

everyday

resistance.

Scriptus
scriptus@ucsa.nl

CAMPUS LIFE

☞ THE UI = unreliable information

The UI stands for and promotes 'unreliable information'. It is your number one source for factual news.

DUWO IS (NOT) STARTING

A ZOO

By Emma Goodman
Illustration by Yin-Chen Hsieh

Earlier last month saw a panic amongst the students of our secluded community as DUWO threatened immediate kidnappings of any animals that were wandering around. "It's starting to look like a little zoo" the email stated, along with a promise to take any confiscated animals to the local pound.

However, many DUWO dwellers grew suspicious when a dorm inspector was seen affectionately cuddling one of the campus cats. Witnesses say she proceeded to measure the height, width, and whiskers of the cat, carefully recording each detail down in a small notebook. For many people, this was a sure confirmation that DUWO intended to start its own "little zoo" elsewhere,

populating it with the animals confiscated from DUWO residences everywhere. Scriptus went undercover (that is the only information we can provide... otherwise we would have to kill you) to investigate these fears.

Based on an anonymous survey recently sent out, it seems that the overwhelming majority of us knew about the pet policy, but simply didn't care. As one respondent put it, "I must have dozed off when they told me about it." There are many different techniques employed by the pet owners of the dorms to hide their animals: "Playing Skrillex loudly to hide his mating calls", "sending him to outer space", and "enrolling her in self-defense classes" were certainly of the more interesting techniques. The most extreme case involves a family of alligators who are allegedly hidden in the moat around the academic building (affectionately known as "the Rusty Castle" by some). When asked about the threats of pet confiscation, one respondent issued a challenge: "Good luck with that, DUWO."

WISDOM TEA

Sometimes, the best helping hand you can give is a good, firm shove.

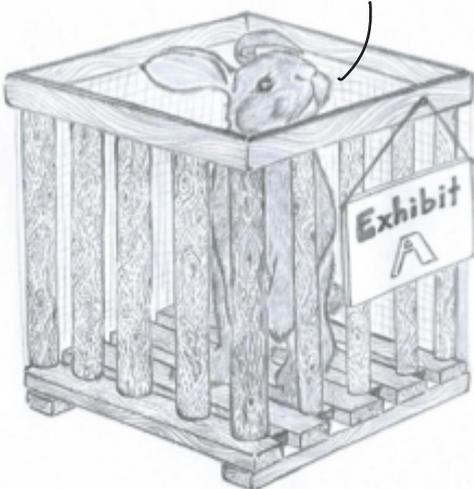


Scriptus undercover investigations have revealed that none of these extreme measures are necessary, and that fears of a DUWO zoo are, in fact, unfounded. No pets have actually been confiscated, nor have there been attempts of confiscation. So, to pet owners in general, we say fear not! You can relax in the company of your un-kidnapped, un-harassed pets.

However, to cat owners, we issue a dire warning: our sources tell us that the supposed 'dorm inspector', was in fact a crazy cat lady in disguise. Be on the lookout for a suspicious-looking woman wearing a large coat.

Signs of Cat-napping include an unidentifiable source of meowing, a trail of cat food, and furry tails protruding from items of clothing.

but i'm way too cute
for this!



5 WAYS TO ANNOY AUC-ERS

1. Ask for something on the Buy/Sell/Trade group...and don't offer hugs in return
2. Slowly smile and wave sadistically through the closing elevator doors as they sprint for them
3. Book three washing machines and a dryer, and then not show up
4. Offer a medium-to-strong opinion on a controversial topic on any one of the Facebook pages
5. Ask them about their after-graduation plans

FACES OF AUC: Luana

By Sophie Eijkman

Name: Luana Carretto

Age: 24

Country of origin: Born in Italy, lived most of her life in the Netherlands.

Major: Social Sciences, minoring in Environmental sciences.



Why she's awesome: Luana is the creator of *Taste Before You Waste* and the host of *Room 792*. After watching a Zembla documentary on the way food is wasted in our society, Luana says, 'I was so mad I couldn't sit still'. Whilst most people would have simply stayed miserable for a while or maybe posted a Facebook rant about the whole thing, Luana went straight for (the start of) a solution: She set out to talk to grocers in Java street about their leftover food. When many of them turned out to be willing to join her cause, she and her husband Dennis started picking up their leftover food and bringing it to a charity.

Nowadays, they bring the food they gather to several charities and host a free food market outside their room on Wednesdays - possibly the only source of vegetables for some the AUC student body.

The project is ever-expanding and now involves 20 volunteers; at the moment Luana is even helping set up TBYW in Utrecht at the local UC. "It feels a bit like a dream. I never really planned this, it just happened."

But there's more: Luana's newest project, Room 792, promises to revolutionize the standards of AUC culture. Unhappy with the typical common room parties, Luana and Dennis set up their room as an alternative. Enter the hosting area of their ground floor, 2-person room: Soft, low couches decorated with cloths of different colours and designs, interesting food and drinks to try out under the dim, colourful light with stimulating music and good conversation included. It definitely merits a try. There are many upcoming plans for cultural nights at Luana's, so stay tuned!

AND OTHER NEWS...

I MUSTACHE YOU A QUESTION

Did you know that Movember has begun? Bust out the bristles, brushes and braids as the hairy madness begins!



BLACKOUT WHAT?

Solace, DUWO and dorm dwellers remain strangely silent after the BlackoutBoom music blast...maybe it was something we needed to get out of our (stereo) systems?

DORM DATING



Broke student willing to date for money (to be pre-deposited in the plastic bag bins by the elevators).

THE AWKWARD CORNER

The awkward corner is a space to let go of those uncomfortable moments in day-to-day life. Share your favourite awkward memory here, and we will rate it on the awkward-ometre.

PAINFULLY AWKWARD

BEARABLE

NOT EVEN TOE SCRUNCHING

A fellow student in one of my classes had a Freudian slip while talking to our attractive teacher in a class discussion. Everyone laughed nervously and avoided all eye contact.

YOUR ADS:

Feeling undervalued? Never get the chance to demonstrate your talents?

Perform or watch the performances on Tuesday the **12th of November 20:30**

At eetcafé **Oerknal**.

Make sure you save the date, because OnStage is going to bring you an evening to remember!

Love, OnStage
onstage@auca.nl

ON STAGE

ATTENDING

AMSTERDAM



UNCONVENTIONAL SPOTS

By Katalin Laszlo

There are hundreds of special cafes and dinner spots and venues in Amsterdam, but some of them really try to do something innovative. Here are a few that I think successfully stand out...

1. **Trust :**
Albertcuypstraat, 210
'Come as you are, pay as you feel' is the motto of this Albertcuyp restaurant. There are many great places to eat in this street but there is something special about the idea of this one. The concept is that you order your meal and pay as much as you feel it was worth. There are some pictures of their food on the facebook page 'TRUST' if you want a teaser. Nice to see such trust in the people, don't abuse it!

2. **Omelegg**
Ferdinandbolstraat, 143
There are plenty of wonderful breakfast places in Amsterdam for the occasional sunny weekend morning where EVERYBODY gets cycling to their favourite breakfast place. This one is no exception. As the name suggests it does all things eggy, excelling on the omelet front. Despite the limited range it stays successful so it must be good! It's also gluten intolerant friendly for the sensitive bellied souls among you.

3. **Chocolate Club**
www.chocolateclub.nl
This is a group that organises 'conscious clubbing' events. That means that they create atmospheres without the use of drugs or alcohol, instead using healthy ingredients and powerful chocolate elixirs to get you on that happiness high. At the beginning of their events they sometimes serve food and then the dancing begins, often with several different music genres in the different rooms of their locations. If you want to party without the hangover, you should try this concept out!



4. **De Vegetarisch Slager + Viswinkel:**
Rozengracht, 217
That's right, The Vegetarian Butcher and The Vegetarian Fishmonger. The number of vegetarians/vegans in AUC is not to be ignored. But what do you do if you still like the meat? These two locations in Amsterdam provide the answer. While of course not the cheapest option, it might be nice to treat yourself every now and then. They have daily recipes both on the website and facebook page as well if you are looking for some veggie inspiration.

