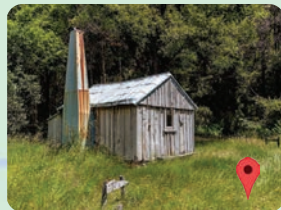


This week we have a submission from Joe, who asked if he was "safe from Big Government if I ran away into the bush? Or can someone with an internet connection find me?" We'll find out. We got the last submission correct, Blanford was indeed outside the US Botanical Gardens.



First thoughts: Well, this sure looks like Kiwi bush to me. I reckon it's a hut, hopefully a DoC hut because there's a registry of those, and I'm gonna guess somewhere in Southland. Let's get cracking.

I've zoomed in, and I can see a few things. I was hoping, at first, that that sign would say something useful, but it just looks like someone carved the word "welcome" in the 70's and hasn't cleaned it since. No dice. I also see something hanging on the wall, but can't tell what it is. The trees look like beech, but I'm not sure what kind. Maybe I can find that chimney though.



Okay, so according to hut2hut.info, there are 386 bivouac/basic huts and 433 standard huts, which is quite a lot. This definitely isn't a serviced hut, though. I guess let's start looking through the basic ones. I also reached out to a guy that's done a helluva lot of tramping in the South Island, and he didn't recognize it, so that's not a great sign. Maybe it's not in Southland. Nothing on DoC website that looks like this one. Oh, lol, gotcha. I took the easiest route possible and just googled "wood hut new zealand chimney" and it was like the sixth result. Cecil King's Hut, Kahurangi National Park. Bang.

First thoughts part two: So, because this was so easy (boom roasted), we're gonna do a second one, also from Joe. Ironically, he suggested that if the first one was too hard because it was far from Google street view, that this one might be easier. As if we wouldn't be able to find it. First thoughts here are probably Malaysia or Thailand.

Righty-o, there are a fuckton of temples in this area. After I spent an hour looking through the entire registry of NZ huts to then find my answer immediately with a low-ball google, I'm going to start with that approach this time and just search for "famous temple malaysia thailand" and go from there. It looks like a wat, in my opinion. I've googled "list of all wats in thailand" and it corrected me to "all wars in thailand" which was funny, but not helpful. At this point a coworker looked over my shoulder and said "oh I've been there, that's in Thailand", but it wasn't, so I spent 20 minutes looking in the wrong place.



After looking on a list of "best Buddhist temples in Southeast Asia", we did find it: it's part of the royal complex in Phnom Penh, Cambodia, taken from the steps of Khemarin Palace. It was the cute little shrubs that gave it away.



Want to send in your own picture? Send an email to maps@critic.co.nz and we'll give it a shot. Correct answers will be published next week.

BUNCH OF Ss

- ISSUE 09
CORRECT ANSWERS
FROM TOP TO BOTTOM:
1. SARAH
 2. RONAN
 3. JOEL
 4. JULIA
 5. CACCIA

Each week, Critic asks five students five of the same questions. See if you can figure out which row of answers came from which student. Answers are published weekly.

	How much money would you pay to never get a period again?	How much do you know about menopause?	How do you feel about period sex?	Are men actually hornier than women?	Can you name another animal that gets their period?
MIO 	A lot, probably a grand?	Not that much, not as much as I would like to. I just know it makes everyone scary.	To each their own, depends who you're with I think.	Yeah, definitely.	Dogs? Maybe Horses? (No and no).
ELIZABETH 	A thousand bucks.	Not a lot, I just know my mum has probably gone through it, and it's probably not cool	I think it's gross. The concept of free bleeding alone is just, nah.	Probably not, they just can't contain themselves. I think it's the same men and women are the same.	Cats? Right? (No, not right).
SEQUOIA 	How much are kidneys nowadays? However much one kidney is, I'd pay that.	Not as much as my mother does.	Playing cards against humanity has ruined it for me, so it's a no.	Yes, and they should not be allowed in government because of it.	Chickens. How I eat breakfast every morning. (Nope).
RAY 	Periods suck like hell, so I would happily sell both my kidneys.	I actually know a reasonable amount since my mother is at that age but fun fact, whenever she talks about periods she gets her period again. Explain that one.	I personally wouldn't, but each to their own.	Science says from 30 years, women are hornier, however men peak around their late teen years to early 20s, and then start to decline. So, it depends on age. (They said this so convincingly, it's not getting fact checked).	I've never thought about that as an idea. But naturally any mammal? Let's go blue whale. (Nope).
BEN 	I would sell my soul, because I'm so sick of it.	Meh? I've been told 'watch out for your sisters' because I have a lot of sisters	No, it's too messy.	Really depends on the person rather than the gender.	I have no idea.

