

# PUBLISHED

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*All the latest sporting news  
over on page 4*



## *Articles*

*Written by our very own  
students*

## *Awesome Content*

*From students at every campus*

## *And plenty more!*

*on the way so stay tuned and up to date*

# EDITOR'S NOTE



*Welcome to our first  
bi-annual edition of  
2018!*

Our little team was first established at Nathan Campus by Jaqueline Lawrie in late 2016. Now I've taken the reigns to include all campuses and give students the opportunity to share their stories.

Who am I? My name is Isabella D Cheng, 2018 Editor-In-Chief and third year studying a BA in Journalism and Creative Writing; environmental advocate and super Marvel Fan. Shout out to my leading ladies: Managing editor, Demi Lynch and Assistant Editor, Ellysha Beard.

So, what you will find in Published? Feature articles (reporting on social, environmental and political issues); lifestyle pieces (addressing awkward life lessons and travelling the globe); sports, health columns; and a whole lot of creative work.

Published is here to create a positive change, entertain you and inform you.

## Barney & Casanova: Dire Liars Alexander Kerr

Here I am, lying in bed watching How I Met Your Mother (yet again), and I begin to realise something interesting; Barney gets away with almost every situation he finds himself in! Much like the Casanova of old times, Barney is the expert impersonator, comedically constructing elaborate lies to his benefit.

How did these men keep up their odd facades and poker-faces? Are theselegen... (wait for it) ...dary, men? Or just your average pathological liars? Being synonymous with "womaniser", these men excelled at seduction. Casanova, like his modern counterpart, Barney have achieved this status through the means of convoluted, ingenious and opportunistic lies. Their stories, like perhaps many other "players", shows the power of persuasion and impersonation. They seem to apply one straightforward rule to everything they do- they are confident in their lies. The likes of Barney and Casanova would routinely enter into phoney favourable roles in order to score with the ladies. They would continuously succeed; not because they understood them or even knew what the characters being played were, but because they could enter any random situation and convince anyone, even themselves that was who they were.

Psychologists often believe the more often you tell a lie and surround yourself with that lie, the more you are likely to believe the lie yourself inadvertently. In Casanova's case, he did this intentionally. For him, it meant convincing himself he was a lawyer. By assuming the role with diligence, it became him. In time he was a natural at pretending. However, that's where the relation with Barney ends. While Casanova would learn the ways of the trade in his role to develop his skills (and the rewarding company it brought); Barney would merely learn how to lie in better and more complex ways. He wrote The Playbook, a book of straight, white lies for goodness sake! Barney's way resulted in him being overconfident, self-deluding; it let him slip nicely into the "evil liar" crowd. With all that being said, could we apply Casanova's more nuanced approach to lying for social problems such as anxiety and low self-esteem? Consider:

1. Convincing yourself, you're confident.
2. Assuming the role by forcing yourself into the settings where a social skill may thrive until it becomes a part of you and something you could learn to do better.
3. Perhaps with the assistance of some medication or self-help books, to help condition yourself to be self-assured with others.

Many shy away from the distasteful topic of lying- as it makes us uncomfortable knowingly accepting the lies we tell, or the lies others may say to us, thus we tend to label or generalise the topic. For instance, the common thread among us, is that having confidence in- and repeating a lie labels you a pathological liar, but as we can see with Casanova, it is not always with bad intentions. Casanova makes us consider the good intent of lying outside the usual "good" lies, like lying to protect another's feelings or lying for the greater good. Is it possible to be a liar with only good intentions? Alternatively, is it just an excuse to lie for no great end? Maybe it all depends on who you are. So, the next time you see some guy or gal busting out the moves on everybody from bartender to bartender, he could just be another Casanova looking to learn, grow and discover... and maybe some love. Either way, Netflix has just gone and started the next episode without me, guess I'll HAVE to watch another one, I think I'm more of a Marshall or a Ted anyway.

## The not so art of making friends Jade Cherie Sbresni

So, I have a confession to make. My name is Jade and I find it difficult making friends. Since I can remember, I have always found it difficult to make friends. It's not that I don't like people. It's just I seem to never be able to take the conversations past the usual pleasantries. In school, my report cards were forever reading "Jade is shy, quiet and reserved".

In primary and high school, it's easy to make friends because your forced to spend six hours a day locked in a classroom surrounded by people of the same age and with similar interests. But, your first year of university, is like your first day of primary school repeating itself each trimester. You must start all over again.