5. **Latei**
Zeedijk, 143
My all time favourite cafe in Amsterdam, and one I was reluctant to share but has become so popular over the years that there's no hiding it any longer (I've begun to spot people studying with the tell tale DUWO pen). This place is also a second hand store. Though the goods you can buy are on the pricey side, it certainly adds to the environment. They have free wifi, excellent coffee, excellent cake, excellent juice and a live-in cat named Elvis. The staff are friendly, have a sense of humour as you might tell by the website.

perfect
for a
rainy
day

FOLSOM STREET FAIR:

"I'M TOTALLY LIBERAL...?"

By Lara Bullens

When people think of San Francisco, they often associate the city with a liberal mindset, reminiscent of the counterculture movement of the 1960s and 70s. Before moving here, I thought the same of San Francisco. I pictured a city that would be Amsterdam's bigger sister, except filled with hippies and lots of nudity. After having read many accounts on various 'liberal' festivities, which included LGBT pride day and a World Naked Bike Ride, I was excited to live in yet another eccentric city. One thing was true; there is lots of nudity, but the hippies are merely young, smelly, and homeless panhandlers lost in the wrong century. Something I was not expecting was to see such an open LGBT community, which hosted various festivities - each fitted to even the most obscure desires and preferences. By obscure I mean ob-sc-uuuuure.

Fetish fairs and festivals are not unusual in many cities, especially not in San Francisco, which hosts the largest fetish fair in the world. Folsom Street Fair takes place every year on the last Sunday of September in the city, and is the pinnacle of SF's Leather Pride Week. It is an outdoor 'showcase', to say the

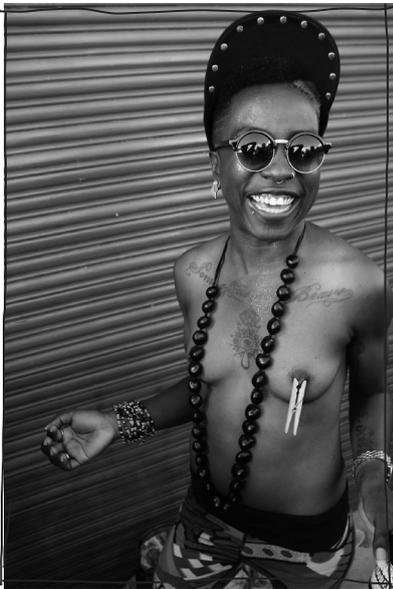
least, for the leather and BDSM subculture here (BDSM stands for bondage, discipline, sadism and masochism). The fair has developed into a non-profit charity; money earned through the beverage stands and *ahem* spanking booths become donations to enhance adult-themed exhibitionism. With over 400,000 visitors, this fair is one of the biggest street events in the whole of California. My liberal mindset was put in a leather costume, strapped against a pole, and humiliated. What had struck me the most was how estranged I felt in a sea of people with wild fetishes. When I asked a friend what she thought of the fair, she replied "I need to take about five showers before I can answer that question". What had stunned us was the extreme publicity of the sexual activities; we became outsiders in valuing the privacy and neutral power relations in our sexual lives.

However shocking, the scenes were interesting, as they dismissed many delicate and clichéd aspects of lust. In the separation of lust from love, the BDSM community magnified power roles that usually occurred naturally between partners. Power neutral relations are never absolutely neutral, naturally, and often one is more assertive than another in a relationship. In the Folsom Street Fair, however, the power roles were taken to an extreme. The activities often included a dominator (abbreviated as

Dom for men and Domme for women) and a submissive role, also known as top and bottom roles. The roles were not strictly adhered to, as the bottom roles often demanded the Dom/Domme to follow instructions. The fair had also split up a women's area, the Venus area, as a separate entity. It seemed as though the more extreme sex was male, whom my friend believed were "completely unhinged", but the extremity of the power roles remained consistent within both areas. As someone who had never experienced this type of street fair before, it felt strange to be so drastically 'out of the scene'. In witnessing what I did, I understood the importance of power roles in sexuality, especially in the BDSM subculture. It was the first time I had considered my values in my private life to be archaic.

It is difficult to write about such an experience without prejudice, and I have realized how important it is to re-evaluate the boundaries of a liberal mindset. Studying in San Francisco has really opened my mind to a range of interests, activities, and lifestyles which I was never exposed to in Amsterdam. Seeing what I did at the Folsom Street Fair is truly an image that will never be erased. Ever.

*and so we learn that
naked = happy*



photos were taken with permission

update :

The article "Walls of Shame" by Sacha Hilhorst met with enthusiastic response from students and teachers. They are currently discussing suitable new AUC room names (all suggestions welcome). This, of course, we can definitely take as proof that Scriptus' writings change your life and the world.

THE DIVERSE STUDENT LIST

By Anonymous(es)

Disclaimer: This list is a satiric take on the *Excellent Students List* (ESL) (which can be found on Blackboard under "Student Information"). It is in no way intended to be seen as a representative reflection of the diversity of AUC students. Its aim is to bring attention to the problematic aspects of the ESL and to question whether qualities such as "excellence" and "diversity" can and should be categorised in this way.

The following students have displayed outstanding diversity throughout their studies at AUC*:

Diverse**

Chloe Berger
Tipu Sultan Khan
Sacha Kuilman
Katz Laszlo
Thembi Molefi
Kuki Noordam
Ravi Rao
Amalia Robinson
Eddie Stok

Most diverse**

Peya Brock
Jo Coenen
Wilhelmina Diop
Emma Goodman
Talah Hassan
Jans Henke
Crisis Roca Phylactopoulou
Rita Murti
Sophia Eijkman

*permission to publish these names was obtained from all students listed

**students were selected more or less arbitrarily

WHY WE THINK THE ESL IS PROBLEMATIC

Excellence over diversity and community

Firstly, *the name!* It makes excellence seem like an exclusive quality, even though AUC's motto implies that it strives to provide an excellent and diverse learning environment for all students. It might make students who are not on it feel unworthy of being recognised as representative of the school, and perhaps even as un-excellent... which nobody should feel! Furthermore, it imposes a very specific interpretation of 'excellence'; while there are many ways in which a person can be excellent, within an academic setting as well as outside, the ESL reflects only a select few of these - predominantly people's ability to write exams and papers. Moreover, it creates a sense of competition amongst the students, enforces the idea that one's academic achievement should be seen in relation to that of others rather than in terms of individual development and runs counter to the community feel which is one of AUC's distinctive qualities.

Infringement on students' privacy

Secondly, the people published on the list are not contacted beforehand for permission to publish their names and GPAs. Given that AUC is a small and tight community, names are easily attached to faces, and it is easy to remember who is (and who is not) on the list. Since students have no say in whether or not their names are published, they may well be uncomfortable knowing that whoever has seen the ESL could recognise them and attach an academic value to them.

Questionable accuracy

Thirdly, the ESL is not a representative measure. Before the most recent edition, which shows GPAs for the entire 2012-13 year, previous lists only showed fall semester grades of the year. This excludes students who perform well in the spring semester. In addition, because the ESL only presents students' GPA for a limited period of time, that measure can be strongly affected by a single grade. Therefore, it discourages students from taking courses outside their comfort zone, an essential part of a Liberal Arts education.

Unnecessary comparison

Lastly, besides needlessly comparing the grades of individual students, the ESL also invites comparison between different classes. In the most recent list, there is a statistical table indicating the percentage of "excellent" 2nd and 3rd year students. This creates an illusion of which year is "smarter", which is unnecessary. Although these percentages are important for the AUC administration, they do not need to be revealed to students.

For these reasons, we support the abolishment of the Excellent Student List. We feel the list is not necessary or valuable, as students know where they stand individually, and their efforts are already recognised on transcripts and ultimately on their diplomas. Nonetheless, we understand that some may oppose the elimination of the ESL. Therefore, we would like to make a few suggestions for a less problematic list.

