

THE PRINT

THEPRINTNEWS.CO.UK

WEDNESDAY 13TH FEBRUARY 2019 - ISSUE 27 - FREE



Right time to apply for an Internship

Saywah Mahmood

If you want to enhance your CV alongside succeeding in your studies, all before leaving university, then undertaking an internship could be invaluable. They're also great for building contacts and could potentially lead to you landing a job before you graduate. With many internship and work experience applications opening at the beginning of the year, here are some top tips of where to look for opportunities.

[It is important to remember that many internships at larger companies require you to be a penultimate year student.]

The QMUL careers service is an invaluable tool and great place to start: to apply for and find experiences. Results from surveys taken from students after meeting with an advisor have shown a high level of satisfaction with the advice they were given. In countless careers events, QMUL careers staff have often mentioned that many students regret not using the service earlier.

A simple browse of the QMUL Careers website displays a plethora of opportunities available to students of all years, including links to insight experiences for first years - ranging from finance to tech. These can be great if you're looking to intern at the same place in the following years.

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Stabbings in the Capital up 16%

Shaun Fishenden

Stabbings in London have reached all-time highs, with 57% being fatal according to BBC News.

Kwabena Nelson, Sabri Chibani and Malachi Brooks are just three people who died in 2018 as a result of knife crime in the capital. Their names might not have made the news or mean anything to you, but their deaths will have had a crushing impact on their families, friends and local community.

These numbers continue to rise. Knife-crime is now something of a household phenomenon. Some names of victims, such as Stephen Lawrence, are commonplace. They are known for

their legacy of awareness.

Explanations for the increase in knife attacks can be linked to the beginning of austerity in 2010, when the coalition government imposed cuts to public services and local government. These saw the likes of the Police force and Youth Services have to reduce operating costs. The way they achieved that was by cutting staff levels and locations they operate in. Regarding knife-crime, both of these services can be considered integral to being part of a solution. Adequate funding and resources could act as a deterrent to anyone thinking of carrying a knife.

Questions of how to deal with such knife-crime also remain problematic. Do we stick to traditional 'law and

order' or do we use a public health approach to solve the problem? Figures suggest the latter may pose a better option. In Glasgow, the work of Police Scotland's dedicated Violence Reduction Unit (VRU) has helped to see a 67% decline in stab wounds between 2003-4 and 2016-17. Perhaps this approach means we can mitigate the need for draconian powers like an expanded Stop & Search or to accept proposals such as those to install knife detectors in schools.

Following such success in Glasgow, on 20 Sept last year, Mayor Sadiq Khan, announced that City Hall was setting up its very own Violence Reduction Unit with a budget of £500,000 to carry out its work.

Bill Gates at Queen Mary



An account of the Bill Gates Q&A hosted by Queen Mary university of London

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microphone
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#Oscars-
SoWhite

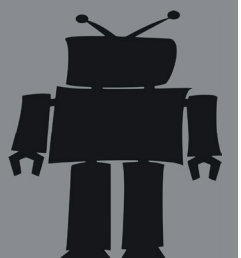
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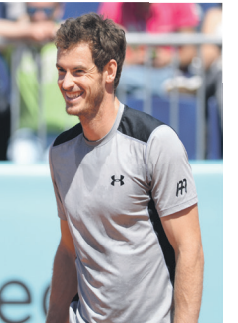
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**“The brave
man is not he
who does not
feel afraid,
but he who
conquers that
fear.”**
*~ Nelson
Mandela*

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The Print is printed at Mortons of
Horncastle Ltd, Media Centre, Morton
Way, Horncastle, Lincolnshire, LN9
6JR. Tel 01507 523 456.

Established in 2014, The Print is the
free official student newspaper of
Queen Mary Students' Union. The
Print is created by students and
the publication retains all copyright
of design, text, photographs and
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contributor. The Print's layout was
designed by Molly Lattin.

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NOTE FROM THE EDITORS

So... 2019 is well underway.
We cannot believe we are bringing out our
third issue of the year. Time is flying...even if
it felt like January didn't!

But we at The Print are putting those January blues to
bed. In our latest issue, you will find us focusing on the
new and exciting prospects of 2019.

Sam reflects on the ups and downs of 2018 in his review
in our Opinion section, with a push on what we want to
see in 2019. It's a fascinating account of what we saw last
year, and what we hope to see next...will it be a tuition fee
review, as Shaun reports on in our News section? Or will
it be an Academy Awards ceremony that highlights the
talent of ethnic minorities in the film industry, and, in
turn, hands out awards to more diverse individuals ac-
cordingly? We will have to wait and see!

It's not only about what's to come. Alex, our Science and Technology editor, provides us with
an article offering insight into what we have already managed to achieve in 2019 in the realms
of science. From research into Alzheimers all the way to the far side of the moon, these past
few months have been somewhat groundbreaking on a technological level. Alex will tell you
everything you need to know!

But let's forget about outer space for a bit and focus on what we can expect this year a little
bit closer to home. We've got more information regarding the upcoming Queen Mary Students'
Union elections in our News Section, and how you can get involved! If you want your voice
heard, fresh elections for a fresh start seems the perfect way to kick off a new year. And if a
visit from Bill Gates is anything to go by, 2019 is looking extremely promising for QMUL. If you
weren't one of the lucky ones who managed to swipe a ticket, don't fear! Millie updates you on
everything in our News section. Be sure to go and give it a read.

We're feeling pretty excited about what's to come this year, and we hope that you are too! We
aimed to break through those January blues and revision stresses by bringing you an issue filled
with excitement, anticipation, and the promise of a fantastic 2019. We hope you enjoy our third
issue!

P.S. - as always, we would love to hear from you. Drop us a line: editor@theprintnews.co.uk.



ADVERT



CONTINUED FROM PAGE 1

There's also a link to QMUL's 'JobsOnline' website which displays live vacancies including graduate jobs, internships and part time work. The careers service also has its own work experience opportunities, the most popular being 'QInsight' and 'QConsult'. If you want to enhance your CV alongside succeeding in your studies, all before leaving university, then undertaking an internship could be invaluable. They're also great for building contacts and could potentially lead to you landing a job before you graduate.

With many internship and work experience applications opening at the beginning of the year, here are some top tips of where to look for opportunities.

If you have an idea of the place or the type of place you would like to work, then it is worth directly going to their vacancy pages, where they might list some opportunities of interest. Or you could write an email

asking if they offer any work placements.

Most retailers have internship opportunities in their head offices. Some placements with charities and media companies that you apply directly to are open to all and not just penultimate year students

dedicated to interviews that display questions and answers from actual interviews. LinkedIn also displays an immense range of opportunities in its jobs search section which you can filter to see internships in other parts of the UK or perhaps abroad.

but also filter by temporary and fixed term positions, as they can sometimes also be another way to get experience for two to three months over the summer.

If you're interested in the arts sector then 'ArtsJobs' shows not only internships but many different exciting

aider with St John's Ambulance and the British Red Cross, where you would deliver first aid at events.

Remember that it does not matter greatly if the work experience you land isn't related to your future aspirations; when writing about your experiences you can capitalise on transferable skills you have gained.

But, to optimise your chances of landing an interesting and impressive internship, give yourself time to search thoroughly and apply within plenty of time to ensure a greater chance of success.

Applying for an internship place is pretty similar as applying for a job in the sense that you also might have to take certain tests.

Again, the careers center has a wealth of advice and materials to help you write CVs, cover letters, applications and prepare for tests and interviews. You can make as many appointments as you like...

careers.qmul.ac.uk

'...enhance your CV alongside succeeding in your studies...'

– for example, work experience at the BBC or the Wellcome Collection's internship opportunities.

If you're not sure on what you want to do, then there are many websites which list opportunities that you can filter to your interests. Employment-related search engines are useful. A top pick would be Glassdoors because they not only display internships, including ones abroad, but they also have a section

For those interested in working in government related jobs 'w4mp Jobs' is the website to look at; simply search the word 'intern' and you will see the relevant opportunities.

Also the Foreign Office's vacancy website posts internship opportunities from British consulates and embassies around the world, doing so all throughout the year.

A top tip is to not only use the internship search filter

opportunities, including auditions and behind the scenes production opportunities. 'Creative Access' displays opportunities at some of the most well-known companies like The Times and Warner Bros., specifically for Black and Minority Ethnic students.

Another option could be to get involved in volunteering. You could email your local MP to volunteer at their office or you could become a volunteer first

What's happened to the tuition fee review?

News editor, Shaun Fishenden, reports on Philip Augar's tuition fee review, or the lack of it...

Shaun Fishenden

In February 2018, the Prime Minister Theresa May commissioned Philip Augar to carry out a major review of higher education which would focus on four areas; choice, value for money, access, and skills provision.

Augar chairing the review was controversial in itself due to his career as a financial services expert, including spending twenty years as an equity broker. There was argument suggesting it would have been somewhat preferable to have someone with a background in education leading the review.

Augar and his panel have been working on the review over the past year and there have been no updates on its progress or what the review may contain. However, there is speculation regarding the review's suggestions for the future

of tuition fees.

It is believed that the review is in the process of considering the increase in the number of two year 'accelerated degrees'. These fast-track degrees are seen to be beneficial to mature students, young carers and parents. The idea has now been hijacked by many think tanks and politicians as a solution to high tuition fees, the concept simply reliant on the fact that you are paying for two years instead of three.

The second and more headline-grabbing is the proposal to cut tuition fees for certain subjects whilst increasing others, in a move to greatly narrow the gap between the cost of university courses and what students pay for them. As a result of these changes, students studying a humanities degree may only have to pay £6,500 per annum whilst courses in STEM (Science, Technol-

ogy, Engineering and Mathematics) subjects would be £13,500 a year.