Going to university is painted as this idealistic picture of meeting people who you will become friends with for life and will find that one person who loves blasting Nickelback music as much as you do at 3am in the morning (yes, I am talking about you who lives in the apartment above me). Please stop!

For me there is nothing worse than being an introvert in a crowded lecture theatre. Its quarter to nine on a Monday morning, you walk in to the lecture and all you see is a sea of over caffeinated first year students anxious to scribble down every minor detail. The worst part is everyone is spaced out. Personally, I prefer to be early to lectures, so I can therefore, choose a vacant seat surrounded by other vacant seats. Arriving late to crowded lecture theatres make me anxious. I mean what happens if I sit next to someone who is saving the seat for a friend? Or how do I make conversation with the person I am sitting next to?

If you're like me and find it difficult to make friends, the only piece of advice I can offer is put yourself out there or blast some Nickelback that will surely start a conversation with someone.

P.S. I am currently in my third year and crowded lectures still cause me anxiety.

## Che Bella Italia Rhoslyn Carney

Eat, eat!

“Cos'è?” I inquired curiously, breathing in the homely tones of cinnamon, orange zest, and vanilla wafting from the warm little pastry cupped in my hand. “È una sfogliatella” announced my companion proudly, taking a hearty bite of his own and sighing in pleasure, “ma che bella”.

I was still marveling at the delicate layers of leafy pastry from which the Neapolitan delicacy earned its name, when my friend popped the last morsel in his mouth and urged me to taste my own; “mangia, mangia!”

A thick chocolatey cream filled my mouth on the first flaky crunch and I too made a contented sigh, relaxing into my surroundings. A hatted gentleman played traditional folk songs on the ageing station piano as a circle of singing Nonna's and Nonno's accompanied him, oblivious to the bustle and shouts around them. Strings of a dialogue I could barely understand floated past as the perpetually tardy Neapolitans rushed to and fro amongst the platforms. Smiling up at my friend I repeated the phrase he wore as a badge of honor-filled with pride of his homeland and in particular, its cuisine; “che bella Italia”.

When travelling around the globe, food acts as a bridge connecting us to a culture or place. Whether familiar or foreign, a divine delicacy or a strange speciality, the ritual of sharing and tasting food creates unity in a world brimming with diversity. Considering myself a fairly apt traveller, I've eaten my way across Europe in the typical tourist fashion: finishing an entire baguette whilst strolling along the Seine, enjoying sangría andpatatas bravasin Madrid, or forcing down a forkful of Haggis in the Scottish Highlands. Yet it wasn't until I moved to Italy that I began to understand that each local and regional dish tells a story about its place of origin, a puzzle piece providing a window of insight into the bigger picture of a culture. Did I know, my friend asked, that Tuscans were known as “mangiafagioli” or “bean-eaters” due to the starring role legumes play in many Tuscan dishes?

With so much to learn, experience, and more importantly taste, there's only one thing we must do wherever we go: mangia, mangia!

## My Writer's Block Jasleen Kaur

It was one of those mornings when the sun shied away and hid behind the curtain of dark clouds. The wind talked loud and wild. A perfect morning for a freshly brewed, double shot long black with a hint of vanilla.

I sat in my favourite spot in my favourite local café, with my notebook and ink pen. It was rather ordinary to see me sitting on the same bar stool, the same café, with the same lost look, and the same order. It was easy to do that; to be in a routine of doing and not doing anything at the same time. The small room and its silence made my usual morning. There was always me and the owner who had acquainted herself with my silence and understood that I talked so much more in my thoughts. There was also an old couple with their English Breakfast teas, and two girls, with their skinny caramel macchiato. I always sat there with my writer's block accompanying me. A lonely mind on a lonely bar stool in a lonely café. Perfect.

Until this day.

It had started to rain. My chain of thoughts was broken by a man who was running across the street towards the café and inside. His medium length, dark hair, flowing like waves, contrasted his amber eyes. He had my undivided attention. He briefly looked towards me. He was talking on the phone in Turkish in a deep voice. I understood parts of it from the vocabulary I had managed to learn by watching Turkish shows with subtitles. He was easily 6ft 3inches tall, certainly went to the gym, and his long eyelashes curled almost up to his eyebrows. Attention to detail. After placing his order, the man turned towards me. Our eyes met. He had caught me staring at him. He smirked.

Shit.