FIND
SOLUTION
ON NEXT PAGE

MAKING THE ESL LESS PROBLEMATIC

- **Change the name of the list.** Some ideas:

- Honours with Distinction Grades List
- Cum Laude and Summa Cum Laude Grades List

These names are more factual than “Excellence List”, which is open to interpretation and rather assuming in its nature.

- **Ask students for permission to publish their names.** It is, especially in such a small community, a violation of privacy not to. And if you’re going to argue that a grade ain’t nothing but a number, then don’t publish the list in the first place.

- **Make it more reliable.** Compile the list based on people’s cumulative GPAs, which provide a more stable measure of their performance.

- **Omit the percentages.** They are trivial to the students, and merely result in unnecessary comparison and additional discouragement to those who are not in the ‘most excellent’ group.

- **Include an explanation of the list and its constitution.** This would not only clarify the significance of the list, but also acknowledge its limitations. For example, “The following list shows those students with a GPA of 3.5/3.9 and above and are currently on their way to graduate as honours and cum laude/summa cum laude (respectively).”



MEN – THE LOST IDENTITY?

By Tanushree Kaushal

“Women have a much better time than men in this world; there are far more things forbidden to them.” Lost again in the reverie of understanding the man that was Oscar Wilde, I was stirred by his idea— whether women do in fact have a better time in this world or not? Sure, the reasons to ponder over might be a little more comprehensive than just ‘things that are forbidden’, but the subject is thought-provoking for certain. While the world brings to fore the multiple problems and issues that women face, I believe that the other side of the gender spectrum is rarely, if ever, looked at – for instance, how many times in your lifetime have you discussed male rapes or domestic violence against men? Voices are frequently raised against patriarchy, or sometimes even men in general – but I think that the most important point that is frequently missed out on is that both men and women are victims when it comes to gender roles –

roles that society imposes on us, to align each of us along the treaded path, the same beat-down trajectory. A major subject of relevance is the loss of true individuality – for both men and women, in a world that still looks at people through the ‘gender lenses’. When I hear people around me say ‘Oh, she talks like a man’, or ‘Don’t cry like a girl’, I can’t help but think how deeply imbedded these perceptions are in our minds, so much so that even our everyday language has come to be defined by them.

Even in today’s comparatively liberal times, how easy is it for a man to be a stay-at-home husband for his entire life? Or do gardening or knitting? While women are increasingly breaking the gender barriers (or just being pushed to do so sometimes), men still have to stick to the roles that have been so clearly defined for them – to not cry (what are you, a pussy?), to not like rom-coms (well, this guy just has to be gay, doesn’t he?), to look buff (well that’s some service Arnie

did for the world), and a list that can go on forever. Norah Vincent once quipped – “There is a time in a boy’s life when the sweetness is pounded out of him; and tenderness, and the ability to show what he feels, is gone.” Sounds rather far-fetched, but isn’t it largely true?

Doesn’t everything around us just push boys to be buff like Sylvester Stallone, or the man-of-the-house, or even just cool through the roughest times like Bond, James Bond – the ideal man who doesn’t even twitch an eyebrow while being almost killed. It might strike you as out of place for a girl to be writing about how men might be losing out on their identities, but someone has to bring it up – most men might be too scared to step out of their honeycombed gender identities, while other people could be busy with the ‘more important’ issues. But this too is worth of at least discussion, for that’s where change begins – from discussion.

EVERY NIGHT RESISTANCE

By Niklas Fukcs

"Dude, do you know Banksy?" "Totally". Graffiti has come a long way since the movement started in the US in the late seventies. In spite of harder punishments for sprayers, better surveillance in most cities and specialized police forces graffiti today is a social constant, present in the vast majority of cities worldwide. While street art facebook pages collect up to millions of likes, and *Exit through the Gift Shop* makes five million dollars at the box office, "traditional" graffiti is still more present in cities than street art, and it is also more controversial. While the public approves of and tolerates most "art" in public space, it rejects writing an alias somewhere as vandalism and selfish destruction.

For many people, this is the important distinction when it comes to graffiti, and of course it is without doubt easier to like a witty stencil than a dirty tag. It seems to be common sense that writing should contain information, and most writers' pseudonyms simply do not. Nevertheless there are hundreds of thousands worldwide who enjoy going out to paint their letters on the variety of surfaces this world has to offer. And even for those who can not imagine embracing the aesthetics of colors and shapes in traditional graffiti, it must be clear that there is a line through the movement which is much more relevant for its discussion than trying to cling to the blurry "everything that is not letters is called street art"-line of thinking.

Graffiti can be interpreted in many ways but the undisputed idea is that it is an anti-capitalist phenomenon, since it encourages people to rebel against

concepts of ownership and property. But this is only valid as long as graffiti happens illegally. Huge legal murals from artists such as Blu or OsGemeos might impress the average Joe but they are not graffiti in the sense that they were commissioned or at least embraced by the capitalist forces surrounding the place. The city of Amsterdam for example regularly hosts street art festivals, but outside of Spuistraat there is almost no graffiti in the center, simply because huge amounts of money are spent to pursue Amsterdam's "cleanness". I find this quite weird, people are fined or even sent to prison for doing what others make their living with.

This text, however, is not supposed to be a rant against legal painting, it should rather point out the political value of graffiti which most uninvolved people refuse to recognize. Everybody who had Bruce Mutsvaio as a teacher knows: "The medium is the message". To paint illegally means to enact resistance, no matter what is actually painted. The fact that graffiti is mostly illegal and therefore not institutionalized makes it free to pursue for everyone and the only forms of censorship are the cleaning squads and artists painting over each other. Public space is accessible for everyone, who is willing to risk getting caught. This of course also goes against

capitalist beliefs, since we all know that presence in public space is expensive. Advertisement on billboards, bus stops or taxis are paid for in order to assert a brand's presence on the market. It goes without saying that the depressing exploitation of our attention through advertisement has its revolutionary counterpart in graffiti, stickers and stencils. This dedication to independently interact with one's surroundings on one's own terms is what unites people like Banksy and those who break into metro systems to paint the subway. Especially in places such as Amsterdam, where the government pursues a very clear visually homogenous approach to the aesthetics of public space, people should actually write a lot more on walls simply because they are encouraged not to.

Even though many people might be reluctant to actually try engaging with their surroundings actively, one should emphasize that graffiti is anonymous, and therefore partially free of the constructions we create for ourselves. What I am saying is, you should try graffiti for yourselves before you judge it, one has absolutely nothing to lose, except for 3,50 per can. Even if you do the ugliest stuff, it is still an active participation in the fight against the radical capitalization of public space. But don't go over my stuff.



PRO

By Quasi .

Inspired by the survey about soup-thieves on the last Scriptus, we decided to talk about what we do, and how things are to be liberated.

It seems that Thomas Müntzer, in the early 16th Century, used to say that “omnia sunt communia”, all things are in common. (Mainly) for this reason, the poor theologian was decapitated. We feel a lot of sympathy for him. As a matter of fact, we could even say that “omnia sunt communia”, if it is not entirely correct, contains very little of wrong.

But what is it that we do, and why are we talking about Thomas Müntzer? We take things (goods, one may say) and we do not pay for them. Naturally, we do not take things from individuals, because “omnia sunt communia” is something everyone must agree upon, otherwise it does not work very well, and it creates a lot of tensions. Also, we do not go to Dappermarkt and take carrots

or bananas from a man that makes his living out of his stall. If instead we go to Ekoplaza and we see a minuscule package of basil spread, priced at four (4!) Euros, then yes, we take it. “But why is that?” - you may ask - “is not Ekoplaza doing exactly the same thing of our so dear carrot-seller at Dappermarkt?”. We really really do not think so: in fact, if we were to buy our basil spread (which happens to be vegan and also very tasty), we would then also pay for the symbol it carries. We would pay for the meaning it conveys to buy our vegan spread at Ekoplaza. We would buy the spectacularisation of a struggle towards a ‘better’ (/alternative/‘green’, as it pleases you) way of consuming. In short: do we want our basil spread? Yes. Do we also want its ‘symbolic value’? No. What to do then? How to tear apart the entanglement between the two? It seems to us, that the negation of its monetary value is a relatively simple and effective solution. How to do that? Here it gets easy: by not paying for it.