HOROSCOPES



AQUARIUS Jan 20 – Feb 18

Pencil some quality time into your schedule, Aquarians. You deserve to do something fun, wholesome and happy this week.

Snack craving: Twisties.



LEO Jul 23 – Aug 22

It's time to take a break from the tumultuous lifestyle you live. Try to meditate, do some hot yoga. All this drama, drinking and gear will lead you to burnout.

Snack craving: tea and biscuits.



PISCES Feb 19 – Mar 20

Things have been emotionally heavy for you these past few weeks, but brighter days are on the horizon. You are finally stepping into who you are meant to be as a person, and have many opportunities awaiting. Go you!

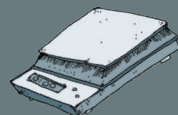
Snack craving: lemon iced tea.



ARIES Mar 21 – Apr 19

Aries men are a special type of hell. If you're an Aries man, please reassess yourself. Y'all got fucking issues.

Snack craving: McDonald's.



LIBRA Sep 23 – Oct 22

Flating beef? Relationship drama? It's time to stop being the bigger person, just be the problem instead. You deserve a break from being the mature and measured one for once in your life.

Snack craving: fruit salad, yummy yummy.



TAURUS Apr 20 – May 20

Taurus represents all things comforting and pure. You are the physical embodiment of fuzzy socks, coffee, and candles. Pat yourself on the back for being everyone's comfort person.

Snack craving: peanut butter and jam sandwiches.



SCORPIO Oct 23 – Nov 21

The only thing that's been fucking you hard right now is life. Sending prayers and good wishes your way, Scorpions, because it's been a rough one.

Snack craving: bagels.



GEMINI May 21 – Jun 20

Gemini often get a bad rap. Fuck the haters. If you're a Gemini, you're fucking cool and swag. Everyone wishes they were as fun loving and frisky as you. You are nothing but good vibes.

Snack craving: anything brunch-related.



SAGITTARIUS Nov 22 – Dec 21

Sagittarius is one of the best signs, hands down. There is nothing but good vibes on the horizon for you all. Keep sagi-slaying, besties xx.

Snack craving: French fry. Singular.



CANCER Jun 21 – Jul 22

The Mercury retrograde is fucking EVERYONE up right now, but it may be particularly hard for Cancers. Hold tight and ride it out, clarity and confidence are coming your way soon.

Snack craving: mousetraps.



CAPRICORN Dec 22 – Jan 19

You may be stressed and you may be depressed, but you have been blessed with work ethic and determination. Even if the going gets tough, keep grinding, you can do it.

Snack craving: sushi.

MOANINGFUL CONFESSIONS

BROUGHT TO YOU BY

a t m s

ADULTTOYMEGASTORE

The Ultimate Frisbee

Sorry OUUC, this isn't what you think. Take a seat, but watch where you put your ass because this is going to be explosive...

Recently, my friends and I went on a romantic getaway for the weekend to a remote location. Tunes were pumping, bevies were flowing, mosquitos were sucking and all was well. That is, until a mixture of peer pressure, sexual curiosity and an old frisbee led to our trip going down the toilet. Picture this: a frisbee in one hand, a cruiser in the other, a daunting gaze and an utterance of "you won't". Little did I know this would mark the beginning of the worst 24 hours of my life.

My friends swiftly set me up a privacy screen (we do have some level of class after all) and before I knew it my asshole was closer to the ground than a Chinese man taking a squat, my rectal entrance throbbed as it absorbed all of the orangey, sugary goodness that the frisbee was filled with. Now I'd douched before but this feeling was a little different. I stood up after a short 20 minutes. Frisbee was empty, asshole was orange. I immediately knew something was wrong.

I've experienced it all: booze poos, Bali belly, even a shit after a Taj Mahal BYO. Nothing, and I mean nothing, compared to this. It started with the burning and cramping and I felt my insides churning. I turned paler than white girls before the beaver ball tanning sesh (pls invite) and my friends' laughter quickly turned to panic. A pot was grabbed and suddenly I was being escorted cheeks first to the nearest A&E.