I quickly turned back to my own business. Any hope of reclaiming my thoughts was diminished the instant I'd seen him. I went back to writing my usual chain of random words and cancelling them repeatedly.

“I think you should keep that. Those are some nice words”

He dropped on the bar stool next to me as I looked at him. A contagious smile. I smiled back. I guess it was time to escape writer's block.

## Comfort Kills Benjamin Whiddup

‘Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.’ – Hellen Keller  
Nothing great is achieved when we are totally consumed by comfort, potential is muted, and results are diluted. Too much comfort is a silent addictive disease that makes the body lazy and weak, it creeps up on us without our knowing like a simmering crab before you know it you are comfortised! Yes, that's a word I just made up! We need to add the concept to our conscious people!

It has such a hold on us, we get totally consumed by comfort we invent exercise machines we can use while watching TV, remote controls so we don't have the inconvenience of leaving the couch, push bikes with motors (why not just get a scooter??), push scooters with motors (why not just get a bike??), anything that relieves the slightest discomfort and makes life a little easier we invent. Don't get me wrong there's nothing wrong with enjoying life's little comforts, it's the abuse of comfort that makes our bodies weak, lazy and unable to unlock potential energy.

When we are exposed to small stressors (exercise) our body literally adapts and improves on itself and prepares the body just in case there's another attack (exercise). When this happens our body is not happy with the old version of you, it changes and makes improvements creating a stronger version of you. Slightly increasing the difficulty or varying the workout exposes the body to new stressors, which creates further adaptations. Adaptations equal results! Adaptations can only happen when we try something new, either increase the weight, increase the volume, or vary the workout and try some new exercises. We cannot adapt and create a better, stronger version of you if you always bathe in comfort, if you always walk where the roads are paved. If you are having trouble shedding some kilos or your current workout isn't delivering the results it once was, maybe its time to walk where the road is rough.

The moral of the story “Get comfortable being uncomfortable.”

## Gang of Youths – Go Farther In Lightness Aidan Johnston

Gang of Youths, one of the years most talked about Australian band, return with their second album 'Go Farther In Lightness'. Reaching new heights, the Sydney band have managed to create one of the best Australian albums of 2017, and it shows! Being nominated for a J award, winning 4 ARIA Awards (being nominated for 8), scoring a spot on the American talk show 'Late Night with Seth Meyers', and scoring four songs on Triple J's Hottest 100.

The 16 track LP was released to critical acclaim with The Music's (AU) Jessica Dale calling Gang of Youth's front man Dave Le'aupepe "one of Australia's foremost songwriters." Rolling Stone Australia giving 'Go Father In Lightness' a whopping 5 stars, and Jaymz Clements calling the album "jaw-dropping, amazing, life-affirming, and heartbreaking." Tracks like What Can I Do If The Fire Goes Out, Let Me Down Easy, and The Deepest Of Sighs And The Frankest Of Shadows, are instant crowd pleasers and create memorable singalongs.

Say Yes To Life, The Heart Is A Muscle, and Achilles Come Down, show Le'aupepe continuing to delve into his struggles of the past and create raw emotion. The tracks L'imaginaire, Le Symbolique, and Le Réel, show how much the Sydney band have transformed since their debut album 'The Positions' (released in 2014). Atlas Drowned, Keep Me In The Open, and Do Not Let Your Spirit Wane, show these songs being different but still containing the classic sound the band has learnt to create.

'Go Farther In Lightness' is one of 2017's best albums released to universal praise, in which Gang of Youths soar to new heights. I have chosen to give 'Go Farther In Lightness' 9/10 stars.



## The Dash Kurt Prosper

After several postponements due to ominous weather forecasts and inopportune downpours the annual running of the Nathan Dash was held on Thursday 19th April 2018. The yearly exhibition of Griffiths sprinting prowess did not disappoint in 2018 with two course records being set in the Open Men and Mixed Staff Relay categories.

The 660-metre course, which weaves its way from Campus Heart all the way along Johnson path circling the Hub and back was concurred in record speed this year. Patrick Hagan and the Nathan Fitness Centre dashed around the course, clocking times of 1:40:04 and 1:39:31 respectively etching their names into the Griffith Sport record books.

Congratulations to the other winners on the day: Hannah Joyce (Open Women), GU Touch Club (Mixed Student Relay) and Bellenden Ker College (Colleges Men's Relay and Colleges Women's Relay).

Despite the rescheduling's a huge number of volunteers turned out on the day to help coordinate and run the event. Thank you, Griffith Sport and all the volunteers for making the day such a successful one.