You may say, now: “Why then don’t you make your own basil spread?”, and indeed you would be right: home-made basil spread is extremely tasty, it can be vegan and it conveys a very different statement than

Ekoplaza’s. On the other hand, though, there is something we really do not appreciate. This thing is the fact that our little appropriation is nothing but a fragile Pinocchio, a little wooden puppet, compared to immense money-grabbing organisations such as Ekoplaza and the like. Why money-grabbing? Because it is only by means of a good education (thanks, AUC?) that we can become conscious of the fact that what makes those four (4!!!) Euros is mainly a symbol. Ekoplaza does not tell us that what we are buying is a sign, a figure, an image. It tells us that we are buying a tasty basil spread. Now, to us, this seems something in between a lie and a concealed truth.

Two conclusive remarks: the ideas that we have tried to express here will surely look familiar to many humanities students. This is because we have learnt (almost) everything at school, in class, and we felt the urge to act. Second: our approach is the fruit of a struggle. It is tentative, and open to change. We try, as much as we can, to resist to a wind that pushes us, like magpies in the storm we had at the end of October.

DISCUSSION: TAKING THINGS

CON

By Nicole Boscher

Why is the basil-spread at Ekoplaza 4 Euros? Because someone attributed that value to it. It is a powerless symbol, as I have come across many instances where people held of their wallet and suddenly a product disappeared or reappeared in a different form at a lower price. The reason why people buy the expensive product is that they feel it is more worthwhile: a higher price point is equated with a higher perceived quality in this day and age. But people still like it cheap as well:

Let’s look at bananas here. In some stores you can get bananas for 1 Euro, but these are produced on pesticide filled farms. Chiquita, one of the more expensive brands and also one of the most famous, tries to provide their workers with better working conditions, free of harmful chemicals. But their bananas fail to sell well, because they are

more expensive, as they use alternative ways of protecting their fruit. It is a competition. Sometimes there is a reason why something is more expensive.

Does this justify paying 4 Euros for a vegan-spread? There might be reasons unknown to the consumer that justify it: maybe the basil is handpicked or grown without pesticides, squashed by hand, and produced in Europe, where laws prevent extensive exploitation of employees. Does it force you to buy it? No, you could look for cheaper alternatives or make it yourself. But you are hurting the profits for this particular product if you stop spending money on it. It might mean that the vegan-spread will be unavailable in the future, as the store does not see it as profitable and takes it out of their program. Often enough have products vanished because nobody bought it or because production costs were too high to justify its existence. That is how the market works, demand and supply.

You might try to opt out of it, but only if everybody would do that would it have an impact. But some people actually like to spend their money for something they feel is worth spending money on. They worked hard for it, and these are the people that attribute higher quality to more expensive symbolic products, as they spent more time working for them. Are these people wrong? They might have their reasons for doing so, as some people have their reasons to “liberate” stuff from stores. Stores know of this capitalistic thinking and tend to exploit it, but people rarely protest. They do not mind it and as they have the power of the wallet and can force the stores to change their mind. “Liberating” products undermines the power of the consumer, as no statement is made on whether the product is worth it or not. Big corporations are being protested against, but not in ways they pay attention to. If you want something to change, vote with your money, not with idealistic ideas.

SCIENCE

BACTERIAL RESISTANCE

By Miriana Stamenković

Most of you will be aware that antibiotic resistance of bacteria is becoming more and more of a problem; to the point where certain diseases will eventually become incurable. Doomsday scenarios are depicted where bacteria run rampant and wreak havoc on the human race, decimating our numbers and leaving nothing behind but disease and squalor.

Is it really that bad though? Surely there is more we can do than keep throwing different strains of antibiotics at these resistant bacterial villains in the hope of finding some super strain?

Almost 100 years ago, before the problem of resistance even existed, biologists found a possible solution. It is known as bacteriophage therapy and was first discovered in 1917 by the French scientist Felix d'Herelle (who later founded L'Oréal) who used bacteriophages to treat dysentery. Sadly, scientists did not understand the workings of bacteriophages well enough back then to use them successfully in treatment. The use of the (then) more reliable antibiotics was preferred in the West, while scientists in the East continued to experiment with phages.

These microscopic miracle workers are viruses that only attack a specific strain or species of bacteria. Some look like simple rods, but others resemble tiny spiders (see picture). They kill bacteria

by injecting their own DNA into the bacterial cell and cause the bacteria to produce so many new phages that it bursts apart, releasing thousands of miniscule phage spiders that in turn will attack other bacteria.

This high specificity has a couple of implications. Firstly, phages won't attack all bacteria in their path as antibiotics do, so you have minimal side effects when using them. Secondly, there can be multiple mutated versions of the same strain of bacterium which may be resistant to the particular phage that is being used in therapy. However, viruses also mutate and they do this at a rate approximate to that of bacteria, so the phages automatically solve the problem of resistance. And lastly, bacteriophages are quick and efficient: they only attack the bacterium you are interested in and by attacking, the number of phages increases, speeding up the process even more!

So why is it that this method of treating bacterial infection is not already widely implemented? Phage therapy is usually a personalized one (a specific combination of phages is assembled for the precise bacterial strain with which a patient is infected) and it's nearly impossible to get approval for this as current guidelines for the licensing of medicine were not written with phage therapy in mind. As the doomsday scenario of incurable diseases reigning supreme comes ever closer, we might see a great change in FDA approval guidelines. Until that time, the fear of ultra-resistant bacteria will remain a real one.

the bad joke

Two hydrogen atoms walk into a bar.
One says, "I think I've lost an electron."
The other says, "Are you sure?"
The first replies, "Yes, I'm positive..."

SOME
KNOWLEDGE
ON...

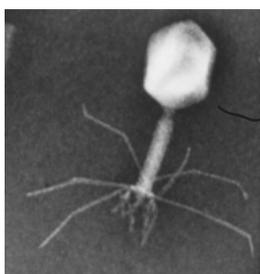
VU Genderdysphorie centrum

- **Transgender:** the feeling of being assigned a wrong gender role. It can manifest in various ways, from challenging the norms to sex-reassignment.
- **Transsexual:** the feeling that one is trapped in the wrong body. Often results in sex-reassignment surgery.
- **Cisgender:** gender and sex are in accordance

DID YOU KNOW?

VUmc has a clinic for trans-genders. It is most famous for its treatment of transgender children. Very young children expressing discordance between their sex and assigned gender can go there and speak to doctors and psychologists about this. Before puberty hits, the children can take puberty-suppression hormones to avoid going through undesired sexual development. At the age of 16, they can start cross-sex hormones. Finally, at 18, they can undergo sex-reassignment surgery. Throughout the process, these professionals assess the child's mental ability and conviction to potentially undergo sex-reassignment.

IMAGE 1



phage

IMAGE 2



*cute
fluffy
phage*



SEXUAL HEALING

HAVING AN ETHICAL WANK

By Martin J. Hoffmann

Pornography. A genre that is, certainly, one of the largest in terms of proliferation. Pretty much everyone watches porn. It's freely available on the internet, and causes a large portion of internet traffic. Yet there is little public discussion about porn and people trying to make sense of it. Clearly, it is hard to come up with an appropriate discourse.

If Zombies are enough of an important genre to base an entire academic discourse on it, we might as well spend some lines in *Scriptus* on porn, too.

So let's start with a definition of pornography. Is a Brazzers' video porn? (Most people could agree on that). But what about movies like Bertolucci's *Dreamers* that feature explicit scenes, but not in an entirely arousing context? Or art like Klimt's *Woman seated with thighs apart*? Or *50 Shades of Grey*? In discussing a definition, we can surely go beyond the infamous "I know it when I see it" kind of thinking. Actually, I'd suggest that a definition of the term that makes sense and that draws a somewhat clear line could be: Porn is a text that evokes sexual arousal. Or to put it more bluntly, it makes you wanna jack off and chase the dragon. No need to deny it, boys and girls.