This proposal would result in the Treasury still having to provide additional funding to universities to make up shortfalls.

However, students are in ever-increasing amounts of debt, marketisation in higher education, and suffer a disconnect between academia and vocational education; none of these problems are going away until a solution is found.

The Augar Review is expected to report back to the government anytime now. One problem that Augar now faces is the decision by the Office for National Statistics to change how

it records student finance. Previously money lent to students for loans towards tuition fees and living costs did not show up as a negative in the government's finances. However, as of December 2018, this changed and student loans will now be considered part of financial assets in national accounts. Some loans will be

repaid whilst the rest will be classed as government expenditure due to many loans not being repaid fully. This creates a headache for not only the Treasury but also the Augar Review, both of whom we've not heard much from with regards to the subject ever since the ruling by the Office for National Statistics.



The mysterious case of the muffled mic: QMUL professor calls out BBC



Liam Pape

Editor-at-Large, Liam Pape, highlights the recent controversy surrounding BBC hit political show

Martyn Ware, a visiting professor in the School of Electronic Engineering and Computer Science accused the BBC of quieting the microphone of Diane Abbott MP during her Question Time appearance in mid-January.

Ware said on Twitter, 'As a sound expert, I can confirm that Abbott's microphone was deliberately turned down (and the others turned up) to make her sound weaker, and to make it more difficult for her to defend herself.'

He added, 'The most pernicious aspect of Question Time is the right-wing defending the programme's main function as being one of 'shaping the narrative' - oh, you mean lying and manipulation? On "the people's" behalf?'

The BBC denied any wrongdoing and other sound experts who engaged in the debate said they could unequivocally confirm that the volume was not lower on Abbott's microphone.

Ware is openly a Jeremy Corbyn supporter and has since been criticised by many journalists. One BuzzFeed UK reporter accused Ware of spreading conspiracy theories, by saying, 'In the footsteps of

2018's Fake Vicar and Corbyn's Hat, 2019 kicks off the year with the Deliberately Muffled Mic.'

It is unclear how Ware determined intent. Other journalists were quick to point out that any of the sound issues may not have been done "deliberately", but instead may be the result of a simple mistake or possibly an inexperienced sound engineer.

Shadow Home Secretary Diane Abbott appeared on the panel alongside Prisons Minister Rory Stewart, deputy leader of the SNP at Westminster Kirsty Blackman, King's College professor Anand Menon and journalist Isabel Oakeshott. Over the course of the show, issues spanned from Brexit deals, Brexit legislation, a second Brexit vote, and veganism.

After the show aired, Momentum, a grassroots organisation in the Labour party, accused chair Fiona Bruce of lying on her second outing as editor. Bruce confirmed Oakeshott's statement that Labour was at least six points behind in opinion polls.

However, the "poll of polls" on Britain Elects actually shows that Labour is ahead of the Conservatives in three different polls.

ADVERT

ROYA
THE POLITICAL NARRATIVE

QMSU Election Updates: Vote Fest

Editor-at-Large, Liam Pape, informs students on QMSU's marketing strategy for the upcoming elections

Liam Pape

With the Queen Mary Students' Union elections just around the corner, the Students' Union is already planning how they will boost turnout this year.

'VOTE FEST' will take place on Tuesday 5 March, from 11:30am in Library Square. The Students' Union plan to have performances from students as well as commercial stalls giving away freebies - presumably in return for your undying promises to cast your ballot.

Encouraging students to log-on to their website and cast their vote is also a responsibility of the candidates themselves. In an online handbook issued to prospective candidates,

suggested campaigning methods include lecture shout-outs, talking to students, and flash mobs. On the latter, the Students' Union writes: 'This can attract attention to your campaign during a busy time of voting.'

Last year, the highest number of students voted in the elections than ever before. However, the number of votes was down from 2017 in terms of percentage turnout. This is due to the number of students at Queen Mary University of London increasing.

The Students' Union isn't just trying to increase turnout this year, they are also hoping to increase the diversity of elected officials. They have hosted information sessions specifically

for women, BAME students and LGBT students who are interested in running for roles available.

In the 2018 elections, an equal amount of men and women put themselves forward for paid positions, and 23 more women than men put themselves forward for positions overall. However, it is unclear how many of these candidates were still standing at the end because, as The Print reported, approximately one third of candidates dropped out before the election day.

Students can nominate themselves for elected positions until 4:30pm on 13 February 2019.

You can follow The Print's comprehensive election coverage on our elections blog and on Twitter.

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COULD YOU
LEAD THE
STUDENTS' UNION?

Bill Gates comes to Queen Mary

Millie Pritchard

On the 25th January 2019, I was lucky enough to attend 'A Conversation with Bill Gates' hosted by our very own Queen Mary University of London. 'Lucky' in the fact that tickets sold out online in moments, and there was a clear buzz surrounding the event...

"I would have queued for hours if I had to."

A young woman in front of me had just joined the queue for those with tickets, after she received an email barely before the event was due to start that she was able to take someone else's place.

"I felt bad leaving my friends when I got the email."

There was another large queue alongside the Queens Building running up towards library square made up of people who were unsuccessful in getting a ticket when they were released online. The woman and her friends had been queuing there since 2pm.

The event did not end up starting until a little past 4pm whilst organisers located those in the audience who asked the questions that had been chosen in advance of the talk.

Colin Bailey kicked off the event with a small opening speech highlighting the equal opportunities Queen Mary gives to educate all, stating that "we are proud of the diversity of our students." He then introduces Shahidha Bari, a broadcaster and Senior Lecturer from the School of English and Drama, and Bill Gates himself. A roar of applause emanates from every corner in the room as they both make their way onstage and take their seats.

Gates sits relaxed with his arms by his side, yet somewhat reserved. He smiles politely at the crowd as they give him yet another round-of-applause, with some 'hoots' thrown in for good measure.

Bari gently guides the conversation, starting with the recently viral picture taken of Gates queuing for

a burger in Seattle, asking what he ordered. She then turns to the audience to give advice on the best burger in Mile End, to which someone shouted "Dixie's Chicken!"



It is made clear from the start that Gates himself contacted Queen Mary to hold a talk. Shahidha admitted that the first email they received from his secretary was almost reported as spam. He reassures us all that it was a conscious decision based on the diverse student body that makes up the University, as well as how QMUL engages with the local community.

One of the first questions Shahidha asks is about Gates' passions, and what is exciting him currently in terms of his career and philanthropy, to which he replies "funding innovation, that's my favourite thing." An example he uses is a vaccination against malaria, which is a cause that he pledged to donate \$1 billion dollars to back in 2018 through his foundation. He expressed his disbelief when he found out at the time that he had been the largest donator towards the fight against the disease.

As the conversation between him and Bari progresses, he becomes much more at ease, and even somewhat animated, using large arm gestures to get his points across.

They move onto the topic of his rise to success, and his extreme wealth against

the background of a world full of economic inequality, "It is unusual that you have people with so much money."

He gets a laugh, before stating that his current wealth and status does have a lot to do with luck and the timing of his endeavours. He advocates for "more progressive taxation," and is completely open about the fact that he has paid over \$10 billion dollars' worth of taxes.

On brand with the current climate, Bari poses a question to Gates regarding his stance on 'fake news,' to which he acknowledges that there was a certain "naivety" from "those involved in the creation of the internet." He is, overall, interested in the conversation regarding the filtering of fake news online and its relationship with free speech, but he names it a challenge "for your generation," referring to the audience. [For those interested, he also names two of his favourite sources in which he gets his news: The Financial Times and the Economist.]

The conversation then makes a natural shift to Gates' view on the future, with one audience member enquiring as to what he thinks to be a "pressing" issue that young people will have to think about in the future. Gates names a few things, such as "climate change" and "pandemics," but at the top of his list is the "equality agenda," "Health and education are two pri-

mary promises that we aspire to for all people." Indeed, health and education are the two things in which Gates strives to combat in the foundation he co-owns with his wife, the 'Bill & Melinda Gates Foundation.' As aforementioned, he believes as though they have failed in the vision they had for the education system in the United States, especially in comparison to the success in health. Along the same lines, another audience member asks what global health issues could be solved in 10 years. The only answer Gates gives for this is possibly malaria, but he states that in 20 years we could see the cure for Alzheimer's, diabetes, and obesity. In terms of maternal health, he highlights that women's right for contraception is something which is a priority for his foundation, and it is a cause that his wife cares about deeply. The discussion also allowed for the clear quote of the night, "We bought a lot of condoms."

A profound moment was where Bill exclaimed "we live in a world of shortage." It can be quite hard to digest that statement, especially with it coming from the mouth of a multi-bil-

"...education is our great failure, and yet, we are not giving up."

lionaire, but he urges it to the audience, drawing examples of world hunger and poverty. Although this extremely wealthy person does a lot in terms of philanthropy, it is not easy to overlook the fact that not every single person in the richest 1% of the population

does donate the amount of money he does. That begs the question as to whether we are a world of shortage, or a world of greed.

The talk was drawn to a close on a light-hearted note, with an audience member asking whether Bill could still jump over a standing chair, a fact she had found in her research online. He stated that he had not done it in years, and probably couldn't, as Shahidha joked that Gates' secretary had seen the question beforehand and warned Bari to "not let him do it" onstage. It was announced that the event had come to an end, and Gates walked out of the theatre waving politely to a standing applause from the crowd.

As events go, this was surprising to staff and students at Queen Mary alike. It is not every day where you get an email from Bill Gates wanting to come and give a talk to the students at your specific university. However, there definitely needs to be some sort of review in regards to the organisation of the event, as it is clear that many who wished to come to the event missed out.