For those that weren't involved this year make sure to stay tuned for the next instalment of The Nathan Dash and the upcoming Logan Fun Run scheduled on the 17th June 2018.

For more information check out their Facebook page @griffithsport

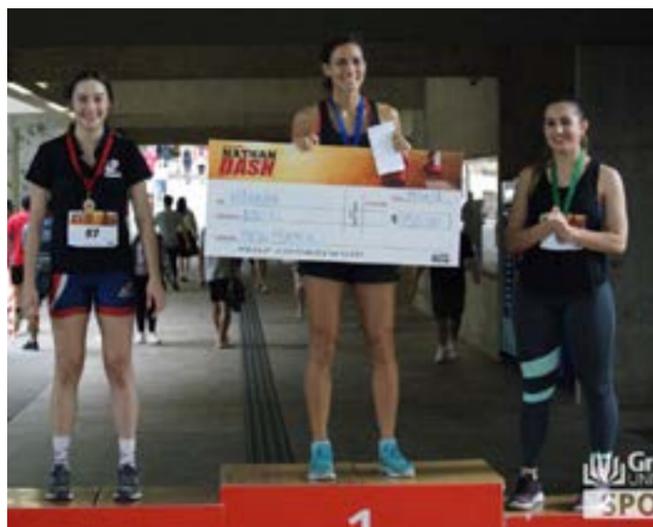
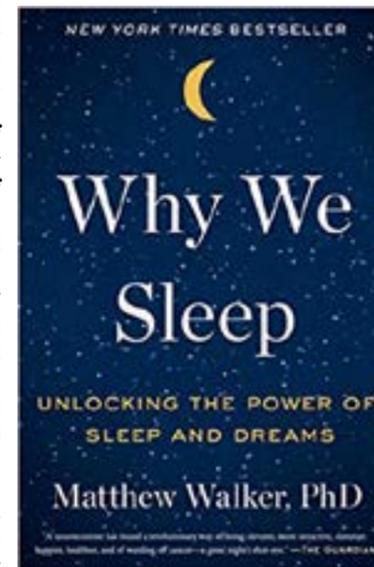


Photo from GU sport

## Don't read this after 5:45pm Brady Watt

On top of my adherence to a Facebook free year, the crack-down on screen time has gone further – for the sake of sleep. Exposure to strong incandescent light before bed will prolong that road to the land of nod, but how and why does it even matter?

It's another example of the 21st century lifestyle coming in conflict with how our bodies have come to operate through millions of years of evolution. As the sun goes down, the pineal gland in the brain releases sleep-promoting hormone, melatonin. After sunset, 1-hour of screen usage can not only suppress the release of melatonin by 3 hours, but the amount released can be reduced by 50%. Messing with your body's way of entering sleep isn't something to be overlooked. You aren't just sleeping to feel refreshed and rejuvenated.



Your body is carrying out essential tasks such as producing anti-cancer immune cells that target potentially malignant cells. In an enlightening 2-hours podcast, host Joe Rogan had a fascinating conversation with Neuroscientist Professor Matthew Walker [1]. My jaw dropped on more than a few occasions as Walker, author of 'Why We Sleep' and contributor to more than 100 papers on the topic, rattled off the findings of numerous studies that highlight the consequences of a disturbed sleep cycle.

The body is poorly equipped to deal with a lack of sleep. The distortion of DNA itself from sleeping less than 7 hours confirms this. Over-expression of genes related to tumour-growth, chronic inflammation and stress occurs. During deep sleep, your body can rid itself of damaging amyloid-beta protein. The continual build-up of this amyloid plaque is strongly linked with the development of Alzheimer's Disease, which many now refer to as Type 3 Diabetes.

Walker also pointed out studies showing how the cardiovascular system is affected by a simple one hour turn around in sleep. "There's a global experiment that's performed on 1.6 billion people across 70 countries twice a year and it's called daylight savings time".

He was referring to statistics that show how one hour's difference in sleep-timing may contribute to the apparent 24% increase of heart attacks in Spring. This was followed by a subsequent decrease of 21% in the Autumn transition when surveyed countries gain that single hour back.

To avoid the ill-fate of those who choose to burn the midnight oil, I implore you to turn off electronics earlier in the night, hit the lights and fire up a few candles.