I guess one of the main reasons why it's hard to talk about porn is that it aims at achieving a bodily reaction. And as such it makes little sense to treat pornography just like any other film genre,

because it is always imbued with a discourse about masturbation and/or sex. Let me compare this to pop music. Unlike more complex music, it is pretty much never just about the music as such, but about a certain effect in the listener and a predictable trajectory of verses, choruses, and noise sweeping in between. So, the reason people listen to pop music is probably seldom the dwelling upon excellent chord progressions or the particular tension that a melody has. Rather, it's supposed to be danceable and have a standard structure that you ain't gonna be surprised about when tapping your feet.

Same goes for porn. Most people will watch it in order to be aroused (I'd imagine few to do otherwise). Which may be a reason for the highly standardized trajectory of most mainstream hetero-porn that goes somewhat like this: The characters quickly lose their clothes. Felatio. Vaginal (and/or anal) intercourse in a number of different positions, genitalia as visible as possible. External ejaculation.

Having said this, it is clear that these criteria don't apply just to any erotic material, but that the typical hard core porn is stylized with regards to sexual arousal, and not much else. This is to say that porn has as little to do with actual sex, as does pop music have with a composition by Mulatu Astatke. Quite a lot, actually, but things are so far removed from each other that porn and pop music aren't around just for the sake of music, or just for the sake of the actors having enjoyable sex, but of course, there is always more artsy stuff and alternatives that adhere to different principles. I guess there's some take-home messag-

es here. For one thing, there is nothing wrong with watching porn (duh...). Masturbating once in a while is healthy, physically and psychologically, but I don't need to tell you that. Still, there is a rather strong ([old-school] feminist) opposition that wants porn banned, since it's objectifying and ruining people's sex, as they can't keep up with 45 minutes of hard-core-multiple-orgasm-pounding.

Yet, we need to remember that porn is a stylized fantasy! Surely, some of it is objectifying men and women in the most degrading ways. However, we can't judge Miley Cyrus' *Wrecking Ball* by the standards of renaissance compositions. And it is important to realize this divergence, which does not necessarily mean that we shouldn't criticize objectifying porn. However, the men and women of today are free to enjoy porn that features more feminine, realistic, and less degrading fantasies. In fact, an underground scene that provides alternatives to mainstream porn is cropping up online. It is far from mainstream, but it's a start, providing you with all the ethically correct material you need to get going.

Overall, I think, the main problem that we face regarding porn isn't its existence, but a lack of understanding and discourse about it. A constructive discussion should not neglect the "classic," and still relevant, issues of objectified and abused women, and it should go beyond men's dirty talk of boobs and cunts over a beer. What could help out frustrated mid-aged men and confused high school kids is a more profound education and discourse regarding sex and its relationship with pornography. With this in mind: Let's talk porn!

ALTERNATIVE PORN SITES

EROTIC RED

Feminist menstruation porn by women of all shapes and sizes who are, naturally and authentically, on their period.

VEGPORN

Woman owned site that is very inclusive to gender and sexual diversity. Only has vegan and vegetarian models!

NERD PRON

Porn with academics. Web code written by pornstar who is funding her studies with her work.

NO FAUXXX

"Porn that doesn't fake it". Radical porn with a political edge.

CREATIVE WRITING



still

By Nicholas Handfield-Jones

Illustration by Yin-Chen Hsieh

Him

He doesn't get it. He just doesn't get it. Every morning, every night, plagued in annoyances, awash in frustration. Can he not see how tired I am? So very tired. My eyes have become weak. Dark circles have hollowed themselves beneath them, and crows have planted their feet on their peripherals. My hair, once a beautiful shining black, has gone grey. Once, I thought it was because of age, but I know that it's him that has discoloured me. Over all these years. At first it was easy. We rode our bikes, hands connected, to get ice cream at the park. Laughing on the beach, lying on his blanket gazing at the stars. Our love was strong. But like my bones, it has dwindled into nothing more than dust. How he bothers me, resists me. He doesn't do what I ask. A lazy pig who loves his beer more than he loves me. We used to cook together, but now it's me who boils the carrots, bakes the potatoes, tosses the salad. Oh yes, occasionally he'll bake a cake with flowery icing for me, but he eats just as much. The pig. We have become separated. Lost. Yet, I cannot imagine what life would be like without him. For even though he aggravates me until I can no longer take it, he is still the body and soul of the man I fell in love with all those years ago, and even the mention of his name can resurface all those memories like a palimpsest. I love him. Still. Ernest.

Her

The wife haggles me all day. Never does she give me any rest. Never. Not a goddam minute. She pesters and whines. Do this, do that. Well I have, all my life I've done things for her. Mowed the lawn, built the deck, painted the house, tiled the roof. I did the real work. She never helped. And now, as our lives become ever older, a break is all I need. But she doesn't get it. She just doesn't get it. She thinks that I should maintain in the labor. But my bones are old and brittle. There's no more left in them. I still snip the hedges, and I cut the grass from time to time. And of course, there are times where she'll come out and plant a flower or pull a weed with me, but that's for her own good, not mine. We hardly even speak anymore, and when we do, it's more shouting than anything. But maybe that's because we've ran out of things to say. We used to tell each other all the things in the world, over champagne glasses or on rusty ferris wheels. I guess that's what love is. It's telling each other everything until there's no more left to say. But even in this age of arguments and bickering, the sight of her wrinkled eyes in the morning still makes me smile. I love her. Still. Nellie.

BOOKS



PARTY LIKE IT'S 1920

By Willem Pije

"In his blue gardens men and girls came and went like moths among the whisperings and the champagne and the stars."

- *The Great Gatsby*

With the relationship between DUWO and AUC students being tense at its best, we, the students, will have to try to turn the building into a real campus and not a social wasteland. Therefore I will try to keep the spirit of fun and festivities alive in the only way I can: by writing about literature from the Roaring Twenties.

The 20s is a period known for lavish parties filled with liquor, jazz, and flappers (can I get a round of applause for women's liberation?). This decade also provides an excuse for me to write and promote one of my favourite authors: F. Scott Fitzgerald, the golden-locked epitome of Jazz Age literature.

In the mid 20s F. Scott Fitzgerald pub-

lished his most famous book, *The Great Gatsby*. This love story between the mysterious Jay Gatsby and high-class Daisy Buchanan is a masterpiece of 20s literature. And it is the parties at Gatsby's mansion that are important to the novel's plot. Nights filled with jazz and champagne make Gatsby's parties the place to be for every well-respected person in New York.

Set in this decade of cultural, technological and social change, Scott and his wife Zelda are a seemingly perfect couple - an embodiment of The Jazz Age. Scott is a successful and wealthy writer, and he and his wife are both beautiful people. They are the type of people that show up to every party a respected person should be at. However, despite their impeccable image, cracks do appear in their relationship: Scott is rarely seen without a glass of gin in his hand and Zelda becomes more and more eccentric by the day.

The main theme that this novel explores is the corruptive effect of money. And in this way, the book shows the dark side of The American Dream. As we well know, the 20s didn't end hap-

pily - in fact by the end of the decade the stock market crashed and created an economic depression of unseen proportions. And both characters come to unfortunate endings too: Scott only publishes one more novel and his heavy drinking does not subside. He even tries to make it in the screenwriting business with little success. Zelda is admitted into a psychiatric hospital where she dies in a fire, eight years after Scott in 1948.

I'm aware that this tragic ending is not helping my argument that we should keep the spirit and fun alive for us in the here and now. Rather it looks more like a warning against too much partying.

But rest assured, this is not the case! What we can learn from *The Great Gatsby* is that moderation is key if you want to combine your social life with being excellent.

Further reading

- *Tender is the Night* - F. Scott Fitzgerald
- *A Moveable Feast* - Ernest Hemingway



*you don't see
them like this
in Trouw
anymore*

FILM & GAMING



ah the good old
x-box 360
controller

FILM REVIEW: GRAVITY (2013)

By Anusha Gunawardena

As I exit the movie theatre, I find myself gazing up at the little lights scattered over that vast darkness, stretched out over us like a heavy blanket.