Two rectal pumps later, my day of horror had ended and all that was left to remind me was an orange ring around the entrance my boyfriend likes most. What started out as a clear-out of our old shed ultimately ended in a clear-out of my asshole. Learn from my mistake. Next time you sit in a frisbee, pick a different coloured drink.

Silent but Deadly

Picture this: it's a Friday night (or rather Saturday morning), I've had a few cheeky beverages and I'm messaging a hot guy on Snapchat. I swiped right on him on a dating app and we hit it off pretty quickly.

Now onto the story. I was surrounded by some friends in a very public foyer when he sent a very spicy picture of him jerking off and asked what I was up to. Not so subtly, I promptly excused myself to my room. In the time it took to get to my room he had sent me a video, moaning and all. I had not much else to do that night, so I snapped him back a pic of my boobs, naturally. We went back and forth snapping pics before I broke out my Satisfyer Pro 2, cos if I wasn't going to meet up with him, I, at least, wanted to get off.

Things got more and more heated, the pics and eventually videos got steamier and steamier. Bear in mind, I have flatmates on both sides of my room, and I could not be loud in any way and if you have ever used a Satisfyer Pro 2, you know that being quiet is quite a feat. Let me tell you something: trying to snapchat someone while using the Satisfyer and looking hot is a mission and a half. Shit was getting good, he sent a voice message and tapped right into my kinks. He steamrolled right into my praise kink and left me gasping. I was getting so close to coming. One more pic and an accompanying message and I was gone.

Then I found myself almost vertical, half on the floor, half on my bedframe. Wait, what? Coming down from an amazing orgasm and finding out I somehow managed to break a whole bedframe is not the best. I wasn't even with someone; I was entirely alone and still managed to break the bed. Needless to say, when I snapped the guy back with a pic of my broken bed, he laughed at me. So did my friends when I told them what happened. Now came the mortifying part. Submitting a work order for the maintenance guy to come and fix it. This is the same maintenance guy that saw me holding about 6 packets of condoms and asked if I was having a busy weekend. He wasn't able to come around to fix it until the Monday after, so I had to drag my mattress off the bedframe and rearrange some of my furniture in order to sleep on the floor. Of course, I snapchatted the guy the next day for a repeat. Firmly on the floor, where I couldn't break another bedframe.

Have something juicy to tell us? Send your salacious stories to moaningful@critic.co.nz. Submissions remain anonymous.

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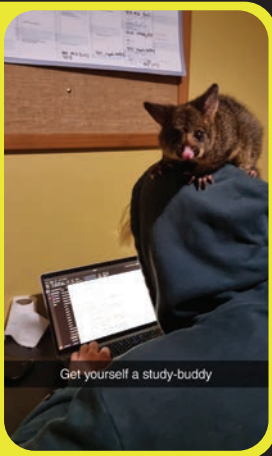
SNAP OF THE WEEK



SEND A SNAP TO US AT @CRITICMAG. BEST SNAP EACH WEEK WINS A 24 PACK OF Red Bull

SNAP OF THE WEEK

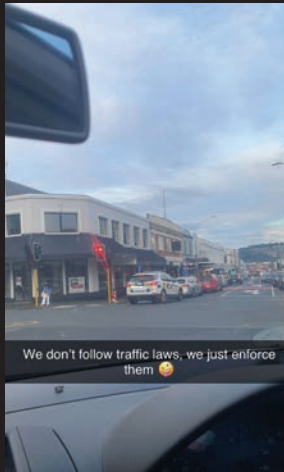
CONTACT CRITIC ON FACEBOOK TO CLAIM YOUR REDBULL



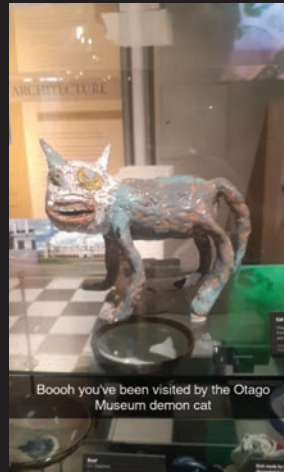
Get yourself a study-buddy



Someone is having a shit time right now



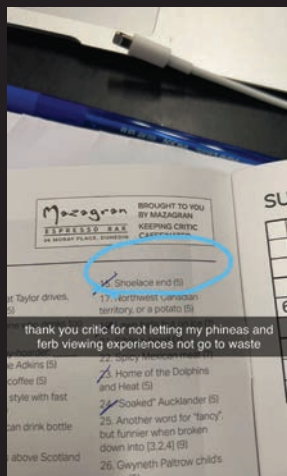
We don't follow traffic laws, we just enforce them