[1] PowerfulJRE, 2018, 'Joe Rogan Experience #1109 - Matthew Walker', Youtube, URL: [https://www.youtube.com/watch?v=pwaWilO\\_Pig](https://www.youtube.com/watch?v=pwaWilO_Pig)

## Back to Broadway Ami Goeree

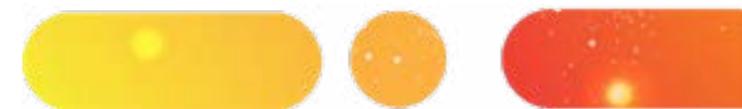
In today's society, with war, famine and political corruption rampant, we turn to those who reassure us, who fight for us when we are never given a voice, who stand up and say 'no'. Who knew Broadway could get so political, right? We fight for the arts to be embraced early on in high school, but then severely under-appreciate musicals. When you mention that you're a fan of Broadway, the instinct reaction is to sneer and scoff. "Oh, you're one of those people," I hear constantly. But why? What is so taboo about listening to actors dedicating themselves to giving you the best performance they can possibly muster? When I see Panic! At The Disco, I actually get congratulated. When I see Kinky Boots, I get reprimanded.

There is no difference between those two examples, and yet society says there is. We need musicals in our lives. It's the 21st century; our platforms are used all the time to tell our stories, sometimes without us even knowing. Just look at Hamilton, which incorporates hip-hop to tell the story of how Alexander Hamilton, a POC immigrant, impacted American history. Or Anastasia – the story that plays on the Russian Revolution, and the real life legend of the lost Grand Duchess. Waitress looks at abusive relationships and domestic violence; Rent outlines the struggle of living poorly in the East Village under the shadows of HIV/AIDS; and Dear Evan Hansen shines a light on grief and suicidal tendencies in high school students.

If you have the time, do some research. Embrace the theatre, if not for the skilful choreography, the unwavering voices, or even the heart-gripping stories, then for the culture and political representation. See yourself on that stage. And enjoy it.

P.S, here's a good place to start: Tony-award winners Ben Platt and Lin-Manuel Miranda participated in 'March For Our Lives' this year by releasing a song that mashed up their two musicals (called 'Found/Tonight') and donating their proceeds to organisations that fight for stricter gun control in America.

Yeah, they did that.



## Egyptian Mummies: Exploring Ancient Lives Exhibit Review

Sarah Connell

Lets go see the mummy exhibit, I tell my mother. However, after visiting Egypt just last year and seeing tombs and famous mummies in person, it's not quite the same. So, I went by myself. Me, my sketchbook and I.

If you spend any time at South Bank or catch a bus, you've more than likely seen the adverts for the exhibit. Just another mummy, right? I spent over two hours in that exhibit.

There are four mummies which are the basis of the exhibit but from four different periods and lifestyles of Ancient Egypt, complete with CTV scans to show everything below wrappings and mummified skin. As you progress through the exhibit just looking at how they improved the mummification and carving of the sarcophagi is just intriguing, especially in the last two where you can see the influences from the Roman invaders.

Its not just stand and stare, there boxes with holes where you can smell samples of different things and even touch a sample of linen wrapping - not actually from one of the mummies mind you and its quite soft actually. I found the experience immersive, interesting and wondrous.

One conversation I had while I was drawing, balancing my sketchbook between my body and hand as I sketched, was with one of the volunteers. I was used to people talking to me about my drawings and complimenting me, but this man thanked me. He thanked me for taking the time to go at my own pace through the exhibit and for looking carefully at each piece, not that he expected everyone to come in with a book and draw, but the fact I was taking in everything not through a camera was refreshing.

I recommend this exhibit to everyone and anyone, if you want to learn about Egypt, looking for something to do on the weekend - but don't go on a weekend, go during the week when there are less kids - or just because.

## The Broken Carriage

An ancient siding, long forgotten,  
An ancient carriage, timbers rotten.  
For years a home to hikers, tramps,  
A shelter from the boggy damp  
That often wrapped the hills of grey,  
Whilst vagrants on the bare boards lay.  
I wonder though, did she ever dream  
Of those glorious days in blue and cream  
Standing in stations, shine and gleam.  
Then, thundering through the starry night

On wheel polished tracks, catching light  
Cast by the moon in a velvet sky,  
A mother tends her baby's cry.  
Most sleep, but there are always those  
Who stared at the night with flattened nose  
A beauteous thing, so loved, admired,  
Too soon came the day she was retired.  
Shunted, stripped and left to die.  
Just rustling winds and an eagle's cry.  
Yet then she stood, a funeral pyre  
As vandals danced around the fire.  
Flames leapt and crackled in the sun  
As they rejoiced at what they'd done.  
Now blackened ashes, rusted frame,  
Stand on the tracks. Oh who's to blame?  
Who really cares, who wants to know,  
It's only a skeleton, deep in snow.