I became aware of a two rows on the front left of the balcony, 12 seats in total, which were still unoccupied. Seeing as though they had 'Reserved' signs on each of them, I thought that they would soon be in use by the time that things were underway. However, 10 of these seats still remained unoccupied for the whole of the event, with two being used by volunteers. There was also a single empty seat in the second row of the balcony which the people manning the event failed to pick up on. Upon asking a security guard whether everyone queuing without a ticket managed to get allowed in anyway, he stated that they were taken to a room to view the talk on a live stream. I asked whether everyone in the queue was allowed into those rooms, but he was unable to clarify the numbers.

Crossrail Culture Line

Lara Mills

Since its commencement in August 2009, the Crossrail has been a topic of immense speculation, anticipation and, arguably, dismay. Thanks to London's new high-speed railway, passengers will cut through several major London tube stops, 15 of which are complimented with access to the National Rail Service. TFL has announced that the journey from Liverpool Street to Canary Wharf will take approximately 6 minutes - every commuter's dream! Alongside plans to double carriage capacity to 1,500 passengers per 200 metre train, the Crossrail is nothing short of ambitious.

However, many are disenfranchised over the aspiration of the Crossrail due to its constant revaluation of start date, despite the project's inordinate £15.4bn budget. Others have also become antagonised by its chameleon identity which has obtained an abundance of nicknames. The latter may just help reduce this derelict train of thought.

In 2010, shortly after the Crossrail announcement,

placemaking agency FutureCity was tasked with the challenge to develop a visionary art programme which would infuse art into 7 of the new Crossrail central and eastern tube stations. This project was known as The Crossrail Art Programme - the largest

'...the overwhelming sense of isolation which can often emerge when journeying on the tube is common.'

collaborative public art programme to occur in a generation. With funding for this endeavour falling outside of the parameters of the Crossrail's core funding, The Crossrail Art Foundation seek funding externally. However, with each fund which is raised, the City of London Corporation seeks to match the donation. What they hope to improve is the commuter's journey and the wellbeing of the general public through the creation and maintenance of these

artistic displays.

Alongside each individual station, FutureCity has identified 7 of London's leading contemporary, internationally renowned art galleries with each one corresponding to a station undergoing artistic refurbishment. Featuring some of

the world's most renowned contemporary artists, each tube station will be decorated as follow.

Paddington + The Lisson Gallery: US artist Spencer Finch will decorate this iconic station with a hand draw cloudscape onto the 120m glass canopy which houses the train platforms.

Bond Street + White Cube: UK based artist Darren Almond has been sponsored by Selfridges to ordain the Western ticket hall of Bond Street with abstract art.

Tottenham Court Road + Gagosian: Richard Wright and Douglas Gordon, winners of the Turner Prize, are set to produce art which will be placed in the tickets halls at either end of the station.

Farringdon + Sadie Coles HQ: UK artist Simon Periton will take inspiration from local sources to curate a piece of art which will decorate both ticket halls at this major stop.

Liverpool Street + Victoria Miro: Japanese artistic legend Yayoi Kusama will collaborate with British sculptor Conrad Shawcross to create public spectacles which will stand at the station's ticket halls.

Canary Wharf + PACE: Israeli artist Michal Rovner will embark on a digital artistic display which will occupy the busiest station of the financial district.

Whitechapel + Whitechapel Gallery: English artist Chantal Joffe will source inspiration from the diversity of the local East London community, using large scale collages to adorn the platforms of the station.

Ultimately, this has been curated in order to reflect the ambition of London's

latest technological advancement and the diverse community which it serves. The display aims to transform the journey of the commuter, offering them new ways to navigate and observe the city of London.

Despite being surrounded by a constant crowd of people, the overwhelming sense of isolation which can often emerge when journeying on the tube is common - a feeling the Crossrail Art Programme aims to reduce. Granted, the health benefits which public, community-based art installations promote are immeasurable, however, this ceases to prohibit their existence. The alleviation of mental stress, the promotion of positive mood and the establishment of a communal identity are some of the ways in which these works of art will benefit the day to day London tube commuters and passengers.

Whilst Crossrail delays have aggravated commuters who are compelled to travel on rush hour Central line, others are simply confounded by the amount of money, time and recognition which the Crossrail receives. However, the Art Programme offers a human dimension to major technological advancement and the transport system.

The Who Shop: London's Must Visit for Doctor Who Fans

Daniele Accurso

You've just watched the New Year's Special of Doctor Who. The Daleks, well, actually a Dalek, has been defeated by the miraculous foursome. The episode has just capped off an impressive debut season for Jodie Whittaker, the first female Doctor in the show's history. With record breaking viewing figures throughout the series, the idea of no Doctor Who for the rest of 2019 is a nightmare for fans of the show.

Based in Upton Park, 39-41 Barking Road (located on the District Line) The Who Shop is a must visit for any Dr. Who fan. Kind of like

the Tardis, when you enter into it, the store seems bigger on the inside; engulfing your senses with a world of memorabilia, the store has everything a fan may want. As stated on their website, the shop "started on the 1st of December 1984 in a warehouse in Wapping" and "has evolved and regenerated over the years into its present incarnation in Upton Park, East London".

Currently, the famous store is run by a three-person team consisting of husband and wife Kevan and Alexandra, and Owen. Attending the likes of AwesomeCon in Washington DC and ComicCon in Stuttgart

in recent years, the team are dedicated Whovians.

So, what can the store do for you?

Stocking a range of memorabilia from audio works, books, magazines, DVDs and official BBC props, there is nothing the store does not have. With exclusive goods such as thirteen-themed hats and t-shirts, the East London outlet is your first port of call for anything Doctor Who. Products are reasonably priced too, especially when compared to the likes of Amazon and the memorabilia store in the now-closed Doctor Who Experience in Cardiff. The Who Shop will not put



you out of pocket! Recently acquiring several pristine thirteen-themed posters and BBC licensed books based on twelve's incarnation, the shop is my first port of call for any Doctor Who goods.

Another amazing feature is the museum. Walking through the Tardis doors - which have been used on screen! - you're able to admire over "120 props, costumes & artefacts from the world of TV & Film including many from Doctor

Who, Torchwood, The Sarah Jane Adventures & K9, dating back to 1963." This a must-visit for any fan who is fascinated by props and the history of the show.

Opening times to the museum are between 10.00-16.15. Entry is £3 for adults and £2 for under-16s.

So, go and support your local store or order from them online! Enjoy the feeling of being amongst your fellow Whovians, whilst immersed in a room full of Doctor Who products.

#OscarsSoWhite

Anna McKibbin

Oscars' season is a period of time sure to generate criticism and debate. In recent years, this debate has been focused on the issue of representation. The Academy task themselves with the seemingly impossible mission of assembling films which will accurately represent the varied 'human experience'. However, with The Academy being 87% white, 61% male and 100% American, people are frustrated by their inherent inability to accurately present the experience of minorities in the set of films which have been lauded as objectively important.

This reached boiling point in the lead up to the 2016 Oscars. The nominees

were announced and the decision rightfully mocked for its lack of diversity. Only one of the actors nominated in the acting categories was a person of colour. Will Packer, one of the producers of Straight Outta Compton, boldly dismissed the nominee selection as 'embarrassing', and many celebrities followed suit. Jada and Will Smith and Spike Lee all refused to attend the ceremony claiming that the Academy has systematically refused to recognise ethnic minorities for their 'artistic accomplishments'. This protest was accompanied by the hashtag '#OscarsSoWhite'. The 2017 awards seemed to suggest that the previous year's demonstration would have a lasting

impact. In an infamously unplanned moment, La La Land was forced to hand over the Oscar for Best Picture to the cast and crew of Moonlight. Moonlight's success unexpected, considering how successful La La Land had been as a critical juggernaut.

However, upon reflection, the '#OscarsSoWhite' protest hasn't changed the fundamental inequality which defines the makeup of the Academy. The 2018 Oscars had a lot of promise; Get Out was nominated for Best Picture while Jordan Peele and Daniel Kaluuya were nominated for Best Director and Best Lead Actor respectively. There was a lot of hope that the 2018 Academy Awards would af-

firm the change that Moonlight's symbolic win had promised, and yet the artist who won the coveted golden statues only seemed to re-establish, or uphold, old Hollywood's control over the distribution of awards. The four Best Actor accolades were awarded to Allison Janney, Sam Rockwell, Gary Oldman and Frances McDormand: these performers may have been deserving of their awards but they act as emblems of tradition. They have had long-established careers built through well-known pillars of pop culture. If last year's winners are anything to judge by, the '#OscarsSoWhite' campaign has not produced tangible results, it has only encouraged the Academy to recognise the talent of ethnic minorities without awarding them.

The Academy seems insistent on their inward-looking, undeveloped approach to art. Yet the future of the

Oscars isn't without hope.

Film fans continually underestimate their role in contributing to the 'Oscar buzz' which can score a film a nomination. Critics and Academy voters make the final decision but those of us who consume culture and film have the power to move the critical needle. Get Out wasn't a predictable Oscar contender. It was the sustained critical support, made possible by the public's unfailing support for Peele's horror film (both on social media and through the box office,) which eventually secured Get Out a variety of nominations. The public still have the power to support creative people striving to magnify the voices of minorities. Alfonso Cuarón's Roma and Barry Jenkin's If Beale Street Could Talk are award-worthy films which are focusing on the stories which were long-neglected by Hollywood.

Gentrified London

Becca Billis

In the last decade, East London and gentrification have seemingly become synonymous. East London means bells of organic vegan coffee shops, flashy flats and the infamous image of the hipster young professional. Gentrification is a phrase which every Londoner is well acquainted with; however, many of us are misguided on both its definition and the real-life implications on the communities we live in. Being students of Queen Mary, we are witnessing, and to some extent participating in, a social and economic transition. But what are the consequences? And how can we understand such a weight and an ever evolving phenomenon?