It must be really quiet up there. And cold. And lonely. But you would not be able to feel those things anyway, since the lack of oxygen up there would leave you unconscious within 15 seconds (a blessing really, because now you will not notice the boiling and freezing of your

bodily fluids either). I think I will stop staring at the sky now. I am shaky. I need a drink.

Because that is what Gravity will do to you.

Cuarón's latest masterpiece, in which we follow Dr. Ryan Stone (Sandra Bullock), a NASA medical engineer working for the first time aboard the space shuttle when a disaster strikes (as usual, blame the Russians) that leaves her stranded in outer space while running out of oxygen, will leave you breathless and exhilarated.

Bullocks captivating performance, the proper use of 3D effects (finally, 3D that actually adds something to a movie), Cuarón's immaculate attention to detail (it just reeks of Oscar ambitions) and a hint of George Clooney's funniness (I usually cannot stand him, but he was surprisingly un-annoying in this one), make that Gravity is a film that manages to fully engage the audience.

Sure, the plot exhibits some scientific inaccuracies, but really, even the most fervent of science worshippers should be able to overlook those (or at least try), because they may be pleasantly surprised.

THE GOOD, THE HAPPY AND THE UNUSUAL CONSOLE GAMES OF THE FALL

By Nicole Boscher

November is a going to be a month filled with rain, freezing temperatures, the big calm before finals and potentially snow. It is the perfect time to indulge in some video games this season, before the next-gen consoles hit the market at the end of November. Here is a small collection of games that might be worth checking out to pass the time.

"Grand Theft Auto V" by Rockstar Games is a grand game, released on Xbox 360 and Playstation 3. It is so huge that once you open the package, you have a double sided map at your disposal, which in combination with the various in-game maps should help you to stop getting lost after a few hours. "GTA V" is also currently the fastest-selling game ever. Within 24-hours it generated more than 800 million dollars, after three days

it had passed one billion- faster than any entertainment product before.

So why did it sell so well? "GTA V" fulfilled the wishes of many, of a "GTA"-game with no conventions and endless possibilities, differentiating it from Rockstar's previous games, "GTA IV" and "Red Dead Redemption". These two are tales of revenge, of social climbing, protecting what is dear to the heart of the protagonists- little to no time is spent on riding jetpacks through the air. The craziest thing you can do in "RDR" is tying up a woman and putting her on railway tracks with an oncoming train. In "GTA V" you can do drugs, prostitutes, hit sharks, compete in triathlons, driving various forms of motor transportation -the possibilities in Los Santos and the surrounding county are endless. The three protagonists, Michael, Franklin and Trevor, follow a storyline filled with big elaborate heists, with Trevor being the first playable sociopath in the series history. The over-29-million-copies selling last-shout-out of the current generation of consoles, serves as a prime

example of escapism -spending time in a virtual world to escape the sorrows of the real one. And as you can practically live out all your fantasies in "GTA V", with no consequences at all, it might indeed be better than going out into the rainy days of fall. It occasionally looks better, too.

Another form of escapism, but one of a rather nice kind, are the new Pokémon games, Editions X and Y (Nintendo and GameFreak obviously ran out of colors and gems to name the games after). This time around you can explore the world of Kalos, the Japanese version of France, with approximately 60 new and hundreds of returning Pokémon to catch. The formula has not changed, you still start your journey with a starter Pokémon, beat gym leaders, run after the bad guys, but now you do it in proper three dimensions, making everything more adorable than ever. This is a far cry from "GTA V", and you are going to feel right home in a cloud of happiness, training your little friends and adventuring around huge Kalos with them. An



IN WHICH WORLD WOULD YOU WANT TO LIVE IN?

1. Well-dressed disappointed car criminals. Dangerous
2. Overly adorable run-aways. Pixelated
3. Brain training nightmares with Ellen Page. Confusing

improved online system, that is letting you trade Pokémon on the spot make "Pokémon X & Y" the best games of the series to date and are worth checking out if you own a Nintendo 3DS.

You might even have difficulties calling the next one a game, as it has more in common with the idea of interactive movies than anything else: "Beyond: Two Souls", the last big exclusive of Sony's Playstation 3. Even its cast, featuring Ellen Page as the main character and Willem Dafoe as her father figure, strings notes of an independent movie production than a video game, especially in the arts department. Reviewers have been split with their opinion on this game,

although most have been praising the interesting approach to storytelling the game takes. The story is told in scenes that are arranged in a random manner. In one scene you play the main character Jodie Holmes as a kid, in others as a teenager, and sometimes as an adult. You accompany here through her diversified life, as she struggles in her relationship with an unseen entity called Aiden. There are SWAT-teams to fight, homeless to befriend, curses to be broken, and dates to prepare- you are with Jodie in every single important moment of her life, no matter how irrelevant is appears to you. Scenes echo each other's presentation and Ellen Page delivers the performance of the year, helping to tie the seemingly loose threads of story

together, supported by graphics that are among the best on the system.

"Beyond" might bore you to death, but if you are willing to commit to writer-director David Cage's vision of on-occasion corny dialogue filled, supernatural mystery drama thriller, you might experience one of the most compelling rides of recent video game history.

Additional tips:

- Batman: Arkham Origins
- Assassin's Creed 4: Black Flag
- The Stanley Parable
- Gone Home
- Phoenix Wright: Ace Attorney- Dual Destinies

SCREEN INTERNATIONAL CINEMA

Upcoming screenings:

November 20 - Music Documentary
December 4 - It's a Wonderful Life

DR KARL'S 3 MUST SEE

RESISTANCE ON FILM

J'ai Tué Ma Mère. mother and son rebel.
Harold & Maude. old lady/young man adventure.
Novecento (1900). war drama. gripping.

FASHION

BETWEEN THE STITCHES: PRADA'S POLITICS

By Katarina Jansdottir
Illustration by Yin-Chen Hsieh

Prada is synonymous with power in many ways. The Italian luxury goods company, founded by Mario Prada in 1913, not only dominates the local design scene but also leads intellectual fashion on a global level. This evolution can be credited entirely to Miuccia Prada, Mario's youngest granddaughter, who took over the company in 1978. A women's rights activist and the secretary of Italy's Communist party in her youth, Miuccia rejected her family's bourgeois lifestyle and earned a doctorate in political science. Starting with the nylon backpack she designed in 1985, she has built herself a fashion empire with her CEO husband Patrizio Bertelli. It may seem odd to see such a person have become one of the most influential people in the capitalist fueled consumer culture that high fashion is based on. However, looking at Miuccia's collections, the political is tailored in an extraordinary way.

Presenting a different appearance of woman in each collection, the ultra feminine is celebrated on the surface and rejected on the inside. From "minimal baroque" with a 1920s Josephine Baker twist to a 1950s aesthetic based on the image of women in cars, Miuccia injects each epoch with power and creates

collections that charm and inspire. For 2014, the Resort collection was presented along with the men's spring collection. The setting was a dark rendition of a tropical paradise with the menacing sound of helicopters. Miuccia was looking at the darker sides of man, how countries in the tropics were turned into war zones. Varsity jackets bore prints of dark setting suns and silhouettes of sunbathers while dresses were embellished as sombre versions of the hawaiian shirt. Far from the darker sides of man, the women's spring collection was dedicated to the urban woman. Compared to other designers' failed attempts at street collections with attitude, Prada really got it right. The quirkiness and balance between good and bad taste were unmistakable, with bold rhinestone embellishments, fearless use of colour, and painted portraits of women printed on dresses. If art is Miuccia's current platform for activism and fashion her medium, culture is the context. This collection combined them all perfectly.

Miuccia does not simply make clothes. Viewing clothing as an important component in life, they are made part of a larger idea and so she is able to create a synthesis between the material and the immaterial. Fashion becomes a political weapon and Miuccia uses it to explore and subdue feminine clichés, thus consolidating her leftist-feminist political posi-

tion within the luxury industry. With ugliness at the centre of her aesthetic, she rejects the bourgeois ideals of beauty and through that becomes the designer whose creations most successfully have a democratic resonance. The power of Prada lies in something deeper than the fabrics but it is through the clothing that Miuccia speaks and achieves change.