– Arlo

## Cut the Tag

Isaac Gregor

Of all the things that could have woken me up this morning – the eclectic array of vinyls played at all hours and all volumes of the day and night by the musicians I share my dwellings with; the 12 tonners hammering down the suburban highway metres from my bedroom window, 100 house tremoring kilometres an hour, biting chunks in to the inconveniently located potholes at all hours and all volumes of the day and night – it was Paul Keating. Albeit a cardboard mask purchased online for \$4.95 – an almighty steal if you ask me – in a desperate stretch of the procrastinating imagination, it was his thin face I first saw as I awoke, “Cut the tag” I hear, “Cut the taaggggg”. How I should have ignored the insane murmurs and gone back to sleep until the meditational sounds of the Daintree forest were to emit from my phone only half an hour later – or ‘Whiskey in the Jar’ came bombarding in from the lounge room. Set out in blu-tacked totemic fashion, below Keating sit Katter and Joh, and let it be known I've never had to re-tack Paul, but those other two keep landing face down on the floor.

Turning on the morning news, the profundity of those prophetic words become unsurprisingly clear, “President Trump exploring re-joining the Trans-Pacific Partnership”, or as it's been somewhat confidently renamed, the Comprehensive and Progressive Agreement for Trans-Pacific Partnership. The typical montage comes rolling across the screen, the President looking more and more like an escaped silicone, fibreglass figure of Patricia Piccinini's current GOMA exhibition. In true damning form, footage of Trump's initial claims regarding the TPP are dragged back in to that purifying spotlight, admitting to the use of “a harsh word”, he announces the partnership as a “continuing rape of our country”. Now, less than two years later, Trump's got to reconsider just how detrimental an industry worth over \$12 trillion really is to the country he demands to make Great Again. All the while, the other 11 countries involved – Australia, Brunei, Canada, Chile, Japan, Malaysia, Mexico, New Zealand, Peru, Singapore and Vietnam – are scratching their heads collectively as to whether or not they want Trump at the party. Sure, you can count on him bringing good presents – provided by his predecessors – but he only ever seems to kick sand in everyone's eyes while the castle is being built, condemning it for being too weak. I can still hear Paul's echoes from the wall of my bedroom, “Cut the tag! Cut the tag!”, but Phil Lynott's chiming in louder and louder, something about the whiskey.

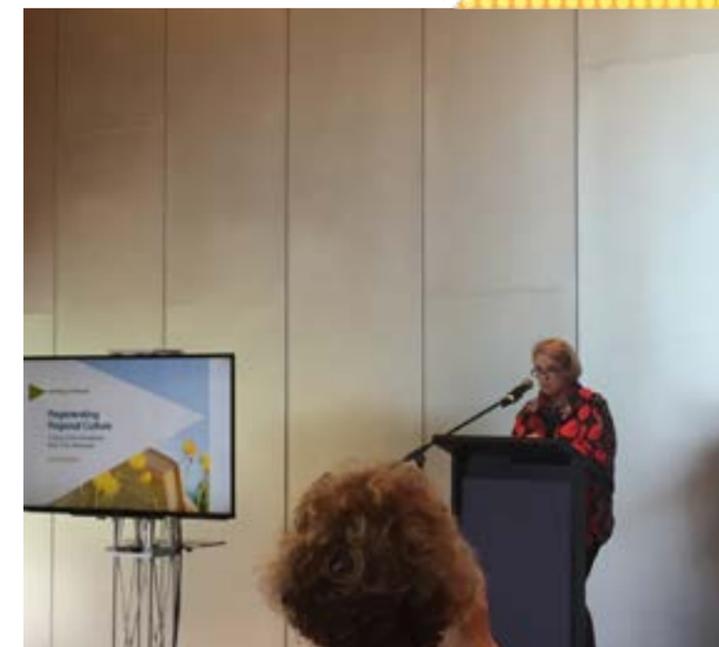
## Book Towns: Breathing New Life into Rural Towns

Isabella Cheng

In the digital age where our beloved paperbacks are turning into eBooks Jane Frank explores the importance of book towns as they breathe new life back into small towns. On Saturday, 21 st April, I had the opportunity to attend Dr. Jane Frank's book launch for 'Regenerating Regional Culture – a study of the International Book Town Movement' at the State Library Queensland. Griffith University's Dr. Jane Frank is a lecturer, researcher, writer and mother of two. Now we're celebrating Jane's thesis – she really does it all.