Gentrification was first coined by Ruth Glass in direct reference to London. She used it in her 1964 study, 'London: aspects of change,' to describe the displacement of the native working-class in their urban neighbourhoods by the middle classes or "Urban Pioneers", young profes-

sionals or artists with a bohemian lifestyle. Through this act, the economic and cultural elements of the area are altered, thereby causing a wave of social cleansing, further alienating the original occupants of the community.

This issue primarily seems to originate in housing. Areas which were once economically disinvested in by councils and businesses experience a wave of property investors, developers and private landlords after being recognised for their unique qualities.

Traditionally these areas are occupied by artsy, boho communities, bringing with it a cultural shift. Have you ever wondered why you are paying eye watering prices for a three bed, ex-council maisonette? With this financial incentive of non working-class buyers, the council sells social housing causing an overall increase in rent prices, forcing those who have often lived in their council owned homes for decades to either buy them, or be relocated fur-

ther away from their communities. This replacement unfairly forces out local, working class citizens to be replaced by usually white, young 'creatives' who can 'just about' afford to pay out the unreasonable rent.

Recent studies from UCLA suggest that public investment increases the rate of gentrification considerably. Transport, public schools, parks and general amenities all alter the social perception of an area, making it more appealing to the upper middle classes. An example of this can be represented through the local areas such as Hackney Wick. The location, once known for its industrial production and transport along Hertford Union Canal, is now in the midst of rejuvenation similar to the one Shoreditch has experienced in the last twenty years. With an Overground station which is not only now open 24 hours on weekends but is also only one stop away the internationally connected Stratford; Hackney Wick is now an appealing and some-



what affordable spot for the common commuter. Large scale builds such as 'The Bagel Factory' and 'Fish Island Village' aren't limited to new homes but instead curate entire communities. These provide curb side appeal, presenting a cookie cutter clean and safe community equipped with the 'essentials' such as coffee shops and communal work spaces. Often supported by the government scheme 'Help to Buy', there isn't anything necessarily wrong with these modern, professional communities. Nevertheless, it prompts us to reflect on which socio-economic demographics are being invested in and the broader consequences for the those who cannot afford the new £450k apartments.

However, it would be too simple to suggest that gentrification is caused by a villainous, greedy group of young rich people. Many move to boroughs such as Tower Hamlets, Hackney and Newham as the offer the possibility to rent a bedroom for under £600 a month whilst remaining close enough to the city. Can you blame these people for living where they can afford to in a city which costs more and more each year? However, there is a glimpse of home through the Mayor of London, Sadiq Khan's latest promise includes a strategy to deliver 'genuinely affordable homes' across the capital, yet it is still unclear if this will have a notable effect on the rates of gentrification.

A 2018 Review

Sam Blackburn

For all the dramatics, 2018 was really a year in which not a lot happened, but lots of fuss was made. We ‘discovered’ that the government was incompetent; that Corbyn was worse at PR than FDR was at a triathlon; that Trump was so evil even Ivanka made him sleep on the couch, and that Brexit was going to require more preparation than a microwave meal. We entered 2018 with a Prime Minister who lost a general election to a party that hates Jews and coherency as much as Gary Glitter hates pubic hair, and who, when forced to replace Boris Johnson, someone as loyal to wives as Martin Lewis is to service providers, chose Jeremy Hunt, which is rather like swapping AIDS for Smallpox. From the off, it did not look good.

To paraphrase Oscar Wilde: to lose one Brexit secretary may be regarded as a misfortune; to lose two looks like carelessness. This can only be a reference to the Conservatives, who last year managed to make themselves so unpopular that only relieving themselves on the Cenotaph could take them lower. Their handling of Brexit, an issue that much to their disappointment took more than hope and patriotism, went as smoothly as an episode of Westworld. Somehow, human-look-alike Theresa May’s strategy of staunchly demanding legal impossibilities in a sordid imitation of a pantomime headmistress, did not prove a success. This was shown by David Davis (who, I sincerely believe, was named as a cruel joke) and Dominic Raab, who both resigned from managing Brexit in protest of how Brexit was being managed. It takes skill to perfect Machiavellian politics, but never have politicians backstabbed themselves.

The situation in Parliament was not helped by Jacob Rees-Mogg (est. 1836) who, along with his uniron-

ically named ‘European Research Group’ (ERG), which is rather like The Sith calling themselves the ‘Jedi Investigative Committee’, held up the government’s



negotiations. The ERG, which has all the diversity and progressive attitudes of The Bank in Mary Poppins, said that the PM’s now dead deal was unacceptable as it could keep Northern Ireland in the customs union. But we know that you either have no hard border with Ireland and a customs union, or you have neither. They come hand in hand, yet ol’ Blighty continues to demand the impossible. Despite all this, Theresa May clings on, which may not be a bad thing. If



she was to be replaced, we would have either Jacob Rees-Mogg, on loan from the novels of Charles Dickens, or human/burger hybrid, Boris Johnson. May is not a good Prime Minister, but she is better than them two. Also, she has had some political triumphs. The dancing entrance at the 2018 conference, whilst making

me feel a cringeworthy level of discomfort only matched by the staff at Lush, crucially made her the star of the show.

Shamefully, I love this. It is, in many ways, the height of irony that a nation which prides itself on a long history of unnecessary involvement in other countries’ affairs finds itself struggling to leave an institution it accuses of just that. British politicians, so out of touch with reality, living a life of almost aristocratic privilege, are now enforcing the political will of the sort of people who, on Jeremy Kyle, you wouldn’t be surprised if DNA results revealed the father to be a Staffordshire Terrier.

This incompetence was matched by the Labour ‘leader’ Jeremy Corbyn, who commands all the speaking ability and charisma of Stephen Hawking without his machine, and in 2018 gave us a Brexit strategy more cryptic than the Guardian’s crossword clues. In a year where Theresa May failed to meet any promises to voters, Corbyn has decided to tell us nothing about Labour’s position on Brexit, but instead focus on more important issues like Mavis from Yorkshire’s worries about patio regulations, and Giles from Pembrokeshire’s concerns about the recent decline in DVLA funding.

A part of me, born back in 2017 when I felt slight optimism for Labour, believes, hopes, even prays on occasion, that this is all a well devised ploy by Corbyn. That somewhere, in a secret allotment, him, Diane Abbot and John McDonnell have it solved. Alas, I know this to be untrue. Our only hope is not Labour, but cancer, liver disease, and dementia. They will, with any luck, wipe out those who voted to leave the EU because people on trains ‘talk foreign’. Disturbing sexual acts and infuriating entitlement provide a convenient transition into

Donald Trump, America’s walking and talking pro-choice argument. This year, to spice things up, Donald took the refreshingly fascist decision to separate parents and children at the US/Mexico border, something that then Home Secretary Amber Rudd de-

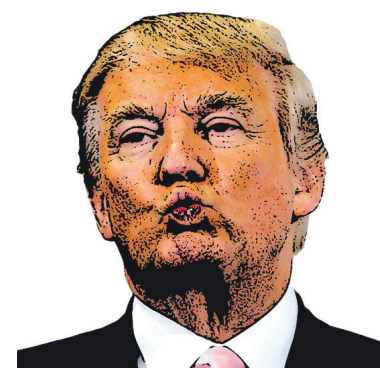


scribed as ‘on the table’ for a post-Brexit immigration policy. In his signature post-apocalyptic-game-show-host style, Trump blamed the whole issue on the Democrats, saying that if they concede and fund The Wall, then he will stop the separations, something that then Brexit Secretary *insert name here* stated was ‘in consideration’ as a Brexit negotiating tactic. Melania Trump, a woman with so many implants that exactly half of her is legally underage, thus making Donald attracted to exactly half of her, openly opposed the child separation policy, presumably because those children were placed in cages, and not in the sewing factories where her clothing line is produced. Donald’s daughter/slam-piece, Ivanka, became more politically prominent this year, meeting the South Korean foreign minister after the firing of Rex Tillerson as Secretary of State in March. Obviously, this was not an act that violates the founding principles of America, because as can be read in the Constitution, nepotism doesn’t count if your father is the President.

At the risk of sounding needlessly pessimistic, in many ways Donald Trump

is the President America deserves. Only a country that has produced racial segregation in living memory, 8 Fast and Furious films, and a climate where the only thing harder to get than an abortion is food that meets the 5-a-day criteria, could a political figure as tragicomic as Trump arise. He is, in many ways, a genius. The Wall is a masterpiece; a pointless, tacky construction that exists to satiate bloodlust for minorities and to solve a problem which isn’t real, just to pander to an ill-informed population. Have you ever heard of something more quintessentially American? But, was this a shock? Did we enter 2018 believing Trump’s USA to be rational, capable and sensitive? Or, did we know that America was the worst dregs of European society, with some racial minorities trapped inside to be used as cheap labour, token friends on Instagram, and political scapegoats? We all know the answer.

Thank you 2018 for confirming what I already knew; my future is as fruitful as Stevie Wonder’s hopes of completing a word-search unattended. I will forever rent a home I will never be able to buy, before retiring to become a racist like others in my demographic statistically become in old age. And, the fact that you cannot decide which of those is a joke and which were revealed last year is a rather telling sign that my pessimism regarding 2018 was not misfounded after all.



Diversity in University

Opinion editor, Madina Taraki, discusses the under-representation of BAME communities in the world of academia.

Madina Taraki

In the wake of the great debate on diversity in important spaces like workplaces, media and politics (shout-out to the five Congress women recently elected), a shift has occurred in our understanding of representation, especially for Black and Minority Ethnic communities. It is a movement that has spread from the glam of Hollywood and the boycott of the Oscars, all the way to campuses with a recent report being published on the disturbing lack of BAME academics employed in universities.