WE ARE LOOKING FOR A FASHIONISTA TO COVER AUC STREET STYLE.

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2. is interested in why people choose their clothes
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MUSIC . . . makes the people . . . come together . . . yeah

"NOTHING COMPARES TO SEXISM"

By James Anderson

"It's a man's world" James Brown once sang. And so it would seem in the music industry these days. But as of late, some spirited women have spoken out against the patriarchal structure of the music business, calling for equality in music and criticising the objectification of women. Rightly so, too. Scottish synth-pop outfit CHVRCHES' front-woman, Lauren Mayberry, recently wrote an article for the Guardian's music blog in which she condemned the conditions that herself, and all women in the music business have to endure. "I will not accept online misogyny" writes Mayberry in the wake of online abuse from male fans on the band's Facebook page .

Also on the sexism front in music news, "Nothing Compares 2U" star, Sinéad O'Connor, recently wrote an open letter to everyone's favourite daughter of Billy Ray Cyrus, former bubblegum pop starlet Miley Cyrus, warning her against being "prostituted" by the music industry to sell records. O'Connor writes "you will obscure your talent by allowing yourself to be pimped, whether it's the music business or yourself doing the pimping". However, Cyrus seemed to reject Aunty O'Connor's words of wisdom, responding by Tweeting about O'Connor's mental health problems in a rather

derogatory manner. In what has become surreal discourse between the two, O'Connor has written four more letters, of gradually stricter tones, eventually threatening legal action against Cyrus for her abusive comments about O'Connor's past mental health issues .

As is that wasn't surprising enough, Blurred Lines "rape champion", Robin Thicke, has attempted to defend his hit single from sexist criticism, stating in a GQ blog, "People say, 'Hey, do you think this is degrading to women?' I'm like, 'Of course it is. What a pleasure it is to degrade a woman. I've never gotten to do that before. I've always respected women.'" I think Dora Achourioti would surely have something to say regarding Thicke's deranged logic here. At the very least, Thicke's comments show him to live up to his last name.

Regardless of his argumentation skills, why Thicke in the first place? Well, his record Blurred Lines, featuring T.I. and Pharrell, has gained notoriety through its unrated music video; a music video that was banned by YouTube due to a violation of community guidelines. The video itself features several girls dancing topless around 36 year-old Thicke and friends - subsequently causing heated debate on the sexism of the song and its video. Clearly, Thicke's conception of equality between genders in music is running along Blurred Lines...(I apologise profusely).

Whilst the debate on sexism still rages across music blogs, we must take a moment to step back from all of the action. Yes, women are objectified in the music industry. Yes, they are sexualised in music videos to sell more records. But where does the blame lie? Can Emily Ratajkowski be held to account for bearing all to dance alongside Thicke & co. Well yes...and sadly no. The music industry remains a male dominated domain - a patriarchal industry that should not be accepted as it stands, and is right to be challenged by musicians such as Mayberry.

So, has Cyrus sealed her own fate with her petty rejection of O'Connor? Only time will tell, one supposes. But without wanting to end on a negative note, the fact that this debate is occurring resides as the silver lining to the clouds of patriarchal control in music, hopefully inspiring the average pop music listener to actually question the lyrics to their next favourite pop song. Who knows, as Nancy Sinatra once said, "one of these days these boots are gonna walk all over you"...that means you Robin Thicke.

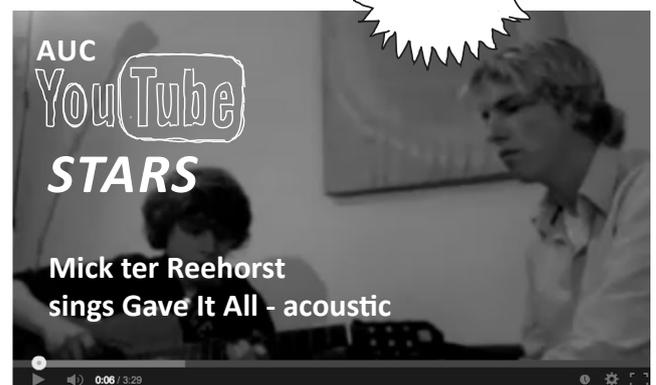
Be sure to catch Miley and Thicke's "empowering" performance at the MTV European Music Awards at Amsterdam's Ziggo Dome on 10.11.2013.

JAMES' SOUND ADVICE:



Do you know someone who is a secret YouTube sensation and studies at AUC?

Let us know and we will give them a tiny bit of print exposure.



Speaker - Gave It All - Acoustic

Mick ter Reehorst · 7 videos
Subscribe 7

1,202

FOOD *is just so good*

RESISTING TO RESIST

By Eva Elvelin

I was asked what I think about drawing a parallel between choosing to be vegan and this month's theme; everyday resistance. I suspect it is a common perception of veganism, to see it as a daily act of resistance; after all, it entails a voluntary choice to not consume products that are on the daily menu for the majority of people in our society. Based on the interactions I continuously have with regards to this topic, this abstinence appears to be the main issue. The conversation will usually look something like this:

"Are you vegan?" or,
"You're vegan, right?"
"Yes!"

"Ah, I could never do that. I could never live without cheese." or, "Yeah, I tried it, but it was too hard. Also, I just wasn't happy without chocolate". In the past, I would at that point immediately launch an attempt to explain why dairy is like heroin, that chocolate does not inherently contain milk powder, and that cocoa actually can be one of the healthiest things you can put in your mouth (you can have your cake and eat it too). After a couple of times, I realized that butting heads like that usually isn't fruitful, and that it made me appear as someone more resistant and brainwashed than the other person initially thought; it doesn't serve any

purpose to try to get a point across to someone who's already made up their mind, and who is not really looking for information. You can't wake someone who is pretending to be asleep.

Now, it certainly isn't surprising that people feel some resistance when trying to live plant-based for a bit. After all, the initial step requires you to change habits that have been rooted in you since forever, and the frequency with which you will be reminded of your new restrictions depend on the extent to which you used to consume the now "forbidden" products, as well as the degree to which your surroundings facilitate and support your new lifestyle.

The problem, in my opinion, is the angle we choose to see things from. Truth to be told, I never thought I could live a vegan lifestyle. I used to think of all the things and give the same reasons that people these days tell me is what prevents them from giving it a go, and for me, there was never a breaking point. I didn't set out to gather information in an attempt to tip the scales in favor of making the switch; I resisted, because it seemed to be a lifestyle that would deprive more than it would enrich. And, issues related to global warming and animal well-being didn't confront me in my everyday life anyway. Ignorance was bliss.

Ultimately, when I was at a point where I'd made all the exclusions and substitutions I felt I could comfortably live with, without being deprived (of cheese), I realized that I was making things really

serious in my head, and that those thoughts in themselves were more bothersome than the actual changes that I'd introduced. It led me to welcome the idea of going on a plant-based trial, because who was I to make such a fuss of something that I never even tried?

Well, that trial morphed into something permanent, and all it took was for me to stop resisting so much. I've since learned that this way of thinking is a key that opens many locks. Just as stress is only bad for you if you believe it to be so, living vegan is only like biking with the wind in your face if that's how you picture it to be. A shift in perspective turns work into play.

Once you take that first leap of faith and stop clinging to the familiar, you'll start experimenting and find new things you may not have discovered, had you lingered on your old track. Pretty soon after that, as your overall health improves, you become further inspired and you realize that what you're doing is bigger than you, yourself, and your health. You've extended your circle of care to include the bigger picture. You're not resisting anymore, you're embracing.

I think that it is often the case when we're resisting one thing or another, that we're doing so because of how our minds work; the mind is afraid of the unknown, and by resisting one thing or the other we create a temporary zone of security. But alas, what you resist will usually persist. In the end, if you have to resist something, then may it be unnecessary violence. Better yet; see it as embracing nonviolence.