I stood in a crowd amongst established writers, publishers, editors, academics, colleagues, family and friends. Greeted by Jane Frank herself and standing beside her was Laurie Muller, publisher with University of Queensland Press and Jane's long-time friend. When introducing Jane, Mr. Muller told us a story how a young woman travelled many miles, standing in the rain with tears of joy running down her face, “what books mean to people is not defined by distance but the meaning.”

Looking at the room full of respected writers and academics, I noticed one crying. Jane's work touches the hearts of many, it challenges the views of people who believe hardcopy, paperbacks are dead. Jane has travelled across the globe to book towns to affirm that paperbacks connect outsiders to towns of historic treasures and preservation. Looking out at the Queensland Terrace Jane eloquently concluded, “Growth of the book town is an affirmation of the importance in people's lives. The way they're containers of our memories. Book towns are about the future... They deliver new lives, diversity and sense of community in the globalised fast paced world.”



## Mental Health Sharni Sykes

The Australian Bureau of Statistics (2015) conducted a survey released in 2007; the National Survey of Mental Health and Wellbeing. The survey reported (Australian Bureau of Statistics 2015), one in five Australians between the ages of 16-85 years have experienced a mental disorder at some point in their life, in any one year. If this is the case, why is it something that is still so stigmatised, frowned upon or an illness that brings shame and embarrassment to an individual?

So, what exactly is mental illness? We hear terms such as 'crazy', 'psycho' and 'emo' used to label those around us who might be expressing feelings that are different from our own. The Australian Department of Health (2007) defines mental illness as "a health problem that significantly affects how a person feels, thinks, behaves, and interacts with other people, it is diagnosed according to standardised criteria". The Australian Bureau of Statistics (2015) outlines that the main types of mental illness in Australia are; anxiety, affective or mood disorders, and substance use disorders. According to Department of Health (2007), mental illness can have a long-term life effect and that mental illness is "the largest single cause of disability in Australia, accounting for 24% of the burden of non-fatal disease". This is scary considering one in five Australians have or will experience mental illness. Through media platforms, we see so many stories about suicide and hardships that people have faced with mental illness. We console or show sympathy to those people, not being aware that more could have been done for them. Society has created one day a year to mental health awareness, 'R U Ok Day', then nothing for the other 364 days of the year. It is every person's responsibility to show care to their fellow man. Sometimes, speaking up can be so hard in fear of repercussions. We do not know what someone else is going through and sometimes seeing if they are okay, or giving them a smile can help.

No one wants to be alone.

If you are going through a hard time, or know anyone who may be, please call Lifeline on 13 11 14 or go online for their crisis chat function

<https://www.lifeline.org.au/get-help/online-services/crisis-chat>

Or if you are 25 years old or under, Kids Helpline have a great chat function as well:  
<https://kidshelpline.com.au/get-help/webchat-counselling>.

## You Don't Know Me Bruce Docker

You think you do

but you don't

you spend all your time watching me

you note my age

my gender

the cut of the cloth

my job

the position I hold within society

you observe my friends

their interests

and life styles

and think you have me summed up

hear this

you don't know me

you think you do

but you don't

not at all

not even the slightest

label me, you may try

cage me you will not.

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DESIGN AND LAYOUT BY:  
RAMIRO LAPICO

EDITOR-IN-CHIEF: ISABELLA D CHENG

MANAGING EDITOR: DEMI LYNCH

ASSISTANT EDITOR: ELLYSHA BEARD

**Barney & Casanova: Dire Liars ALEXANDER KERR:**

Bolitho, W. (1957). Twelve Against the Gods. New York: Viking Press.

Summers, J. (2006). Casanova's Women: The Great Seducer and the Women He Loved. New York: Bloomsbury.

**Dont read this after 5:45pm BRADY WATT:**

PowerfulJRE, 2018, 'Joe Rogan Experience #1109 - Matthew Walker', Youtube, URL:  
[https://www.youtube.com/watch?v=pwaWilO\\_Pig](https://www.youtube.com/watch?v=pwaWilO_Pig)

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