Queen Mary University of London, an educational institution that prides itself on its diverse body of students, has, ironically enough, had a distinct lack of representation amongst academic circles. The wonderful array of modules offered in the History department, for

example, are refreshing. They are distant from the usual Eurocentric model we have all been taught since primary school within this country. Modules on Asia, Africa, the Caribbean, the colonial, the post-colonial and various other fascinating topics showcase a emerging change within campus curriculums. They enable the studying of a more global history past the confines of Europe.

On paper, this may look like a change in the right direction, but does Queen Mary really take such a progressive stance?

Lets analyse.

When assessing the number of BAME lecturers there are in the School of History, it comes to a mighty number of absolutely none.

Zilch, zero, nada, nout, nothing.

The School of History, with all its variety of great

modules, currently has no BAME lecturer or academic. In a university so dominated by BAME students, not being taught by a singular person of colour simply perpetuates the normalisation of white-dominated institutions and spaces, not only in academia but other aspects of life.

It marginalizes the voice of the minority.

Being a BAME student myself, of Asian descent, not having myself represented in my place of learning certainly has had a visceral impact (not to be dramatic of course). Speaking for myself, and possibly many other BAME students, picturing oneself in the front of hundreds of students as a lecturer becomes more and more of a distant image.

Why is that?

Representation.

It truly matters.

If we cannot feel ourselves

represented, it becomes harder to visualise ourselves in that position. The powerful message of 'if they can do it, so can I' is not as meaningful anymore.

The lack of diversity and representation is not just a Queen Mary University of London problem. It is nationwide. As a growing multi-cultural society, universities in Britain are highly lacking in the inclusivity of staff from a BAME background. A recent groundbreaking revelation, published in a report by the Royal Historical Society, found that the number of BAME academic staff only amounted to a meagre 15%. Amongst History academic staff, it was found that in UK universities only 6.3% of staff were BAME, of those, 0.5% being black. The under-representation of BAME staff in universities undeniably has a significant

impact on both staff and students, creating uncomfortable environments that have the potential to foster racism and discrimination.

It is a problem that can no longer be denied. Rather, under-representation is a problem that needs to be directly challenged at grass-root level.

The institutionalisation of racism and marginalisation of Black and Minority Ethnic communities has to be dismantled in order to stimulate a space for younger minority groups to explore potential interests and passion in careers within the world of academia.

Forming an environment that would encourage intellectual growth for BAME staff and students, rather than a hyper-awareness of white dominated spaces, should not be a debate. We've talked enough.

Now, it is time for action.

Steak-Shame

Anna Godsman

Steak, medium rare, with a side of shame. I'm going to talk about shame.

This isn't as easy as teenage shame. It isn't like that time I was in a band called 'Don't Run With Scissors'. I went on stage in front of my school in bright green skinny jeans and a brown cardigan, following just two bass guitar lessons. We played 'Misery Business', which is fitting, since it was miserable business. Less Par amore, more Pleasestop.

At least I can laugh at that!

If only my current shame was that innocent...

Let me paint the picture: I'm a 22-year-old literature student, my friends write poems and like philosophy, and 99% of them are vegetarian or vegan. It's East London personified.

'Have you tried Linda McCartney burgers?' a fellow veggie fresher asked me in the hope that food would unite us. We'd go from one terrified first year, to a confident team of two. When I responded 'Nah, what's that?', the fact that we didn't eat cows was a unifying factor. I've been

here for a while now, and have a good group of people around me. Time flies like the birds my pals and I weren't eating.

Well, I broke after five years of vegetarianism. In a two-week period, I think I ate six steaks? Making up for lost time? And I've been a broken woman ever since. That was four months ago, and only a few carefully selected people have been informed of my cow munching antics. They have been sworn to silence as I mentally prepare myself to inform my Quorn munching friends of my new eating habits. As the number of vegans in the UK soars to 3.5 million, I used cheese and bacon in my linguine last night... One week I was very happy in plantworld, and the next I was bloodthirsty.

I'm not alone. About 84% of veggies and vegans go back to eating meat at some point their lives.

So, the next time we go out for dinner, and I'll be ordering a nice juicy steak, medium rare.

No shame!





KOTSAK-IS TALKING

ANNA-ALEXIA KOTSAKIS

Going Out Like a Girl

Let me start this column with a disclaimer: I love men, I really do. But what I don't love is the pervasive culture of "I do whatever the fuck I want". Case and point, Halloween night my flatmates and I (5 girls in total) went to a student union bar to celebrate. As it is custom in clubs and bars people tend to dance, especially in student bars where the alcohol is cheap and the people are stressed; it's the perfect place to blow steam off.

Most people might not get it, but a group of girls dancing tends to be somewhat of a target for dudes who think it's a good idea to cut in and suggestively dance with you. And that's fine; flirting is perfectly natural and when both people are into it, it's pretty awesome. But when you're rebuffed, just let it go mate.

Throughout the night guys that danced their way into the group, were gently cut off, usually by one of us dancing in front of them. We didn't outright say no because you never know how they'll react. Whether they'll push it more or actually be decent about it. A specific guy came up to one of my flatmates who was dressed as a lifeguard from Baywatch with a floaty to match her brilliant outfit. He kept asking to take her floaty and she didn't want to give it to him. He was obviously piss drunk and we were supposed to humor him, rough and tumble with him and not take it too seriously. It's funny how that doesn't go both ways. When girls who are drunk are sexually assaulted they are asking for it but a guy who's drunk and hitting on you is to be gently treated because what's the harm in his invasive behavior? The said guy asked for that damn floaty 5 times, he hit on my friend so much one of us had to step in and say "mate, she has a boyfriend". His response, as eloquent as it could be, alcohol driven, was "oh well I didn't know". It shouldn't matter, boyfriend or no boyfriend. She said no the first time, she didn't want to play games with you.

Our usual visitor disappeared at some point during the night but was quickly replaced by a group of boys who without asking just snatched the floaty and started passing it around while we, like helpless children, tried to grab it back. I mean, what kind of misguided notion made guys think that if they treat us like that we might want to get with them? To save you the trouble, boys, we don't.

It never fails to surprise me how much women are supposed to play along with situations like these. We are meant to be good sports and flattered that someone is interested in us. But that's not how it feels; most of the time it feels like indignation.



DON'T MIND ME

EMMA LOUISE LEONG

Why succeed when you can just try?

There is a famous philosophy that is incredibly obvious but not necessarily understood: "Try, even if you fail".

This can translate into a perfectionist's worst nightmare.

Because who wants to fail?

I single-handedly admit I am a perfectionist (whilst ironically writing this article). I would commit to a task but never embrace it in-depth because of the subconscious fear of failure.

And many of us have this exact same issue.

One experience of mine was singing. Every note, harmony, audio quality, and timing had to be perfect. I would often record the song, be proud, post it, then 30 seconds later take it down. I'm fully aware that if you analyse your own song you will start to hear things differently, leaving room for doubt. But I still wanted it to be perfect.

So I just stopped recording.

And now my voice has digressed and my performance skills are not up to par.

The problem with a perfectionist-like mentality is that you become closed-in and stuck.

Let's think of it as if you were to complete a task. The task is of neutral status: it has not been completed and so there is no definitive outcome.

This task may succeed but it also may fail. Or the result may just be average.

Your mind won't let you complete the task to its fullest because you won't give yourself the opportunity to accept the mentality of failing. Or the mentality of just being mediocre.

So you avoid it.

This stops progress.

Which means, in the long-term, you haven't established a mentality to deal with anything in-between success and failure.

Future tasks in front of you become more challenging and/or meaningless because you have no place in your mind for anything but success.

But life does not work that way. Nor will it help you develop mentally.

Think of it like a washing line. If you only have a pin on one side of the line and not the other, the string won't be able to hold up any of the pegs in order to hang up the clothes. So if you want to hang up a wide range of clothes (i.e. perform a variety of tasks), you aren't able to do so.

There will always be different types of tasks that have the potential to change you for the better, but not necessarily give you the result you so desire at the time.

Might I add, experiencing failure and the mentality to expose yourself to failure are two very different things. You can experience it (because everyone does), but if you do not accept it as an inherent part of life, then you will never progress.

Looking to the New Year and the coming semester – why not try, even if you try badly?



WHAT THE BOOK

EMILY KELLY

'Notes on a Nervous Planet,' Matt Haig

The world is driving us crazy- this much is obvious. The more connected we become to technology, the more we start to disconnect from the world around us. We're all caught up in a constant snow-storm of emails, texts, likes and requests... I've already checked my phone twice since starting this paragraph.

Matt Haig is no amateur when it comes to writing about mental health. His 2015 memoir *Reasons to Stay Alive* chronicles his struggles with major depressive disorder and anxiety. *Notes on a Nervous Planet*, whilst still deeply personal, explores more broadly how the world around us can impact our mental health and interfere with how we feel. Whilst Haig's hypothesis (society is toxic) isn't exactly radical, the depth at which he examines the link between mental health and modern life is both interesting and reassuring. No wonder we're becoming increasingly anxious, when we're never allowed to switch off.

From the moment we wake up until we fall asleep again, we are constantly being sold to, judged, compromised and compared. Worst of all, we're the ones putting ourselves in the firing line. A lot of it can't be helped- we are all so far down the rabbit hole that most of us rely on the internet and social media to study, work and communicate with our friends. We may not be able to go cold turkey, Haig argues, but that doesn't mean we can't learn to look after ourselves.