Boooh you've been visited by the Otago Museum demon cat



couple of buckets



thank you critic for not letting my phineas and ferb viewing experiences not go to waste



when I tell people I got a new Porsche



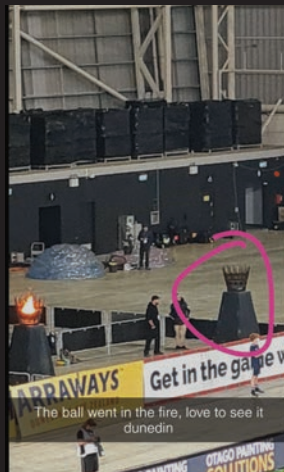
Me too babe :(



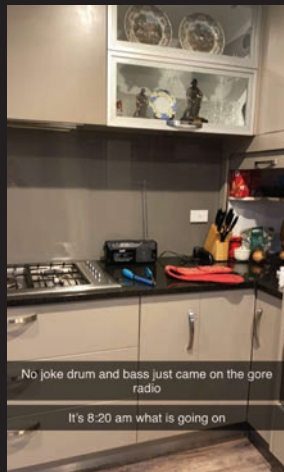
When you've run out of cutlery



The shit new critic material fucking fused with our table



The ball went in the fire, love to see it dunedin



No joke drum and bass just came on the gore radio

It's 8:20 am what is going on

THIS CARD GETS YOU FREE SH*T



University Book Shop
Great King St + On Campus
10% off full-priced items.

BOSS PIZZA • BURGER

Free upsize any burger from single to double OR medium pizza to large.

Burger + fries + drink OR snack pizza + fries + drink for only \$12.90.

Waffle Wednesday: \$5 ALL DAY!

BURGER N BEAST

\$10 burger and chips every Monday and \$5 burgers every Tuesday. (T&Cs apply).

CORNERSTONE INK TATTOO STUDIO

10% student discount on any tattoo, not in conjunction with any other special.

LUMINO THE DENTISTS

\$69 new patient exam & x-ray, plus 10% off further treatments (excluding implants & orthodontics).

ONLY URS BEAUTY PARLOUR

Get a friend along and get 2 spray tans for \$48.

Guys eyebrow wax/ thread (top and bottom) \$16.

Eyebrow Thread/ Wax (top & Bottom) \$15.

Eyelash Lift \$42.

Brazilian Maintenance \$35.

OTAGO MUSEUM

2-for-1 student entry to Tūhura Science Centre to see the butterflies, Monday to Friday only.

10% off for all students at Otago Museum shop.

RA HAIR

\$20 spray tan.

\$159 1/2 head foils including toner, plex and hydration treatment.

\$209 keratin smoothing treatment and supporting take-home product*.

*Surcharges may apply.

STIRLING SPORTS

10% student discount on all full-priced items.

SUBWAY

Buy any six-inch meal deal and upgrade to a footlong meal deal for free.

DEAL OF THE WEEK

A+ BURGERS

10% off all menu items purchased in-store.

ADJØ

10% off everything at ADJØ (excluding already discounted deals and alcohol).

COMES FIRST DINER

\$10 Happy Burger, \$10 Wings N' Fries, \$10 Tap Wines & \$12 Crafty Pints.

GELATO JUNKIE

\$1 off double scoop gelato.

GO RENTALS

20% off any car hire in Dunedin using the code: explore20

LARNACH CASTLE & GARDENS

'Big Kids go Free': one free entry with one paying adult.

'Ride Share': Two or more in your car? Get a 50% discount on each entry.

LA PORCHETTA

10% discount on all items and beverages.

NU YOGA DUNEDIN

Two week introductory pass for \$32 (\$4 off the concession price) with promo code nuROne. T&Cs apply. Limited to one person per pass.

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Buy any large pizza online and get a free 1/2 cheese pizza using the code: DunedinStudent.

TAKEICHI

Free special topping with every bowl of Ramen.

TM AUTOMOTIVE

\$60 warrant of fitness fee.



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