RECIPE! *mmmm*

Here's something else for you to embrace; pumpkin season! Step out of the soup-zone with this mind blowing pumpkin bread.

Ingredients

1.75 cups whole wheat flour
1 cup brown sugar
1 tsp baking soda (can be found at Etos and BioMarkt)
½ tsp baking powder
½ tsp salt

½ tsp nutmeg, or (preferably) just a pinch of freshly grated
½ tsp cinnamon
½ tsp allspice
1 cup pumpkin puree
½ cup oil
3 tbsp maple or agave syrup (or even pancake syrup)
~3 tbsp water
½ cup pumpkin seeds

Instructions

Preheat your oven to 180C, and grease and flour a loaf pan.

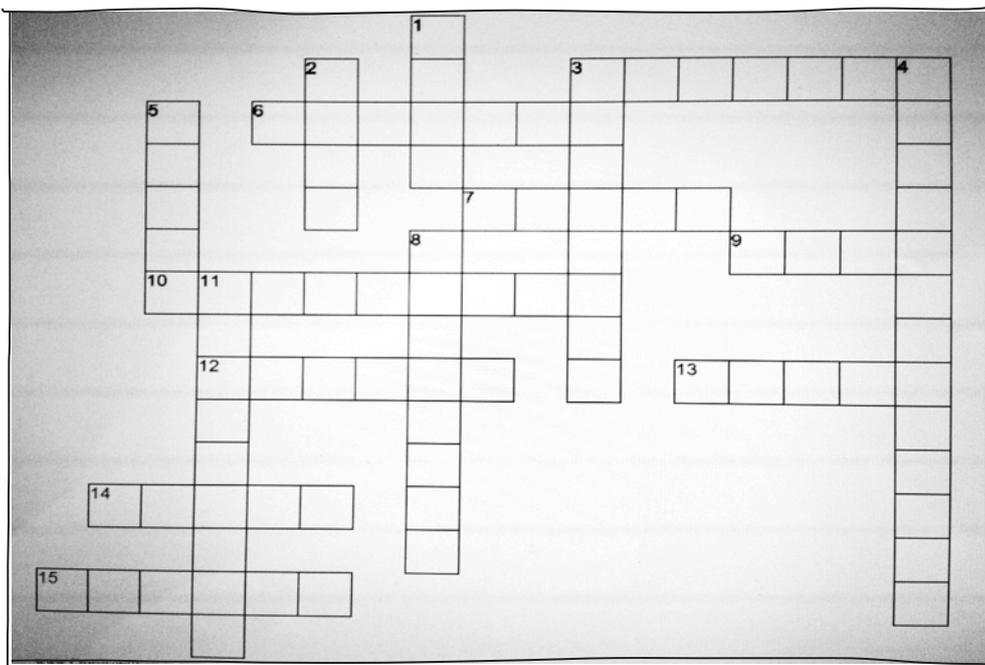
Mix dry and wet ingredients separately, and then combine. Lastly, add the pumpkin seeds. The batter will be very thick.

Pour into prepared pan, sprinkle with some more brown sugar and some extra pumpkin seeds, and bake for 45-55 minutes, until a toothpick comes out clean.

Let cool for about 15 minutes before loosening the bread from the pan and inverting onto a cooling rack. Enjoy!

THE CROSSWORD RETURNS!

and its AUC related too!

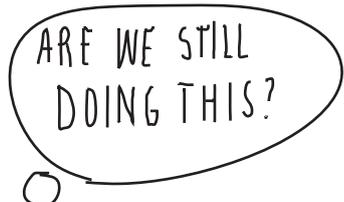


ACROSS

- 3) Facial adornment that takes you from drab to fab (7)
- 6) The counterpart of "excellent" (7)
- 7) Website visited for amusing definitions, usually of names. ".....dictionary" (5)
- 9) Common saying of hipsters and/or delirious students; excuse for engaging in irresponsible and possibly stupid activities (4)
- 10) Totally unreliable website that students are consistently warned against, but use anyway (9)
- 12) Beaches, festivals, sunshine, happiness, holidays: the ingredients of.....(6)
- 13) To help find Nemo, one mustdive (5)
- 14) If a student takes this subject, then (s)he will go crazy (5)
- 15) The make-or-breaks of every semester (6)

DOWN

- 1) Grand Master of the dorms, cups of coffee at the ready (4)
- 2) Lovely liquid consumed either in celebration, or to drown sorrows (4)
- 3) Popular clubbing square in Amsterdam; Dutch artist (8)
- 4) Dutch delicacies that fell from Heaven in all their syrupy goodness (13)
- 5) Popular night club near the dorms; occasionally converts to a vintage market (5)
- 8) "it means, like, kind of cosy, in a way" - Dutch Person (8)
- 11) Popular phone app; frequently used by hipsters to document their various meals and Starbucks frappaccinos (9)



CHANGES

> To make more space for articles, we have taken away the *Foreword* page. Instead we now put credits 'n stuff on this page (p.19)

> Paragraphs are now separated by a space, not indented. Wowzas

> Due to overuse and cringe, the phrase 'exc + div' will never be printed in Scriptus again

MISTAKES

The article "Who decides what we eat?" accredited to Eva Elvelin in *Panopticon By Choice* was in fact written by Fernanda Uriegas.

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QUESTION

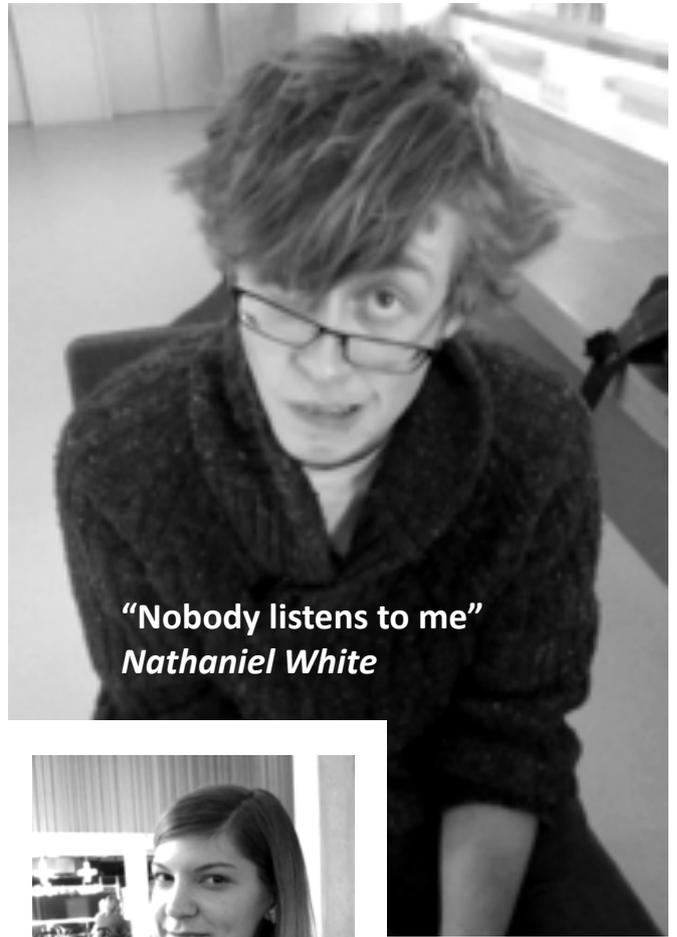
"IF THE WHOLE WORLD WAS LISTENING,
WHAT WOULD YOU SAY?"



"About Fucking Time!"
Coen-Reinier Lap



"Don't do drugs kids!"
Dead Johnny



"Nobody listens to me"
Nathaniel White



"Hail Apple!"
Aram Zegerius



"Bad bitch...HELLO!"
Thembi Molefi



"I make great cakes!"
*Poppy Theocharidou
Koutsoudi*



"Have Discipline"
Paul Verhagen



"Don't worry about it"
Dora Rumjenjak



"Listen, look & read"
Martin J. Hoffmann



"We're all that matters"
Peyombili Walili Brock