Notes on a Nervous Planet essentially does what it says on the tin- composed of mini-essays that range from comic to heartfelt, it is refreshingly easy either to binge-read or dip in and out of. He shares many of his own tried and tested methods to surviving an increasingly chaotic world, as well as moving reflections on his own personal experiences with mental health. He examines our world and the social and technological advancements that continue to shape it with incredible insight, perceptiveness, wit and sincerity appearing in equal measure. No matter what you usually read, I'd highly recommend disconnecting your wifi, sitting down and taking the time to absorb this book.



Capturing Culture

GABRIELLE AGYEI

Happy New Year: Time to reflect

It's that time of year again. The Christmas season ended not too long ago, people are struggling with (if not having already given up) their New Year's resolutions and were mostly just anticipating what this new year will bring. To me at least it's a period of anticipation, a kind of in between stage that breeds reflection whilst slowly building up to what will be the next big thing that happens to us. Maybe it's the fact I'm an old third year, half way to graduating and saying goodbye to this place that's been a second home for the last few years, that has me all contemplative. In some way we're all starting fresh with this New Year, feelings of speculation and uncertainty are typical here. But it's also important to look back, to consider who it is you've become and the lessons you've learned over the previous years. I can tell you for certain I am definitely not the person I was on my first day here. So with all that being said, here are some things I've learnt this past year that you can either relate to or maybe even learn something from.

Be kind to yourself. It's way to look back on past experiences, past versions of yourself and criticise. Tear apart every mistake: a comment that came across just straight up rude, a missed deadline or your best friend's birthday that you completely forgot. This year you'll vow to be a perfect version of yourself. No mistakes, no mistakes becomes your mantra when really that's just unrealistic. Sorry to be the bearer of bad news but the human experience is intrinsic to making them. If we didn't make mistakes how would we distinguish the good from the bad? How would we learn anything at all? Don't forget to be easy on yourself, you're allowed to mess up every now and then. Maybe imperfect perfection is the closest we're gonna get.

Take the time to invest in your friendships. I've definitely been guilty of this, assuming that a friend knows you care simply because you say it. But actions speak louder than words, you can exclaim it all you want but when was the last time you actually hung out with that mate who lives on the other side of London. Take a trip, go and see them. Better yet we live in the age of social media, a Skype call is literally a click away. We need to show people that we actually care and not just assume that they already know. A little really does go a long way.

Get up and make it happen. So you have a goal you want to achieve this year, or maybe it's been one you've had for a long time. To start writing, maybe you want to take up a sport or learn to cook. It's never going to happen if you don't do it. Honestly, what's stopping you? You might be worried that you'll fail or you'll be disappointed, but those are things you'll never experience, never know, if you don't just take a leap of faith. The first act towards making that thing happen can be the most intimidating. Don't restrict yourself because of apprehension.

Those are my little biggest of knowledge, things I've learnt over the years that you can bring into the new one. Happy reflecting!



KATIE BEVAN

A TALE OF TWO CITIES:

THE

FAIRYTALE OF NEW YORK

Before leaving to study in New York back in August, I quickly lost count of the number of times that I was asked whether I'd be home for the Christmas holidays. My answer of 'no' was often greeted with a sense of surprise and then quickly followed by the same exclamation; 'Christmas in New York?! Wow!'

I guess I'd seen plenty of festive films set in the American city, including one of my all time favourites 'Miracle on the 34th Street' (the original black and white version is better), but I still couldn't be sure about what to expect. As the holiday season approached, my social media feeds were quickly flooded with travel pages boasting about the idea of spending Christmas in the Big Apple, heightened with the arrival of our first snow in early November.

A few weeks later and I can confirm that the fairytale of New York really does exist, as I had the most magical Christmas here, doing everything from attending a carol service at a church on 5th Avenue to then marvelling at the grand shop windows, from a carriage ride in Central Park to seeing the Christmas Spectacular at Radio City Hall. A lot of my classmates and New Yorkers appeared to think I was crazy for daring to visit the Rockefeller Christmas Tree at such a busy 'touristy' time of year, and their horror at the thought of it got me thinking; the fairytale only exists if you let it.

With that in mind, I hope to be a tourist in our own city when December next comes around. I vow to appreciate the Christmas lights in Oxford Street next winter, maybe even braving the crowd at the annual light switch-on, rather than sighing at the shop crowds that overflow the pavement. I am already excited to enjoy a trip to Winter Wonderland with friends, rather than worrying about the fact that the rides and food are a bit (that's an understatement) pricey! The truth is, I think there's very much space for the fairytale of London in all of our lives too.



UNLOCKED GRADUATES: MY EXPERIENCE SO FAR

BIANCA GONZALEZ A.

It's been a few months since I became a Brand Manager for Unlocked Graduates, and it has been the most distinctive experience I have had so far at university. The training started in the Unlocked office in Central London, where I had the opportunity to meet the CEO of Unlocked, the previous Brand Manager from Queen Mary, and the newly-appointed Brand Managers from all over the UK. It was such an enlightening experience to listen to their views on Unlocked, how they came

across it and what they thought about the future of the programme. Even though we were all from very different backgrounds (we were all interested in reform to the justice system).

As well as this training, we also went to visit HMP Wandsworth, a prison in South London. This was for sure one of the best parts of the training, and I consider it particularly important too, as we need to communicate to potential candidates what a prison environment is really like, as

well as the facts about the prison system. I felt a lot of different emotions stepping inside an actual prison for the first time.

Many of the prisoners have been in care or visit psychiatrists in prison because they have had hard lives, and not the many opportunities that people like you or I might have had. Living in a small cell away from the people you love is a really tough punishment, and one of your key relationships is therefore with the prison officers. As a prison officer, you become a lead-

er, mentor and supporter of the prisoners. Prisoners were really polite indeed, they would salute us as we passed by or they would give way and call me "Lady" or "Miss". It wasn't at all as scary or hostile as I thought it could be.

When I left the prison, I left with a strong feeling of commitment. I had visited what is the only world for many people during months or even several years of their lives, and this made me want to impact their lives too. The least we can do now is try to eradicate

all the stigma and myths around both prisoners and prison officers. I have already started contributing in a small way, particularly in the last Jobs Market we had at Queen Mary, back in October, when I had the opportunity to talk to many students about Unlocked and our mission.

Applications closed on the 24th for our programme starting this summer, but Unlocked offers many opportunities such as internships and other roles for undergraduates!

GETTING CLEAN:

WHY EVERYONE SHOULD TRY A SOCIAL MEDIA DETOX

MADELEINE GOODE

I don't use the word "detox" lightly. It is often used in money-spinning fad diet adverts, new year's resolutions and the Kardashians' Instagram pages. Usually this word refers to avoiding 'bad' food, alcohol, or only drinking green juice for four weeks to look 'healthy' (or, in other words, very thin). "Detox" implies that the thing you are avoiding is toxic to begin with. This is why I use this word in the context of social media: social media breeds toxicity. That's why, for three months at the end of 2018, I deleted my Instagram, Twitter, Snapchat and Facebook apps from my phone. I detoxed.

Now, don't get me wrong — I'm back on social media now, and I'm enjoying it again. The point is, I was not enjoying it at all last year. I was suffering with anxiety at levels worse than ever before, crying most days, hypothesising everything, and my thoughts were paranoid. I would endlessly

scroll Instagram looking for people who looked happier than me, prettier than me and who seemed to be having a much better time than me. The guilt, paranoia and stress would multiply every time I looked. So I quit cold turkey.

If you're someone who loves social media, like I still do, there's still great lessons to be learned from switching off for a while. There is literally no harm in doing this (unless you're using social media for business purposes, of course). Saying to your mates, 'Don't worry, nothing major has happened, I'm just trying this out, contact me on my phone' and switching off will give you a chance to sit back and reflect on the importance you place in these apps in the first place. There's no pressure to stay off social media forever, and it's not a failure to switch back on after a time.

I can't stress enough the improvement on my mental health that happened

over those months. No, my problems didn't go away, and I was still working through a lot, but the space that the absence of these apps gave me was incredible. Instead of automatically picking up my phone and scrolling whenever I found myself without a task at hand, I would read, watch a documentary, organise my desk. This sounds soooo boring to some people, I'm sure. But if you're someone who is finding social media a source of stress at the moment, or even if you don't, the benefits of refreshing yourself without it are amazing. I got through so many books. In addition, I learned that those who are actually interested in your life will... talk to you. Instead of giving a cursory "like", or keeping up with your life via your posts, they'll ask by other means how your life's going. You can show them pictures of your life by sending them on Whatsapp! I know, right! Who knew?

Now that I'm back, I'm loving social media again. I'm able to look at things that used to make me freak out and understand that nobody is as happy as they look on Instagram. Literally nobody. Not even that person with the really cute dog and fit boyfriend who just popped into your head. Not even Chrissy Teigen. Life isn't like that. So go on, go cold turkey. I dare you.



**'the benefits of
refreshing yourself
without it are
amazing'**

NEW YEAR'S SCIENCE

ALEXANDER RICHARDSON

It's barely a month into the year, but 2019 has already been a great year for science.

Indeed, within the first 72 hours of the year, two space exploration records were broken, starting with New Horizons' flyby of (486958) 2014 MU69 aka Ultima Thule, a trans-Neptunian object that is a member of the Kuiper belt, on January 1st at 5:33 UTC (GMT + 0). At a distance of ~4 billion miles from Earth, Ultima Thule is the most distant celestial body that we have ever sent a probe to. The previous record was held by Pluto as visited by the same craft back in July of 2015.

Due to the poor download rate over a distance of 4 billion miles, it will take until September 2020 for NASA to collect all the data taken during the flyby, hopefully giving scientists a valuable insight into the formation of the solar system.

Secondly, on January 3rd at 2:26 UTC the Chinese National Space Administration's Chang'e 4 probe achieved the first ever soft landing (it didn't crash) on the far side of the Moon.

Chang'e 4's main mission is to study the composition of an unexplored area of the moon, but also contained a sealed biosphere holding seeds and insect eggs, attempting to create a micro ecosystem. On January 15th it was reported that multiple types of seeds had germinated, the first time a seed had germinated on the Moon, but unfortunately the experiment was cancelled after 9 days due to the cold of the lunar night, as opposed to after the previously planned timeframe of 100 days.

Additionally, at 19:43 UTC on December 31st, the OSIRIS-Rex spacecraft broke another space exploration record entering into orbit around asteroid 101955 Bennu, the smallest ob-

ject to ever be orbited by a manmade satellite at a diameter of ~600m. This record was broken just as central Asia was welcoming 2019. OSIRIS-Rex will make a touchdown on the surface

however CERN aren't the only ones considering such a device. Physicists at the Institute of High Energy Physics in Beijing are also considering building a similar collider.

'the bacteria Porphyromonas gingivalis, which is typically associated with chronic gum disease, could play a central role in the development of Alzheimer's disease.'

of Bennu in 2020 to retrieve a physical sample, which will return to Earth in September 2023.

A bit closer to home, on January 15th a study was published containing preliminary designs for the Future Circular Collider (FCC), a particle accelerator based at CERN in Geneva with a circumference of 100Km, nearly 4 times the length of the LHC. The new collider would collide protons with energies up to 100TeV, over 7 times the maximum energy of the LHC today which would allow scientists to perform more accurate measurements on particles, as well as probe deeper for new physics.

The £20bn cost of the FCC is quite hard to swallow since the LHC has failed to discover any new physics since the Higgs in 2012. Arguments state money could be spent in other fields, ho-

However, Physics is not the only science to have achieved great things so far this year. Published in the journal Science Advances, a group of scientists believe that the bacteria *Porphyromonas gingivalis*, which is typically associated with chronic gum disease, could play a central role in the development of Alzheimer's disease. Tests performed on mice showed that it was possible for the bacteria to travel to the brain, destroying neurons with toxins. Drugs were then tested in the mice and were found to halt brain degeneration. The team has developed a drug that will be undergoing clinical trials in people with Alzheimer's later this year.

This is just a glimpse at incredible science that has been performed already this year, hopefully we can expect more findings.

TECH IN PRISONS

BIANCA GONZALES ALBA

Technology can certainly be marvellous. The UK is now facing a problem that costs more than £15bn every year. Almost half of all imprisoned adults reoffend within a year of release; this rises to 60% when talking about jail sentences of less than twelve months. Only two out of five prisoners have a defined job, education or training outcome.

Perhaps prediction algorithms could help solve most of these problems. They could be used to help determine whether an arrestee should be detained pre-trial, or perhaps a facial recognition system could identify someone previously seen by an officer's body-worn camera. But certainly the biggest potential advantage is that computers' artificial intelligence, if developed correctly, wouldn't judge the race or employment status of the arrestee; it would only take into account what actually matters, i.e. previous criminal history in the detention decision.

Perhaps in the future, there would be a transient state between prison and freedom, and this could be a temporary home with

the highest surveillance: cameras, GPS monitoring, blood alcohol content monitoring etc. This way prisoners could adapt to live in society again, to work, to watch their children etc. A quarter of prisoners who go to prison have been in care at some point in their lives, and going to prison can have a big detrimental effect on them.

Last but not least, technology could help with education in prisons, and generally it could help with improving prisoners' well-being. When I visited HMP Wandsworth in South London with a charity called Unlocked, I could see how technology is now used in prisons, from body cameras to a 'conference room', where prisoners could connect with court without having to spend resources on transport or increasing the risk of some prisoners absconding. What surprised me the most though, is that they have screens outside of their cells to order food, just like some fast food restaurants! Also, there are many different languages that can be selected to choose their favourite menu. I wish I had that at home! (All the data has been taken from unlockedgrads.co.uk)



THE GUILLOTINE

UK vs. USA: Biggest Loser

Sihem Jouini

Ladies and Gents, Welcome to the fight of the year! This epic battle will determine what is on everyone's mind today: who, out of the UK and the US, is the Biggest Loser!

On the right side, one of the oldest and ultimate empires of the world. Its proudest notable fact is that the Queen is on many notes of the Commonwealth countries, which is good as it is the only thing remaining from its empire era. It is now facing one of the biggest struggles in its political history: leaving the EU. And it's not looking good - which is a better advantage for them in this fight, always a positive prospect in a battle for the title of the Biggest Loser.

Politicians changing their minds just not to agree with each other (we need a second referendum. You are asking me if I really want one? Then I don't want it anymore, Ha!). You have to appreciate the determination and commitment not to agree with one another in order to create even more trouble. And everyone is putting their back into it! Talking about not agreeing with one another, the group spirit is pretty much in perfect cohesion to grab the Biggest Loser title. At this point, Brexit talks are going as smoothly as Prince Philip's driving. Even though it seems like a really childish drama during lunch break, it is playing the long run; between recession, real-estate bubble bursting, and a

good five years of administrative mayhem, the UK is really planning long-term as a loser. Even more if a no-deal is going through - this might be what would declare the UK winner and get the Biggest Loser belt.

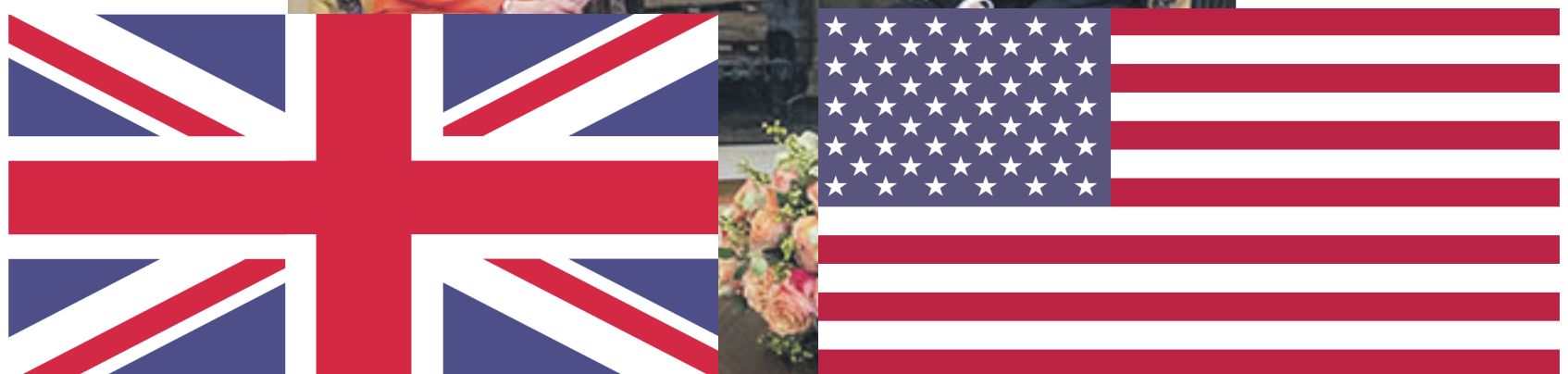
On the left side, the US of A! Just surviving two years of Trump's mandate and now trying to find a way to survive the next two, the US is going through the longest governmental shutdown in its history. President Trump has been pushing everyone's buttons to the point of when you think nothing worse could happen, he finds new ways to crush the tiny bits of hope you had left.

He goes in the fight, stopping at nothing to get the title! It is worth mention-

ing he is solely handling the fight and is creating the ultimate chaos with his own hands. A loser like no others! This is what I call commitment - kudos to him for finding original techniques, argument points and policies to destroy in order to strip people of basic needs and Human Rights. What a visionary. Not even Ruth Bader Ginsburg with cancer could beat it. However, he only has two years left in front of him to do more damage, which is not a lot and I see the people do not seem happy with him right now, which might cost him the presidency for a second run. But this is the compromise you have to make when you want the title of Biggest Loser. Don't hate the player, hate the game.

It might be difficult to see where the balance is leaning towards right now, but if you think about it, the US is technically the UK's baby brother. As they say, "the apple doesn't fall far from the tree". The deciding moment will be really just about how they approach the last rounds, but if both sides keep this pace, it might be a tie. We are witnessing amazing loser behaviour. This fight might shape History and we are witnessing it.

**Update: As this issue goes to print, President Trump and Congress reach a temporary deal to end the government shutdown. Although we do not know if this will continue, it will slow down the US in the run to the Biggest Loser title.*



Women's March: To Infinity and Beyond

Sihem Jouini

I have heard of this group of superheroes, almost impossible to catch a glimpse of, but I heard they are amazing (obviously an unbiased opinion). They usually use a good disguise to blend in, hide their powers, and try to not attract attention. "Human woman" is the standard costume used, not without huge issues linked to the necessary anonymity.

A certain category of men play a huge role in the anonymity part, so good at

helping us not to be noticed, they are really pushing for it: making us feel inferior, invisible even, embarrassing us, harassing or even assaulting us. Those same men want to keep superheroes from using their powers without a disguise, to the point where they just dismiss them.

"Superheroes do not exist!" What? They don't exist? Well (to this particular group of men), let me break it down for you. Keeping women from using their superpowers is like trying to

forbid Trump to (allegedly) collude with Russia. It is impossible. So yes, women use their superpowers all the time.

And once a year, for the past three years, they embrace their superpower status. It is that time of the year where women go in the street, annoy everyone who wants to go about their day, with no buses running, traffic all over central London and a wave of crochet vaginas and rose crowns going towards Trafalgar Square. It's Women's March Time!

The Women's March is a vision of superpower women and their entourage on its own. Groups of ladies from ethnic minority joining? They see their sisters not in terms of where they come from, but by the struggle they faced. Women with their families? No problem, the crying baby - whom the partner could not calm down - is handled at the same time the selfies are taken and the meaningful claps and cheers are given to the speakers of the day. First-timer and not sure what to do with herself in a crowd? Then starts to clap and nod and blossoms to a cheering amazon chatting to whoever is next to her. A long-time protester? Has the power, by her old age and experience as a believer everything we do can exert change, to transfer it to

the remote joiner only half interested but will keep the face of this woman on his or her mind.

From there, the sky's the limit. Wait, I see something shining between the sky and me... like a glass ceiling. But it's no problem. When you think we want to reach the sky, we really want to reach the stars. But as opposed to you, we multi-task. I know. It's another superpower. Annoying right, being so amazing? It would explain why a minority of men keep on thinking, "we cannot let women use their superpowers in the real world. If they do, they will show the real extent of their power and we (still the useless category of men), will be doomed". Well gents (yep, still same category of men!), that is what seeing a superhero does to you. Just deal with it.

Foreign Correspondent

Sihem Jouini

Welcome to Queen Mary World News, your monthly satirical update on current affairs. In other news:

-Both are over 90, and experiencing the fast and furious life. One is doing something he shouldn't do for his personal and others' safety, the other one is Clint Eastwood pretending to work as a mule and transporting drugs between Mexico and the US. Can you guess who is Clint Eastwood and who is Prince Philip?

-The recent Gillette advert sparked a lot of mixed reactions. 'The best men can be'

short film has been criticised for allegedly emasculating men from the very essence of what it means to be a man. As a protest, many stopped using the company's products. Apparently, men had a monopoly on shaving parts of their bodies and moisturising while at the same time being fully engaged in a brand for the sole reason that David Beckham was a spokesperson for so long. And yes, I use Gillette. And no, I am not a man.

-The government shutdown in the US has had devastating consequences on people's day-to-day lives:

no salary, eviction notices and no access to basic needs are only a few of the problems. But super Trump comes to the rescue: MacDonalds for everyone! On condition that you work at the White House. And that you are on staff, not janitor. And only if you are close to the President's office. And also if you answer correctly to the question, 'are you for the construction of the wall?'. Everyone else can go.

-The #10yearschallenge went viral so fast, to the point that people did not really get the idea behind it. Teenage boys and girls everywhere posted pic-

tures of themselves in middle school, with pictures of themselves as toddlers. 'Cause in ten years so much happens: you learn to walk, tie your shoes, or even stop wearing nappies! Such a personal growth experience. On the other hand, elderly people are posting pictures 20 years younger but still call it the 10 years challenge. Now, maybe it's just me, but I feel like people's basic comprehension skills are going downhill.

-High school students in Europe are going on strike more and more, denouncing global warming. Guys, come on, we know it's hap-

pening. So much for trying to think out of the box to find an excuse to skip classes. Next time, try voting rights, no one has been using it in a while.

-Eurovision is upon us and now that the world is holding its breath to know the outcome of Brexit, everyone is wondering: Will there be drama? Are we going to see vote oriented 'Remain' or 'Leave'? Are there going to be two groups - the EU and the UK? All bets are off. Except for one thing. The winner will be whichever non-European country which was invited to partake.



ADVERT

WHAT TO DO ON A SATURDAY

DANIELE ACCURSO

Columnist Daniele provides you with information of how to best spend your time when at a match at Fulham FC.

Welcome back everyone!

Before the Christmas break, I wrote about visiting Leyton Orient and, since then, the East End-ers have continued their fine form and still sit at the top of the table. However, this month I'm recommending that we venture out of East London and go West. No, it's not Chelsea (you'll be lucky to ever get a ticket). Rather, it's their local rivals, Fulham FC.

A quaint little club along the Putney River, Fulham are a club oozing with class. Having found themselves in England's second tier for a number of seasons, Slavisa Jokanović guided The Cottagers to the Promised Land. Last season's playoff

victory against Aston Villa saw the SW6 club reach the Premier League once again. However, a slow start to the campaign had many questioning whether the Londonders could beat the drop. Yet recently, the squad have got their "mojo" back. With the appointment of experienced Italian Claudio Ranieri, Fulham have taken nine points from nine games and are now right in the mix for survival. Targetman Aleksandar Mitrović has made a timely return to form. Netting three times since Ranieri's arrival, the Serbian has a new lease of life and will be the player to watch out for if you make a trip to Craven Cottage.

Games Coming Up

vs Brighton and Hove Albion

Tuesday 29th January –

7.45pm KO

vs Manchester United

Saturday 9th February
12.30pm KO

Fulham currently sit at 19th in the table, with Brighton at 13th and United at 6th. At the time of writing this, the Brighton fixture will have greater emphasis as it's a winnable fixture which Fulham will be targeting specifically due to the Seagulls' poor away form.

Seats and Pricing

When I have been to Craven Cottage, I have sat in the Johnny Haynes Stand; the seats are wooden which bides into the rustic, family-feel surrounding the club but legroom is on the sparse side. As Craven Cottage is a fairly small ground, the view from any of

the stands is pretty spectacular.

For the Brighton match, if you want to sit next to the away fans, you can sit in the Putney End Stand; an 18-21 year-olds ticket is £45.00. In the Johnny Haynes Stand, the price varies between £43.00-£63.00 for 18-21 year-olds, whilst in the Hammersmith End Stand and Riverside Stand, the tickets are priced at £35.00-£50.00. Prices are likely to be increased for the visit of Manchester United due to the stature of opposition: bare this in mind, and save up for a ticket if necessary.

Travelling

From the Fulham FC website: "The closest station to Craven Cottage, Putney Bridge is approximately a 10 – 20 min walk from the

stadium. Exit the station, turn left and follow the road (Ranelagh Gardens). Walk through the underpass into Bishops Park. Follow the path through Bishops Park, along the river until you reach the stadium."

From Mile End, take the District Line via Wimbledon and you will arrive at Putney Bridge without having to make any changes. This tube journey will take you around 40 minutes.



Why Andy Murray will always be our Champion

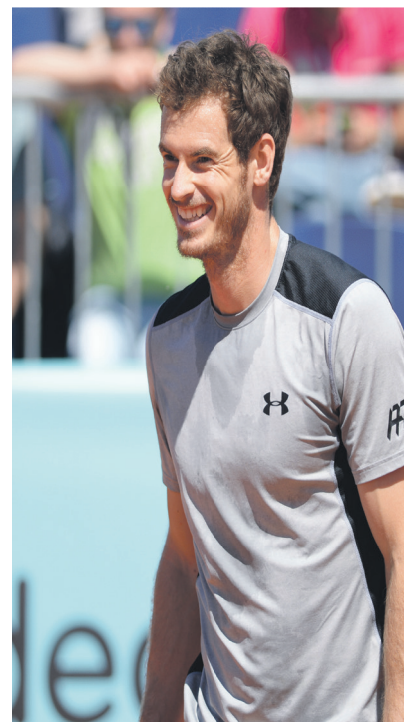
Sports Editor, Rachael Griffiths, explains how Andy Murray has won Grand Slam titles, Olympic Gold Medals, Wimbledon, but also the Nation's hearts

RACHAEL GRIFFITHS

Sir Andy Murray recently broke down in tears at a news conference in Melbourne discussing the crippling pain he has had to contend with following hip surgery last year. The three-time Grand Slam winner said he plans to retire after this year's Wimbledon tournament, but fears the Australian Open this January could force him to retire earlier. "I've been in a lot of pain for about 20 months now. I've pretty much done everything I could to try and get my hip feeling better and it hasn't helped loads. I'm not sure I'll be able to play through the pain for another four or five months", said the 31-year-old. Murray, a very likeable yet monotone Glaswegian, began playing tennis at the age of 14 and quickly reached No. 6 in the world in 2003. He competed in his first Wimbledon tournament in 2005, but lost to David Nalbandian in the third round. It would be several more years of major tournament losses for Murray. 2008 saw an undeterred Murray win his first major

title and seven years after his first Wimbledon debut, he made it to the final in 2012 against the illustrious and even more likeable Roger Federer. He played brilliantly, but lost. (YouTube his runner-up speech and try not to cry). Sweet revenge followed just weeks later, when Murray beat Federer and won his first Gold Medal at the London Olympics. 2012 saw even more success and in September, Murray finally became a Grand Slam champion at the U.S. Open in an epic five set final against Novak Djokovic. Murray had lost four of his previous finals and was now both an Olympic and Grand Slam champion. The year after his painful defeat at Wimbledon, a much more composed Murray beat Djokovic and lifted the Wimbledon trophy, ending Britain's 77-year wait for a men's champion, and later winning BBC Sports Personality of the Year back in 2013. Another Gold Medal followed at the Rio Olympics, and 2016 saw him lift the Wimbledon trophy again.

He was the first man ever to win two Olympic singles tennis titles and the first British man since Fred Perry to repeat his triumph of 2013, and claim a third Grand Slam title. Whilst Murray's career has had highs and lows, the British public have watched with awe and wonder. Off the court, he has made us laugh with his dry wit on social media and late night appearance on Michael McIntyre's midnight game show (again, YouTube it). On the court, Murray has won and lost both in admirable and endearing style. The recent news conference is not the first time we have seen Murray show his emotions, and we can only feel for him at the moment. He has admitted he is no longer able to play to the level at which he won the US Open in 2012 and Wimbledon in 2013 and 2016. But whilst he may no longer be the champion on court, he will always be the triumphant champion of the whole nation. If you want to read more about sports, head on over to our website.



'2012 saw even more success and in September, Murray finally became a Grand Slam champion at the U.S. Open.'